

See our advert on page 5

Opticians HEIKO BY HEIKO Your local English speaking Opticians



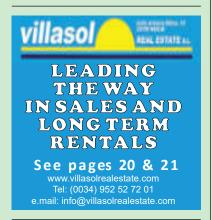
Book your FREE Eye Test Avda. Andalucia 119, Torre del Mar info@heikobyheiko.es Tel: 952 967 923 / 6 682 327 084 heikobyheiko.es



Do you want to buy a property? Contact us!

info@perezoglietti.com www.perezoglietti.com +34 653 782 878

Trying to make your life in Spain easier







The longest running FREE English language magazine in the Axarquia, over 26 years!

June 2024 Number 315 www.streetwise.es





Andalucian Homes

Selling and renting property on the Costa del Sol

See advert on page 13

info@andalucianhomes.com contact@andalucianhomes.com

www.andalucianhomes.com







SERVICIOS INMOBILIARIOS SALES - RENTALS -MAINTENANCE

ESTABLISHED SINCE 1999 El Capistrano Village, Nerja Tel: (00 34) 95 252 3853

www.capistranovillage.com info@capistranovillage.com 'For properties in El Capistrano Area, we offer guaranteed Rentals' For holiday rentals, see our ample range of nice properties!



Attic apartment 42m2, comprising twin bedroom, bathroom, equipped kitchen, washing machine, loungedining room with cable TV, wifi, a/c, nice sea views and terrace. Communal pools, restaurant, bar, mini-market, laundry, tennis courts and ample gardened. Bus service to Nerja and the beach. Open all year round, etc.

Price: €185.000 Ref: NV.SUS



Beautiful apartment in San Juan de Capistrano. Consists 2 bedrooms, living room-kitchen, bathroom, a/c and a large terrace. The property is 60 metres built plus thirty metres of terrace. Completely renovated with high quality materials and in a modern style. Communal swimming pool.

Price reduced: €296.000 Ref: NV.BAR



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

Price: €245.000 Ref: Casa Swallow



Pretty apartment in Capistrano Village. Comprising: 1 bedroom, bathroom and living/dining room leading onto the terrace with sea views. Parking place close by and the communal pool is also very close. The village has a supermarket, bus stop and various communal areas. Great rental potential!

Price: €159.000 Ref:NV.39B

Weurgently require... **Properties for** existing buyers!

Apartments, Town Houses and Villas situated in and around the Nerja Area.

If you have a property for sale, contact us for a friendly, no obligation chat, and find out how we can sell your home!



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

Reduced: €249.000 Ref: Villa Robles



Impressive detached villa with private pool in Nerja, in the Alhambra urbanization. Comprises: - 5 large bedrooms, 3 bathrooms, kitchen, living room, several terraces and the patio that includes a private pool. Sea views.

Price: €649.000 Ref: NV.005



Beautiful apartment in Capistrano village with one bedroom. The apartment is fully renovated with sea views. It has a rental license and a big rental potential.

Price: €186.000 Ref: NV.79B



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

Price reduced: €375.000 Ref: NV.62



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

Price reduced: €790.000 Ref: NV.EXO



Detached house in Capistrano Garden. Comprising: 3 bedrooms, 3 bathrooms, open kitchen-living area and several terraces. Roof terrace with pool. Private parking. It has a total of 110 squares meters plus terraces, divided in 3 floors. The house is was built just a few year ago with high quality materials and a modern style. Sea views.

Price reduced: €475.000 Ref: NV.GARDEN5



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

Reduced to: €198.000 **Ref: Casa Capuchinos**





TRIESTE GARDEN CHAIR, NATURAL OR BLACK WITH CUSHION. BEFORE 178 € • NOW 128 €





SALERNO GARDEN CHAIR. BEFORE 148€ **NOW 98 €**



DERBY CHAIR IN TEAKWOOD AND POLYRATTAN BEFORE 595€ NOW 395€



WE DELIVER AND ASSEMBLE ALONG THE COAST FOR FREE

Avda. de Andalucía, 187 · 29751 Caleta de Vélez · (Entrance to Caleta Port) Tel: 952 55 06 69 · piramides@mueblespiramides.com · www.mueblespiramides.com Opening hours: Monday to Friday 10 - 20 h. Saturdays: 10 - 14 h.







GRUPO OStazo



Grupo Mostazo are a one stop shop for all your household needs!

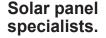
Visit our showroom to see our variety of products, from appliances to bathroom equipment and all pool products!



Get ready for the summer pools to save you water!









Talk to our specialists about all your property renovation needs; from house, surrounding out buildings and pools!

Email: info@grupomostazo.com Edificio Los Olivos, Cruce Puente Don Manuel, 29713 Alcaucín, Málaga

Tel: + 34 744 62 42 12

Open:- Monday to Friday 9 a.m. - 7 p.m. / Saturday 9 a.m. - 2 p.m.





Competa Properties s.l. The best service you can get!

Avda. Sayalonga,24B Cómpeta (Málaga) / Tel: (0034) 952 516 107 Avda. Constitución Ed. Costezuela Local 1 - 29754 Cómpeta Plaza de la Constitución 4Bajo Torrox - Pueblo (Málaga) / Tel: 952 538 337 www.competaproperties.com / info@competaproperties.com



Country Property of the month

Canillas de Albaida: Price: €349.000 CP637



Feel the comfort of country properties in Spain with this one. This wonderful property is set in an ideal location on the outskirts of the village of Canillas de Albaida, only 5 minute's walk from the centre of Canillas, making it within walking distance to all of the local amenities and only a short stroll into the natural park. A private gateway leads to the property which is 110 m² approx. living space and there is a garage of 27 m² approx. which could be great for a separate guest apartment, nicely placed on an attractive plot of about 1.154m² with impressive views of the verdant countryside. The layout of the house makes it ideal for comfortable living

and entertaining. It consists of a bright and spacious an open plan living/ dining room where one can enjoy the lovely views of the Countryside. There are also three double bedrooms and a family bathroom with a bath, the master bedroom also has en-suite facilities. The exterior is equally enticing as the interior with a good size swimming pool at the front of the property. The views, location and immaculate condition make it a house that really could become your dream home. Ideal as a permanent residence, as a holiday home or to provide a rental income.









Sayalonga: Price: 790.000€



·Living space: 262m²

·Bedrooms: 5 ·Pool: Yes ·Garage : Yes

Canillas de Albaida: Price: 350.000€



· Terrace: Yes ·Bathrooms: 3

Views: Sea views

· Area: Countryside

Ref. CP607



·Living space: 190m²

·Bedrooms: 3 ·Pool: No

·Garage: Yes

· Terrace: Yes

·Bathrooms: 1 · Views: Mountain

·Area: Countryside

Ref. CP658

Price: 125.000€

Cómpeta: Price: 320.000€



·Living space: 100m²

·Bedrooms: 2

·Pool: Yes

·Garage: No

· Terrace: Yes

·Bathrooms: 2

· Views: Sea views

· Area: Countryside Ref. CP674

Torrox:

Price: 595.000€



Living space: 248m²

· Bedrooms : 5

· Pool: Yes · Garage: No ·Terrace: Yes

·Bathrooms: 4

· Views: Sea views

·Area: Countryside Ref. TCP235 Cómpeta:



Living space: 65m²

· Bedrooms : 2

· Pool: No

· Garage: No

Terrace: Yes

·Bathrooms:1

· Views: Village

· Area:Town Ref. TH1070

Price: 630.000€ Nerja:



• Living space: 144m²

· Bedrooms : 3 · Pool: Yes

· Garage: Yes

Terrace: Yes ·Bathrooms: 2

· Views: Sea views · Area: Town

Ref. TTH631

In conjunction with Competa Properties S.L.

Construction & Services Avd. Sayalonga 24 A, Cómpeta 29754 (Málaga) Tel / Fax: (0034) 952 553 435 celefernandez@competaproperties.com

Welcome to Streetwise magazine -

Welcome to the June issue of Streetwise magazine. The tempertature is rising and summer is on the way. There are lots of activities for all ages to enjoy during the summer months,

you'll find all the information in Streetwise.

The magazine is packed with lots to read as always and businesses offering their services and goods.



Dawn x



June/Junio 2024 Issue № 315

Published by Streetwise Apartado de Correos 136, Torrox, 29770 Málaga, España Publisher: Dawn Ashurst Sales: (0034) 638 474 718 Design work: Dawn Ashurst Design work: Chelsea Ashurst Deposito Legal: MA 3272-2009

Web Site: www.streetwise.es Email: info@streetwise.es

No part of this publication may be reproduced in any form without prior consent in writing from the Publishers. The publisher is unable to accept liability for the claims made by advertisers, or the contents of their advertisement

Contents

Page 12 -Lux Mundi excursion

Pages 18 & 19 -Caring for your Geraniums

Pages 22,23 & 24 -Dogs looking for new homes

Page 25 -Your dog's body language explained

> Page 28 -Loona Summer Festival

Page 28 -**Loona Summer Festival**

Pages 34,35 & 36 -Shock Wave treatment

> Page 41 -Jubilee House

Page 42 & 43 -Income Tax Reurns explained

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











Make the terrace of your dreams come true



Opening hours: Monday - Friday: 9 am - 8 pm / Saturday: 9 am - 2 pm / Sunday: Closed



Torrox raises 35.000 euros for the Nerja Friendship Workshop

Torrox City Council raises its annual contribution to 35,000 euros for the development of the different programs and activities of the Nerja Friendship Workshop, whose objective is to improve the quality of life of people with intellectual disabilities and minors with developmental disorders. or risk of suffering from it, as well as their families. This was announced by the mayor of the town, Óscar Medina, during a visit to the facilities of the aforementioned workshop during which the City Council and the association have renewed for another three years the agreement for the use of a municipal premises in Torrox Costa that began providing service during the COVID19 pandemic. According to Medina, the Friendship Workshop "is an active part of the social fabric of the municipality, doing great and admirable work for people of all ages who need special attention."



Man kills grandchildren and dies by suicide

A 72 year old man killed his two grandchildren and then died by suicide at his home in Huétor Tájar in Granada. Guardia Civil officers then raided the property and found the three bodies. The case is still under investigation, but it appears the man killed the children and then died by suicide, according to investigators. The father of the two children required medical attention after learning of the

tragic news. Earlier in the year the man's wife and daughter, the mother of the two murdered children, died.

Man arrested for allegedly drugging and raping two men

Police have arrested a man in Nerja for allegedly drugging and then raping two men. The suspect laced the drinks of the victims, aged 27 and 34, with MDMA before raping them, according to investigators. He has been remanded in custody. According to the allegations, the victims consumed a drink offered by the suspect, after which they began to feel symptoms of nausea, dizziness, vomiting and even unconsciousness. They could barely recall what had happened. Both victims were positive in both cases for different substances, such as MDMA, cannabis or methadone. Neither of them were drug users, they claimed.

Nerja City Council will co-finance the new Taller de la Amistad comprehensive Child and Youth Care Centre

The estimated budget for the work amounts to 625,860 euros and its execution will be carried out in three phases. The new construction will have an approximate area of 1,744.95 square meters.

This center will be built on the current facilities of the Taller de la Amistad, located in the Condal urbanization, and will have physiotherapy, psychology, speech therapy and occupational therapy rooms.

José Alberto Armijo has committed to promoting this new project with municipal financing in which other administrations also participate, such as the Provincial Council and the Junta de Andalucía.

Continued on page 12



Relax and let Streetwise take care of your advertising needs. Call Dawn on 638 47 47 18 or email info@streetwise.es for our advertising offers.



OFFICIAL KÖMMERLING MANUFACTURER



Polig. Ind. La Mata - Cno. del Higueral, 9 - 29700 Vélez Málaga - Málaga Tel: 952 502 527 Mobiles: 697 736 849 & 608 941 055 Email: juanverdun@juanverdun.com

www.juanverdun.com

Your Trusted Real Estate



Rosarico la Joaquín, 18, Frigiliana

(+34) 952 52 03 43



LONG TERM RENTALS WINTER RENTALS HOLIDAY RENTALS



Frigiliana - NPSV2282

320.000€

Discover tranquility and stunning views in this charming townhouse nestled on one of Frigiliana's peaceful streets. With three floors of living space, this townhouse is the perfect property for a family or as an investment. Rustic charm and spaciousness.













Rosarico la Joaquín, 18, Frigiliana

(+34) 952 52 03 43



LONG TERM RENTALS

WINTER RENTALS





URGENT:

Properties for sale NEEDED in Frigiliana Village!

We have successfully sold many properties in our current listings and we have eager buyers in search of their dream homes.



✓ info@frigilianarealestate.com









and has been tastefully renovated to perfection!

Frigiliana, this delightful rustic-style villa exudes charm









Man convicted of sharing sex video on porn site without partner's permission in Granada

A man in Granada has been convicted of uploading a video showing he and his partner having sex to a pornography website without the woman's permission. The victim found the video about a year after it had been recorded when the man's OnlyFans account allowed free access for a week in May 2020. The victim reported the man and the case went to Granada's provincial court which found the defendant guilty, "as the criminally responsible perpetrator of a crime of discovery and disclosure of secrets". He has been given a six-month sentence and ordered to pay compensation of three thousand euros to the woman.

Suspected drug dealer who fled from UK has been tracked down

A suspected drug dealer who is believed to have fled to Spain in a desperate attempt to evade police has been arrested. The fugitive, who was living in Tenerife, has been arrested after a warrant was authorised for his suspected involvement in a large drugs conspiracy involving cocaine and money laundering. The suspect was arrested on behalf of the warrant and will remain in police custody while he awaits extradition back to the UK.

Army carries out training exercises in Malaga The summer season brings with it high risks of forest fires breaking out, so the Spanish army's UME (emergency response unit) has one of its battalions undergoing instruction and training exercises in various locations across Malaga and Cadiz to prepare for the next forest firefighting campaign.



Continued on page 16



Andalucian Homes

Mobiles:- (+34) 604 464 769 & 647 045 546 info@andalucianhomes.com







Ref:- 231P Price:- 675.000 Torrox Costa

Fabulous 196m² luxury house. Spacious living room with fireplace, fully equipped kitchen, 3 bedrooms (1 with en suite), 2 bathrooms, bbq, private garden with jacuzzi and a large enclosed garage. Quiet urbanization and close. Incredible sea views.







Ref:- 232P Price:- €155.000 Torrox Costa

Spacious ground floor apartment a few metres from the

beach. Small living room, dining room, fully furnished kitchen, 2 bedrooms and bathroom, Originally commercial premises, now renovated and converted into a contemporary apartment with all the comforts. Sold fully furnished. Tourist license if purchased as a holiday investment. Parking space.







Ref:- 233P

Price:- €275.000

Torrox

Spacious detached house on the outskirts of Torrox Pueblo. Ground floor: large garage for 3 cars, 2 storage rooms, bathroom. 1st floor: fully furnished independent kitchen, living room with fireplace, 1 bedroom, bathroom. 2nd floor: 3 bedrooms, bathroom. Terraces off the first floor. 180M2 plot, southeast facing, sun all day and sea views. In perfect condition, ready to move into. Bbq and outdoor dining area. Walking distance to Torrox pueblo.

www.andalucianhomes.com

ARIES:-(March 21 - April 19)

Something that just a month or two ago looked like a setback now looks like a triumph. Take that as a reminder that even when some issues appear to be over and done with there is often still a chance to change them for the better again.

Luckiest day:- Friday

TAURUS:-(April 21 - May 21)

No matter how much fun you've had in recent weeks the excitement factor will surge up another notch, or three, over the next month. There has never been a better time to express yourself creatively to the absolute full - so what are you waiting for?

Luckiest day:- Tuesday

GEMINI:-(May 21- June)

You may not realise it yet but there is a luck factor building up in your favour and with the Sun in your sign this month so many of those obstructions that have been holding you back will come tumbling down. So be patient.

Luckiest day: - Saturday

CANCER:-(June 21 - July 22)

You may possess strong likes and dislikes but you must also strive to understand why certain people act the way they do. Look honestly at what's going on around you this month and recognize that very few people are actually bad or evil.

Luckiest day: - Sunday

LEO:-(July 23 to August 22)

You won't just be moving up a rung or two on the work front over the coming month, you will be soaring skyward at a rate of knots. Cosmic activity in the career area of your chart is about to propel you way out into the professional stratosphere.

Luckiest day:- Wednesday

VIRGO:-(August 23 - Sept. 22)

The most important thing for you over the next month is that you know when to stop. There is so much great stuff going on in your fellow Earth sign of Taurus that it's inevitable you will get carried away. Slow down before you fall down!

Luckiest day:- Monday

LIBRA:-(Sept. 24 - October 23)

This could be and should be a profitable time for you and with so much cosmic activity taking place in the wealth area of your chart over the next month those profits could be much bigger than you expected. Enjoy your good fortune you've earned it.

ARIES

Luckiest day:- Friday

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

With the Sun, Venus, Jupiter and Uranus all moving through the partnership area of your chart at the moment you will find it ridiculously easy to win people round to your way of thinking and acting. Your powers of persuasion are truly irresistible.

Luckiest day:- Thursday

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

You have so much enthusiasm for life at the moment, and so much raw primal energy to go with it, that you could easily find yourself doing a dozen things at once. Imagine what you could accomplish if you channelled all that energy in a single direction.

Luckiest day:- Saturday

CAPRICORN:-

(Dec.22 - Jan.20)

Anyone who thinks you are too set in your ways to move with the times will be amazed at how quickly you adapt to changing circumstances. Seek out situations where you can prove to supporters and critics alike how adventurous you can be.

Luckiest day:- Wednesday

AQUARIUS:-(Jan 21 - Feb. 18)

Some things matter and some things do not. Are you clear in your mind which is which? If you waste time and energy on matters of a trivial nature this month you will kick yourself later on when you realize how much more you could have accomplished.

Luckiest day: - Monday

PISCES:-

(Feb.19 - March 20)

The more you are on the move this month the more likely it is you will encounter people who can make the kind of difference to your lifestyle that you have so often dreamed of and so rarely experienced. Don't slow down for even a moment – in fact, speed

Luckiest day:- Saturday







 Π +34 645 426 215 **2**+34 95 252 3699

Successfully selling properties in Nerja since 1978



Punta Lara, Nerja

In Urb. Punta Lara's sought-after lower area, this luxurious villa features a private pool and stunning sea and mountain views. Spread over three floors plus a roof terrace, it offers a lavish lifestyle. Ground floor boasts fully equipped kitchen, open-plan living, and pool terrace. First floor: three bedrooms and two showers. Basement: spacious living, gym, and wine cellar.

Price: 675,000 euros Ref. JG185TPM

GET SEEN, GET SOLD:

A Place 🛭 Sun





idealista



Urb. Casablanca, Nerja

Nestled in Nerja's charming Casablanca urbanization, this terraced house embodies coastal living at its finest. Spread across three floors, it seamlessly blends comfort with style. The ground floor features an open-plan layout with a fireplace, A/C, and a southwest-facing terrace. Upstairs, two bedrooms offer scenic views, while a private roof terrace provides panoramic vistas.

Price: 340,000 euros Ref. JG1000TPM



Edf. Almijara, Nerja

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

Price: 219,000 euros Ref. JG139TPM

yaencontre



GET YOUR PROPERTY SEEN BY MORE THAN **6** MILLION POTENTIAL **BUYERS** PER MONTH



Urb. Alhambra, Nerja

A detached villa in Alhambra, Nerja, features a private pool and two floors with a spacious roof terrace boasting panoramic sea and mountain views. The top floor hosts a living/dining area, kitchen, and two bedrooms, while the lower level offers three bedrooms, 2 bathrooms, and access to the pool terrace. Community amenities include a large pool and landscaped gardens.

Price: 649,000 euros Ref. JG1000TPM

WE URGENTLY NEED MORE PROPERTIES FOR WAITING BUYERS



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





Dog attack in Granada town

A 66-year-old woman was injured when a dog attacked her in Salobreña, Granada province. The large black Labrador-type dog, which was on its own on the road bit the woman's right arm several times. A couple who happened to be in the area at the time managed to get the dog away from the woman by hitting the dog with a stick.

Lux Mundi Ecumenical Centre, Torre del Mar, Avda. Moscatel 1"l", (Jardines Viña Malága/Antigua Casa de la Viña), Torre del Mar, 297L40. 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@luxmundi.org

Lux Mundi recently had two special dates sharing the gifts of the different churches. The first was last Sunday, when we were invited to the blessing of the new Orthodox Parish Church of the Good Shepherd of Malaga, which is part of the Moscow Patriarchate.

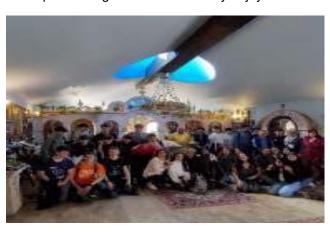


TURN their lives around is located on the Costa del Sol and there is a MEETING with friendly people who will understand your problem somewhere on the coast every DAY

Call our HELPline
600 379 110
For Support And Information

ALCOHOLICS ANONYMOUS www.aacostadelsol.com

The second was the visit to the Orthodox Ecumenical Center of Ronda (Ecumenical Patriarchate) and the Church of the Norwegian Sailors of Calahonda, with a group of 31 young people and two teachers, from the Marist College of Malaga. We spent a fantastic day receiving a great and generous welcome in both places, so the children returned very impressed by the different traditions, where they felt the love, commitment and friendship that the great Christian family enjoys!!



New comprehensive care plan for women victims of gender violence

The Councilor for Equality of the Nerja City Council, Daniel Rivas, reports that a new Comprehensive Care and Support plan has begun for the social and labour insertion of women victims of gender violence. The program is financed by the Andalusian Employment Service and is taught by the Márgenes y Vínculos Foundation. The Márgenes y Vínculos team offers psychosocial interviews, personal and social activation, group activities for self-knowledge, self-esteem, social skills, motivation, empowerment and conflict resolution, among other aspects.



Chocolate pastries sold in Andalucía recalled due to labelling issue

The health authorities in Valencia point out that people allergic to nuts should not consume either the chocolate canes or the chocolate puff pastry triangles of the Abiarjo brand currently available on the market, as some of them do not warn of the presence of hazelnuts on the labelling. All batches of both products are going to be withdrawn.



Guido Bauer S.L. www.guidobauersl.com - phone +34 609 543 945



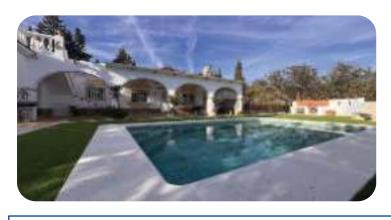




Country house in Torrox-Costa

Great detached house in Torrox Costa. Built entirely on one floor, 145 m², plot of 1.500 m². The house comprises:- two bedrooms, an open-plan kitchen, a living-dining room with a fireplace and 2 full bathrooms. There is a large outdoor terrace, swimming pool and barbecue area. It is sold fully furnished. The property has a large solarium terrace and a large garage. Very close to the beach. Great investment opportunity.

Ref:- 1909 Price:- €245.000





Guido Bauer S.L. Phone:- (+34) 95 253 2427 - Email: info@guidobauersl.com Websites: www.andalucianproperties.info + www.guidobauersl.com Avenida del Faro, Bloque 76 Bajo - 29793 Torrox Costa (Málaga)

Caring for your Geraniums health!



Location:-

Geraniums come from the Southafrica Cape, so they feel comfortable in a warm place with sun, or partial shadow. In fact, it is a sun lover and high tempertatures are a great benefit for its growth. These plants do not need much maintenance, it is not a big problem if it rains also.

Pot:-

Geraniums develope specially well when they have big space. If they are too close to each other or the pot is too small, they never will get their full flowering potential. A window box or any other receptacle should have a minimum depth of 18 centimeters and the plants should be separated, at least, 20 centimeters.

Watering:-

As temperatures increase and Geranium grows, they will need more water. It is very important that plants don't get completely dry, but also don't overwater excesively because it could cause root rot. It is better to water plants regularly and with normal quantities. Standard watering guide is: 500 mililiters per plant, in a 20 pot of centimeters.







Garden La Palma



We offer our clients a wide assortment of indoor plants and seasonal, shrubs, fruit trees and ornamental plants.

All kinds of goodies for your garden:tools, compost, plant health products, ceramics, furniture and now also an area with products for your pet.





Garden La Palma

Camino de Remanentes, s/n, Vélez Málaga Tel: 951 237 013 · Mobile: 648 163 907

Open: 9.00h - 20.00h Monday to Saturday & 9.00h - 14.00h Sundays

See our special offers and promotions by visiting our blog: gardenlapalmavelezmalaga.blogspot.com and become friends with Garden La Palma on facebook



Fertilisation:-

It is recommended to use slow delivery fertilisers, which provide nutrients to the plant in an effective, controlled way, and prolonged in time. Manufacturer instructions will indicate how long the nutrients will last. The best option is to look for a 9 month life product and the temperature should be of 20° C.

During the summer the temperature is higher and the fertiliser will run out before. In this situation.it's recommended to use standard fertiliser once a week. If the leaves start turning a yellow colour, it means the process is not enough.

Maintenance:-

Removing regularly dry flowers and yellow leaves will help the plant stay in good condition and moreover, will help to produce new flowers...







Relax and let Streetwise take care of your advertising needs. Call Dawn on 638 47 47 18 or email info@streetwise.es for our advertising offers.

Sunset Properties Spa on the Costa del Sol See new properties for sale on our Facebook page www.sunsetproperties-spain.com info@sunsetproperties-spain.com +34 618 295 063 😭 Office: +34 601 626 525 🗐 Avenida Andalucia 65c, Torre del Mar, 29740, Málaga



Charming 5 bed, 5 bath townhouse (217m²). distributed as 5 independent apartments, great roof terrace with sea & village views, great position close to the main Plaza. Casa rural, used as a rental business.

Price: 345.000 euros

ref: t 1536

EPC: E



Arenas Spacious property

Fantastic country villa 2 bed, 2 bath (193m²) with 2 independent guest apartments. A short drive from the village and the coast. The property benefits from private pool and magnificent sea and surrounding views.

Price: 440,000 euros

EPC: E



Cómpeta New this month!

Centrally located 3 bed.1 bath apartment (118 m²) with open plan living/dining/kitchen, within walking distance to all of the village amenities. Great lock up and leave holiday home or rental investment.

Price: 118,000 euros **EPC:** In progress ef:t1537



Salares

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

Price from: 265,000 euros EPC: E



New this month!

Price reduced! An attractive 1 bed, 1 bath villa (51m2) in a quiet location with easy

access and less than 10 minutes' drive to Torrox. The villa has the use of a shared pool with one other villa. The perfect opportunity to own a country house at townhouse prices!! Price: 120,000 euros

ref: v1462 EPC: E



Canillas de Aceituno

Beautiful modern 1 bed, 1 bath fully furnished house (50m²) with spacious open plan living/dining/kitchen, unique features. large roof terrace with built in BBQ, spectacular views, a unique property that must be seen.

Price: 139,000 euros

ref: t1318

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.

idealista





www.villasolrealestate.com

PROPERTIES OF THE MONTH





VSR2164 NERJA Price: €439.000

Townhouse, across 3 levels, three bedrooms and 2 bathrooms plus a separate independent studio apartment, various terraces, sea views, private pool, BBQ, parking, fully furnished, open plan kitchen dining area, air conditioning throughout, proven rental history. Walking distance to town.





VSR2169 JARDINES LA NORIA

Price: €299.000 Exclusive! Townhouse, three bedrooms, two bathrooms, air con, partly furnished, log burner in the lounge, two private terraces, sea views, communal pool and double private underground parking. Quiet location, walking distance to town, lots of outside space, easy renting, or all year round living.

Why advertise exclusively with Villasol?

Enjoy special commission rates without losing out on extensive advertising campaigns. Selling and renting from the same corner office, in Nerja for 20 years. Professional photos. Walk through videos. We advertise on many websites and property portals.

Calle Antonio Millon, 10, NERJA Tel:- (+34) 95 252 7201 627 240 865 Email:- info@villasolrealestate.com

SAVE MONEY, **ADVERTISE EXCLUSIVELY** WITH US!

www.villasolrealestate.com

FEATURED PROPERTY

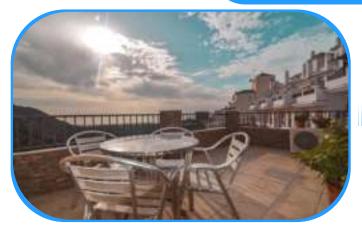






Ref:- VSRS1028 **FRIGILIANA** Price:- €420.000







Townhouse 160m2 built. Comprising:- four bedrooms, three bathrooms, lounge/dining room and a terrace with stunning views to the SEA and MOUNTAINS. The property also includes an independent apartment. Communal swimming pool and walking distance to the village. Allocated parking. Easy rental potential!

Why Villasol? We Listen. We Care.
We work in partnership with many other agents. We offer flexible competitive commission rates. We make the buying and selling process simple. We work closely with local solicitors.

We are a one stop property shop. Pop in and see us!

Calle Antonio Millon, 10, NERJA Tel:- (+34) 95 252 7201 🔞 627 240 865 Email:- info@villasolrealestate.com

Request a free valuation!





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.

The Costa Animal Society...

If you would like to meet Benji or Patch, please contact Seacrest Kennels on 711 028 847 or 646613885, or email us on costaanimalsociety@gmail.com

You can find us on Facebook - Costa Animal Society CAS, where there is more information. Or pop into our shop in Castilla Perez 2, Nerja, Monday to Saturday between 10:00 and 14:00 where our staff will be able to help. To help CAS in their work and donate, please go to our website where you will find our bank details.

Web - costa-animal-society.square.site



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 3-4 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.





AXARQUIA ANIMAL RESCUE



safe in kennels - mum is very shy and not ready for a home of her own just yet. But the pups are now ready for adoption - mainly female, with only one male. Mum is a small to medium Podenco, so they are not expected to be very big. Vaccinations have started, and they can be adopted now in Spain. Foster homes are also needed for them, if you can help please email axarquia-rescue@hotmail.com

APAA NERJA









Lda. Nieves Maria Rico Sánchez. Colg 626 (MÁLAGA)





Veterinary Consultations; Surgery; Clinical Analisis; X-ray; Cytology; Endoscopies; Electrocardiograms; Ultrasound Scans; Intensive Care, fluid therapy, oxygen therapy; Hospitalisation; Dog and Cat Grooming Service; Pet Accesories; High quality range of Dietary Food.

Urb. Laguna Beach, 29793 Torrox Costa. Tel: 952 530 463 24hrs. Emergency: 608 45 42 70



Axarquia Animal Rescue



Mollic

AAR 2249 - Nellie Nellie born 01/02/2024 is 12 weeks old and is one of 9 puppies born to a campo mum Valentia. She is currently in the kennels with her siblings and mum. Nellie is a cute little girl & full of fun - just starting to develop her own personality & character. She interacts well with other dogs in the kennels. Nellie will be small to medium in size. She has started her vaccines & she is now ready to be rehomed here in Spain and at 16 weeks old, she can travel to anywhere in Europe and UK. If you would like

more information, or be able to offer her a foster home, please email axarquia-rescue@hotmail.com



Mel

AAR 2720 - Mel Mel was born in August 2023 and was found dumped on someone's land. Mel was underweight and very frightened. Luckily, the person who found her agreed to foster Mel on behalf of AAR. Mel has grown into a sweet dog. Mel loves to play with the two other dogs in the house. Mel is brave and can hold her own with the bigger dogs. Mel loves nothing more than to snooze in the Spanish sunshine on a chair in the garden. Mel has been vaccinated and is ready to be adopted within Spain or

Europe and the UK. Expected to be medium in size. For more information please email axarquia-rescue@hotmail.com, or have a look on our website www.axarquiaanimalrescue.com



AAR 2744 - Valenita Valentia is just over one year old and she has spent most of her young life in the Campo roaming with the other dogs, getting food & water where they can. A few villagers in the area found her with her mates and started feeding them to gain their confidence. Until one day she was found pregnant in January 2024 and she suddenly disappeared few weeks after. They knew that she went to have her babies but could not find her hiding place, until one day a villager got in contact with our AAR volunteer living in the village to say that he had the puppies and the mother

on his property. Valentia gave birth to 9 puppies on 1st Feb 2024. Valentia is now in kennels with her puppies, and doing well - she starts to trust humans around her - she is smilling more & not

afraid of approaching them. Also she is enjoying the company of other dogs in the kennels and she is learning to play too. Valentia has started her vaccinations and will soon be chipped, passport & neutered too. Valentia would benefit from being in a foster home, if you are able to help, or available for adoption to a secure loving home. Email axarquia-rescue@hotmail.com for more information.



Brady

AAR 3732 -Brady Brady is a young male born 10/11/2023 and is 6 months old, turned up with his brother Murphy at a holiday home in Cutar - Axarquia region. Brady is now enjoying family life in foster home and playing with his foster siblings. He is now fully vaccinated, chipped and he has his own passport. Brady is ready to be adopted in Spain

or in Europe & UK. He is a Podenco Cross, and expected to be small to medium in size. If you are interested in his adoption, please email AAR at axarquia-rescue @hotmail.com for more information on how to adopt him.



Shanti

AAR 2745 - Shanti

Shanti is a cuddly 12-week-old girl who would love to be part of your family. A mixed breed and is expected to be medium sized. One of Valentia's pups, and is now in kennels. She plays with other dogs and is safe and well but needs a forever home where she can thrive. Shanti has started her vaccines and is ready for adoption in Spain. She will be available for adoption anywhere in Europe at 16 weeks. For more information please email

axarquia-rescue@hotmail.com

AAR 2731 - Murphy Murphy is a young male dog born 10/11/2023 as is 6 months old, turned up with his brother Brady at a holiday home in Cutar -Axarquia region. The couple having holiday break at that home couldn't keep them due to their dog



Murphy

and they were soon going home. Murphy is now enjoying family life in foster home and playing with his foster siblings. He is now fully vaccinated, chipped and he has his own passport. Murphy is ready to be adopted here in Spain or in Europe & UK. If you are interested in his adoption, please email AAR at axarquia-rescue

@hotmail.com for more information on how to adopt him. Murphy is waiting to hear from you - please don't disappoint him.



SHORT AND LONG TERM FOSTER HOMES URGENTLY NEEDED!!

Please email:axarquia-rescue@hotmail.com for further information. By Karen Wallace

Understanding your dog's body language

Dogs use their whole bodies to show each other, and us, how they're feeling. It's really useful to learn how your dog communicates so you can recognise when they're feeling confident and relaxed, or if they're worried or frightened.

Recognising signs a dog is stressed will help you to avoid situations that they might find challenging, and keep you, your dog, and others safe.

Dogs tend to repeat behaviour that works well for them, so responding to your dog's behaviour and subtle body language is really important.

For example, if a dog tries turning their head and blinking to say that they're unsure and need space, and you understand and help them, then they're more likely to do this next time.

But if these subtle signals are missed, a dog may use more obvious signs, like lunging and growling. If that works to get them out of the situation, then they are likely to repeat these behaviours next time.

Reading your dog's body language

When looking at body language, and working out what your dog is saying, you need to consider three things:

1. The individual dog

Dogs come in many shapes, sizes and breeds, and these differences will likely affect the way that they communicate, so you need to consider the individual dog. Here are some examples:

- If a dog has a very dark or very long coat then it might be harder to spot small movements in their face or body compared to dogs with shorter, paler fur.
- Some dogs have very wrinkled skin, so they might not be able to move their faces and bodies in the same way as others.
- Some dogs might have tightly curled tails, or no tail at all, so they can't move them to show their feelings.
- Some dogs have long, floppy ears, so ear movements won't be as obvious as they are for dogs with ears that sit up high on their head.

You know your dog best, so you can be the expert in reading their subtle body language.

2. The whole body

Look at a dog's whole body, from their head to their tail. Take everything into account and gather as much information as possible before trying to interpret how they are feeling.

3. The context of their behaviour Behaviours can have different meanings depending on the situation. For example, a dog might drool and lick their lips as their dinner is being prepared. This is a normal bodily response to expecting food.

But if a dog shows that same response in a different context, such as when being lifted into the car, this could show that they are worried about the car journey.

RELAXED DOG BODY LANGUAGE

It's a good idea to get to know what your dog looks like when they're relaxed. All dogs are slightly different and breed variations mean that some dogs' tails and ears look different. A relaxed dog will have a

soft wagging tail, soft eyes and may cock their head in an interested way if you talk to them. These signals mean the dog is happy to interact with you.

PLAYFUL DOG BODY LANGUAGE

A playful dog will be more animated, and they may bow with their front end lowered down and their back end in the air, or jump around excitedly. These signals show that the dog actively wants to play.

UNCOMFORTABLE DOG BODY LANGUAGE

The behaviour shown by dogs who are uncomfortable can look similar to when they're relaxed, so it's important to be aware of the context and learn what is normal for your dog. For example, sometimes when dogs roll onto their backs, this is to show that they're uncomfortable, not that they would like their stomach rubbed. This tells us that we need to move away and change the situation for the dog.

Other signals are less subtle and may occur in situations such as grooming or a vet visit. Look out for any signs of tension in your dog which may indicate that they're uncomfortable. Things like tension around the face, their tail down between their legs, and lifting one of their front paws while standing. These types of distance increasing signals are your dog's way of asking for the situation to stop. If it's a situation that has to happen, like a procedure at the vets, you may just need to give your dog a break and then try again.

FEARFUL DOG BODY LANGUAGE

Dogs can show fear in many ways. Your dog may hide or cower away from the thing that frightens them. You should make sure not to approach them when this happens, as they may feel cornered, and like their only choice is to escalate to more aggressive behaviour. If the scary situation for your dog continues,



you may see some even more intense behaviour such as barking, or lunging forward. These are distance increasing signals, so the dog is asking to be given space.

If we watch and listen to our dog's body language, we can try to prevent these situations from occurring and reduce potential stress for our dogs, and us. If you experience any of these issues, we would recommend getting the help of a behaviour specialist.

As a qualified behaviourist, I can help you interpret your dog's body language.

If you think you need help, or you'd like more information on any of the services at Dog School, then drop me a message on social media or send an email to

info@dogschoolnerja.com



Telephone:711020098 Facebook:Dogschoolnerja Web:www.dogschoolnerja.com



IDECOCINA

Quality Kitchens www.idecocina.com

Across

- 1. Zest (5)
- 4. Wooden shoe (5)
- 7. Overseas (6)
- 10. Accolades (6)
- 14. Deadlock (7)
- 15. Cradlesong (7)
- 16. Abolished (9)
- 18. Guidance (8)
- 19. Ire (5)
- 20. Hexahedron (4)
- 21. Rubicund (5)
- 24. Lured (7)
- 26. Burden (4)
- 28. Adult male swan (3)
- 29. Scholars (8)
- 34. Ice pellets (4)
- 36. Undomesticated creatures (8)
- 37. Swindle (4)
- 38. Annul (6)
- 42. Potion (6)
- 43. Ornamentation (10)
- 44. Underwater projectile
- 46. Completely
- enveloping (7)
- 47. Tooth (7)
- 49. Relating to deer (7)
- 55. Wander from a direct course (7)
- 57. Exact opposite (10)
- 59. Kudos (6)
- 61. Embellished (6)
- 62. Matured (4)
- 63. Personal beliefs (8)
- 64. Lairs (4)

- 67. Outlined (8)

- 78. Pugilist (5)

- 87. Hermit (7)

- 90. Precise (5)
- (5)

Down

- 4. Austere (5)
- 5. Unguent (4)

- 9. Calculator (6)
- 12. Graded (5)

- 17. Ironic (3)
- 22. Enlisted person (7)
- 23. Dwarfed ornamental
- tree (6)
- 24. Reverberated (6)
- 25. Rostrum (4)

- 69. Play on words (3)
- 70. Fiend (4)
- 71. EternaÌ (7)
- 75. Strong and sharp (5)
- 77. Unsightly (4)
- 80. Harsh (8)
- 85. Three-sided
- polygons (9)
- 86. Fruit grove (7)
- 88. Remit in advance (6)
- 89. Confused (6)
- 91. Type of precipitation

- 1. Profits (5)
- 2. Perspicacious (7)
- 3. Hinder (8)

- 6. Claw (5)
- 7. Astounded (6)
- 8. Beams (4)
- 11. Placed a bet (7)
- 13. Ruthlessness (7)

- 27. Mythical beast (7)
- 30. Mother-of-pearl (5)
- 31. Bar (6)
- 32. Revenge (11)
- 33. Haggard (5)
- 35. Dialect (5)
- 39. Anteater (8)
- 40. Perservering (8)
- 41. Speak (5)
- 45. Anxiety (5) 48. Aperture (7)

- 50. Callow (5)
- 51. Detestable (6)
 - 52. Emblem (5)
 - 53. Restricted (7)
 - 54. Population count (6)
 - 56. Writing style (5)
 - 58. Ennui (6)
 - 60. Leg joint (4) 65. Captivate (7)
- 66. Moves forward (8) 68. Musical passage (7)
- 72. Gourmet (7)
- 73. Shut (6)
 - 74. Coerced (6)
 - 75. Part of a play (3)
 - 76. Lift (5) 79. Delèté (5)
 - 81. Soft cloth cap (5)
 - 82. Expel (5)
 - 83. Young horse (4)
- 84. Notion (4)



- All the styles Free Estimates
- Reform Project Management
 3D Design Imported
 Range Cookers

- Everything for the kitchen









Opening times: Mon - Fri 9.30 to 19.30 Sat 10.30 to 13.00

C/: Los Prados, 4 - Torre del Mar Tel:- 952 541 895 605 932 060 idecocina@idecocina.com

SUDOKU PUZZLE

| 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 |

Card Games

| E | P | 1 | Q | U | Ε | T | Z | В | R | 1 | D | G | E |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| M | R | W | Н | Ī | S | T | 1 | P | S | F | В | В | L |
| Н | Α | Н | Ε | Α | R | T | S | G | 0 | F | 1 | 5 | Н |
| R | K | C | C | E | S | K | A | T | S | A | N | A | C |
| W | P | N | N | U | Ε | P | 0 | K | E | R | D | R | 0 |
| Α | Y | A | F | R | E | E | C | E | L | L | 1 | 5 | N |
| Т | R | Т | Т | A | R | A | C | C | Α | В | Α | E | 1 |
| T | A | N | K | ١ | J | U | Α | Y | В | L | M | D | P |
| E | M | Α | W | P | E | S | М | Α | L | 1 | D | Α | K |
| N | 1 | F | Α | A | 1 | N | G | M | Α | T | L | P | 0 |
| L | D | L | В | N | Q | E | C | S | Υ | Z | 0 | 5 | 0 |
| ٧ | S | F | 0 | S | 0 | H | H | E | L | L | 0 | P | R |

| BACCARAT | HEARTS | ROOK |
|-----------|----------|---------------|
| BLITZ | MAO | RUMMY |
| BRIDGE | NERTZ | SKAT |
| CANASTA | OH HELL | SLAP JACK |
| CASINO | OLD MAID | SNAP |
| CRIBBAGE | PATIENCE | SPADES |
| EUCHRE | PINOCHLE | SPIT |
| FAN TAN | PIQUET | WAR |
| FREE CELL | POKER | WATTEN |
| GO FISH | PYRAMID | WHIST |
| | | |







Lux Mundi Torre del Mar

Recently a group of friends from Lux Mundi, Torre del Mar, set off on a day trip to Cabra in the province of Cordoba. A short stop for refreshments was made en route and on arrival they were met by the guides. The first stop was at the tourist office with its beautiful flower bedecked patio. They then set off for a walk through the old medieval town seeing the remains of the Arab wall, the parish church of the Asuncion and Angeles and the remains of the Castle of the Counts of Cabra and were able to stand on the defensive walls and take in the views of the surrounding countryside. The group then walked through the old whitewashed streets with the balconies adorned with beautiful flowers and they saw the church of San Juan del Cerro, the oldest church in Cabra, founded in the 7th century. A beautiful small patio was then visited before entering the former convent of San Juan de Dios, now a private members' club/casino, with one of the most

beautiful patios in the south of Cordoba. The final stop on the guided tour was in the Archaeological Museum, organised around a central arcaded courtyard with columns of red marble. The tour ended at the Town Hall in the Plaza de Espana. The group then dispersed and everyone went their own way to have some lunch and to further explore this beautiful town which is extremely well cared for and well-worth a



visit. Lux Mundi would like to thank all who supported this excursion, which enables them to continue with their charitable work and we hope to see you all again at future events in the Centre and excursions.

Nerja and Maro beaches renew their blue flags Nerja has renewed its four blue flags, as reported by the mayor of Nerja, José Alberto Armijo. The beaches where this quality badge will continue to fly are Burriana, Torrecilla, Maro and Playazo-Chucho. José Alberto Armijo has indicated that these 4 blue flags "consolidate us as an undisputed sun and beach destination, shining among other tourist segments." The mayor added that "this undoubtedly encourages us to continue working to continue making Nerja a sustainable tourist destination, with blue flags on its beaches and also on its trails." The Councilor for Beaches, María del Carmen López,

highlighted that "these blue flags confirm compliance with the criteria of environmental information and education. legality, health and cleanliness, accessibility, safety and services."



Cultural Centres Spring programme

The Councilor for Culture, Ana María Muñoz, has presented the spring programming of the Villa de Nerja Cultural Center, which is once again full of shows for all tastes and ages.

In May, the return to Nerja of gospel and opera with Gospel Sound granada and Julio César, by Händel. The month opens with a performance by Gines Trio, and we will also have flamenco dancing, with Agustín Baraja. The Andalusian Theater Network continues with The Rape of Lucretia, by Shakespeare. The last week of May and the first week of June, the performances move to the Plaza de España, where we can enjoy a new edition of Nerjdanza and the performing arts exhibition, which is now called Mares de Nerja, with great performances.

In June, in addition to the end-of-year activities of the educational centers, we will have concerts by the Alminares Choir, which is celebrating its 40th anniversary, and the pianist Rafael Rodríguez. We will close the quarter's programming with a great circus Gala, within the Cirkorama 2024 program of the Malaga Provincial Council.

June

Sunday 2nd - Daniel Romero Academy. 6:00 p.m. €10. Friday 7th - IES Sierra Almijara.

Thursday 13th - IES Sierra Almijara.

Friday 14th - IES Chaparil. Bachelor and cycles.

Saturday 15th - Coral Minares. 40th Anniversary Concert. 8 p.m. €10.

Monday 17th - CEIP Maestro Joaquín Herrera.

Tuesday 18th - CEIP Narixa.

Wednesday 19th - CEIP San Miguel Primary.

Wednesday 19th - End of Course Municipal School of Music and Dance. 7 p.m.

Thursday 20th - CEIP San Miguel Infantil.

Thursday 20th - End of Course Municipal School of Music and Dance. 7 p.m.

Friday 21st - Rafael Ruiz Rodríguez, piano. 8 p.m. **Saturday 22nd -** Cirkorama circus gala. 8 p.m. Free entrance.

Thursday 27th - Little Ones Daycare.

Friday 28th - IES El Chaparil. THAT.

Saturday 29th - Anniversary event of CD Nerja. Cineclub in Original Version: Sundays 5:00 p.m. and Wednesdays 7:00 p.m. except performance day





YOU ARE THE KEY TO YOUR PROPERTY!





SOLD









OUR CLIENTS ARE LOOKING TO BUY

IN YOUR AREA!



TO ADVERTISE YOUR TOWN HOUSE, VILLA, FINCA OR APARTMENT PLEASE CONTACT VICTORIA: TEL/WHATSAPP:(+34) 634357026



ESTATE AGENCY - INMOBILIARIA - MAKELAARS

Andalucia4you.net

YOU ARE THE KEY TO YOUR PROPERTY!





Avenida Andalucia 125 bajo, Caleta de Vélez Málaga Spain

WWW.ANDALUCIA4YOU.NET

C SADIRECT

UNLOCK YOUR PROPERTIES POTENTIAL SELL OR RENT WITH CONFIDENCE & EASE!

Looking to sell or rent your property? Look no further than Casa Direct! With a dedicated team fluent in over 20 languages and marketing expertise across 35 platforms, your property is guaranteed maximum exposure to potential buyers or tenants. Our professional, proactive, and experienced team ensures a seamless experience from listing to closing.

Don't wait any longer, contact Casa Direct and **connect with eager clients** waiting to make your property their dream home!

UNLOCKING DOORS TO YOUR DREAM HOME WITH PERSONALISED SERVICE AND EXPERTISE, YOUR SATISFACTION IS OUR SUCCESS!



UNLOCKING YOUR DREAM HOME, ONE KEY AT A TIME



BEAUTIFUL HOUSE & APARTMENT IN FRIGILIANA

In Frigiliana's Los Tablazos area, this villa offers a main house with 2 bedrooms and 2 bathrooms, and a separate 2-bedroom apartment, with three floors. It features an open-plan living area, kitchen, terrace with south-facing views, and a pool. Complete with amenities like air conditioning, heating, ample parking, and 2300m2 of land, the villa promises year-round comfort and



DETACHED VILLA WITH POOL & VIEWS IN TORROX

A meticulously maintained 2-bedroom house between Frigiliana and Torrox, adjacent to the Los Carrecoles hotel, offers prime Mediterranean views. Its open-plan layout, fully equipped kitchen, and private terrace create a blend of tranquility and modern comfort. Outside, a private pool and barbecue area provide leisure options, with practical amenities like a 1500-liter water deposit.

WE SPEAK YOUR LANGUAGE





WELL PRESENTED TOWNHOUSE IN COMPETA

In Competa, this Andalusian house combines style, elegance, and spaciousness, reflecting traditional architecture. With a privileged location, it offers a charming atmosphere highlighted by impressive interior spaces and exquisite decoration. Bright and welcoming, the house invites relaxation and enjoyment, embodying the essence of Andalusian charm.



SPACIOUS APARTMENT IN THE HEART OF NERJA

A charming 2-bedroom apartment in Nerja, Málaga, offers a serene coastal retreat with cozy bedrooms, a stylish bathroom, and an open-plan layout. Its private terrace provides mesmerizing sea views, while the central location allows easy access to beaches and cafes. With modern amenities and Andalusian charm, this apartment is ideal for permanent





VIEW OUR PROPERTIES FOR SALE

VIEW OUR PROPERTIES FOR RENT







PROPERTY SALES

WINTER RENTALS

HOLIDAY RENTALS























PRIVATE SALE - EL PEÑONCILLO, TORROX COSTA



GREAT INVESTMENT OPPORTUNITY - PRICE: €275.000 NOW €255.000

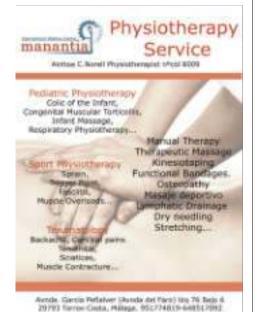
Nice house, 102m² on a plot of 260m². Only 5 minutes from the beach. Fantastic sea views from the large south facing terrace. Comprising: two bedrooms, one bathroom, large garage and storage room. Very quiet location.

Good rental potential!

Phone: (0034) 609 54 39 45

Manantia Services and timetable manantia





neolthwise

WHAT ARE SHOCK WAVES?

Shock waves are a widely used treatment in Physiotherapy that is based on the application of highspeed sound or acoustic waves applied to painful points and musculoskeletal tissues in subacute, subchronic or chronic conditions. Loew (1997) defines shock waves as single pulsed acoustic or sound waves that dissipate mechanical energy from the interface of two substances with different acoustic impedance.

Shock waves have a specific pressure and duration capable of propagating through tissues without losing significant percentages of their energy.

Its mechanism produces tissue and cellular damage, leading to tissue breakdown.

This damage produces an inflammatory response that will subsequently lead to repair and reconstruction of damaged tissues as a response mechanism of our own body.

Types of Shock Waves in **Physiotherapy**

The types of Shock Waves used in physiotherapy are:

• Focal: they have a focus of therapeutic action, they reach deeper, but produce more pain (they reach up to 15cm).

 Radial: with a more superficial effect (they reach 3 to 3.5cm. More effective in superficial pathologies and cover larger affected surfaces.

Effects of Shock Waves Physiotherapy

Shock wave therapy is effective in 90% of cases. The effects of this type of technique are:

- Analgesic effect of shock waves: due to the destruction of nerve endings and dispersion of the pain mediator substance P. According to Rompe (1996), this is still unproven.
- Reversal of chronic inflammation with shock waves: shock waves will cause greater activation of mast cells in the inflammatory process, which is not completely stopped in chronic processes.
- Neovascularization or new formation of blood vessels with shock waves: stimulates the growth and remodelling of blood vessels and tissue oxygenation. The application of shock waves creates capillary micro ruptures in tendon and bone.
- Acceleration of metabolism and anti-inflammatory effects thanks to shock waves: produced by the degradation of inflammatory mediators due to induced hyperemia.
- Revascularization of the area with shock waves.
- Stimulation of better quality



collagen production (Type I) with shock wave treatment necessary for the repair process, creating denser, stiffer tendon fibres with a firmer structure.

- Fragmentation or reabsorption of calcium deposits or dissolution of calcified fibroblasts thanks to the biochemical decalcification produced by shock waves, converting them into granular particles that will be eliminated by the lymphatic system.
- Decrease in muscle tension: due to the reduction in the stimulation of nociceptive fibres, reducing pain, the development of edema and therefore muscle tension.
- Increases the activity of osteocytes, osteoblasts and the formation of bone tissue.

According to scientific evidence, shock wave therapy on the tendon causes histological and biomechanical changes. The response to these events is a decrease in tenocytes and an increase in an inflammatory and hypervascular response that will cause a migration of undifferentiated cells, an increase in fibroblasts and a greater amount of tendon matrix.

In Shock Wave therapy on a bone or insertion area, the inflammatory effect is prioritized.

Contraindications of Shock Wave Physiotherpay

- Areas close to the lungs, intestine, hollow and membranous viscera filled with gas.
- Areas in which large vessels or nerves are affected.
- People with pacemakers
- Coagulation problems
- Diagnosed Rheumatoid Arthritis
- Pregnancy
- Skeletal immaturity
- · Infection in the affected tissue
- Neoplasms
- Proximity to organs that contain gas such as the lungs or intestines

Demyelinating polyneuropathies

Physiotherpay treatment with Shock Waves

Shock Wave physiotherapy treatment is a non-invasive technique. The procedure is carried out:

- 1º- The area is located.
- **2º-** Application of gel: for the conduction of acoustic waves.
- **3º-** Wave Shots: the head is pressed on the area to be treated and the sequence of shock wave shots begins.

Furthermore, depending on the pathology, our Physiotherapists will add a complementary treatment program such as: strengthening, postural hygiene



Relax and let Streetwise take care of your advertising needs. Call Dawn on 638 47 47 18 or email info@streetwise.es for our advertising offers.



Jose Antonio Gonzalez

Maxillofacial Surgeon

English Speaking Dentist
Dr. Lucia Acosta
Chileme

General Medicine
Paediatrics
Dermatology
Cardiologist
Psychology
Other specialists
Acupuncture
Physiotherapy

We Speak English; German & French

Centro Internacional, Blq. 86, TORROX COSTA

Tel: 952530908

Please call for more information or send an e.mail: clinicaeuropatorroxcosta@gmail.com



Nete G. Larsen Martin Lazenby

Scandinavian, English, German and Spanish spoken

Please call between 10.00 and 17.00 (Monday - Friday) to make an appointment

Tel./Tax: 95 252 9666 www.dentadanes.com Calle San Miguel s/n, "Maro Club" 125 29787 Maro, Nerja



- (Monday Friday) 10:00 - 14:00 & 17:00 - 20:30 (Saturday) 10:30 - 13:30
 - Contact Lenses; Frames; Sun Glasses
 - The Best Brands!
- Free Eye Test & Glaucoma Test
- We Speak English



Opticians HEIKO BY HEIKO

2 X 1

2 pairs of glasses for the price of 1 Includes varifocal lenses

Share the offer with a friend!



Book your

Avda. Andalucía 119 Torre del Mar info@heikobyheiko.es Tel: 952 967 923 WhatsApp: 682 327 084 heikobyheiko.es

We speak your language







healthwise

measures, stretching and/or self-stretching, bandages, unloading massage, progressive readaptation or cryotherapy.

Applications of Shock Wave treatment

Due to mechanical effect:

- Calcifications in the tendons
- Rotator cuff
- Other calcifying tendinopathies

Due to its Biological effect:

- Degenerative tendinopathies
- Lateral and medial humeral epicondylosis
- Tendinosis
- Pelvitrochanteritis
- Quadriceps tendinosis
- Patellar tendinosis
- Biceps femoral tendinosis
- Tendinosis of the tibialis anterior, tibialis posterior and peroneal muscles
- Achilles tendinosis (proximal and enthesopathy)
- Plantar Fasciosis or Plantar Fascia Enthesopathy
- Heel spur
- Other Tendinosis
- Chronic tenovaginosis: Enf. by De Quervain.
- Pseudoarthrosis: of the long bones in the extremities, of the short bones, of the hand (metacarpals and phalanges), of the foot (5th metatarsal, other metatarsals)
- Stress fractures
- Myopathies: Myofascial Syndrome (excluding Fibromyalgia), Muscle Lesions without Discontinuity.

Recent indications

- Spasticity
- Carpal tunnel syndrome
- Low back pain/dorsalgia

Clinic of Physiotherapy of Nerja Carmen López y Mariví Díaz. Avda. Pescia, Nº1 Groundfloor 29780 Nerja (Málaga) Tel: 95 252 8144 or 649 964 047

LENETTE STOKHOLM

DANISH HAIR DESIGN TORRE DEL MAR

Lenette Stokholm

Avda. Andalucia 32, 29740 Torre del Mar

CLOSED MONDAY

Phone: 952 540 096 Mobile: 692 103 907

E-mail:- Is@danishhairdesign.com



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

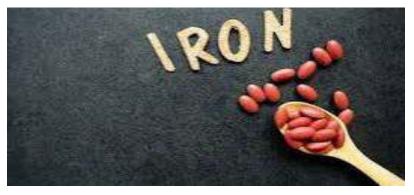
Iron, often associated with its role in preventing anemia, plays a far more crucial role in women's health than one might imagine. Beyond its contribution to red blood cell production, iron has been linked to various aspects of wellness, from combating fatigue and hair thinning to alleviating symptoms of restless leg syndrome (RLS). Recent studies have shed light on the importance of maintaining adequate iron levels, especially for nonanemic women with specific ferritin level thresholds.

Iron Deficiency: A Global and Local Challenge:

Iron deficiency isn't just a minor concern: it's the most common mineral deficiency worldwide, impacting approximately 20% of the global population. Iron deficiency anemia alone affects this large portion of the world. However, iron deficiency without anemia is even more widespread, indicating an urgent health issue. This challenge is certainly relevant to Australia. The World **Health Organization** (WHO) estimates that in the land Down Under. 8% of preschool children, 12% of pregnant women, and 15% of non-pregnant women of reproductive age grapple with anemia, with iron deficiency serving as the major culprit.

Taking a Closer Look at Fatigue:

We've all experienced tiredness at some point, but persistent fatigue can



have a substantial impact on a woman's daily life. A recent case study highlights the story of a 45-year-old woman who struggled with fatigue for six months. Despite normal hemoglobin levels, her ferritin level was found to be as low as 35 mcg/mL, suggesting a

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

Unlocking the Connection with Hair Thinning:

Hair thinning can be distressing for many women. Surprisingly, iron deficiency may contribute to this concern. While research linking low ferritin levels to hair loss is established, the effectiveness of iron treatment has been debated. A study by Hard et al. uncovered that among women with diffuse hair loss, 19% had iron deficiency without anemia. Strikingly, all patients who received iron treatment experienced hair regrowth. A ferritin goal exceeding 40 mcg/L is recommended to address hair thinning effectively. This underscores the need for women with ferritin levels below 50 mcg/L to consider iron therapy as a possible solution.

Easing Restless Leg Syndrome (RLS):

Continued on page 38





neolthwise

BEAUTY AND WELLNESS CENTRE



Rebeccah Curtis

Opening Times: Tuesday - Saturday 10.00am till 6.00pm 952 530 122 (voicemail service) **651 956 284**



Rebeccah Curtis Beauty and Wellness



SPECIALIST FACIAL **TREATMENTS**

Including State of the Art Anti-ageing Facials with Radio Frequency. Galvanic current, Oxygen Therapy. Stem Cell Vitamin C treatments and more ...

LASH AND BROW **TREATMENTS**

Including brow tints, tidy or wax, lash tint and lift

PERMANENT MAKEUP

(micro pigmentation)

BODY TREATMENTS

Including Aromatherapy Massage; **Hot Stone Treatment:** Swedish Massage: Deep Tissue Osteopathy; Thai Massage: Reflexology; Indian Head Massage.



English speaking hairdresser with top quality products and excellent service, all centre for an appointment

The centre is situated behind Mena Cafe

Urb. Laguna Beach. Centro Comercial B, nº 16, Torrox Costa, 29793, Málaga

Restless leg syndrome, characterized by an irresistible urge to move the legs, can be disruptive to sleep and overall well-being. Surprisingly, iron deficiency has been identified as a trigger for RLS. Allen and colleagues have proposed clinical practice guidelines suggesting ferric carboxymaltose as an effective treatment for moderate to severe RLS in individuals with serum ferritin levels below 300 mcg/L. Additionally, oral iron supplementation might be beneficial for those with ferritin levels less than 75 mcg/L. The significance of iron in managing RLS cannot be underestimated, emphasizing the holistic impact of maintaining proper iron levels.

The significance of iron for women's health goes beyond its role in preventing anemia. Research has shown that iron deficiency, even in the absence of anemia, can contribute to fatigue, hair thinning, and restless leg syndrome. Addressing these issues requires understanding the specific ferritin level thresholds: a ferritin level below 50 mcg/L for fatigue and hair thinning, and a ferritin level below 75 mcg/L for restless leg syndrome. By recognizing and acting upon the importance of maintaining optimal iron levels, women can enhance their overall well-being and quality of life. Iron is truly a crucial element that should not be overlooked.



Since 1980

Working in partnership with the social security agreement for outpatients

In Optica Chaves you enter as a customer, and leave as a friend!

Avenida Castilla Pérez, 24 29780 NERJA, (Málaga) Tel: 952 521 994





Raspberry Smoothie

Ingredients:-

2 cups frozen raspberries

1 banana (room temperature)

1/4 cup Greek yogurt*

½ cup water

½ cup milk (or almond milk or oat milk)

1 tablespoon maple syrup or honey

½ cup ice

For the garnish:-

Frozen raspberry, mint leaf

Preparation:-

Place all ingredients in a blender, breaking the banana into pieces. Blend until creamy, stopping and scraping down the sides as necessary. If desired, garnish with a frozen raspberry and mint leaf. Serve immediately or store in a covered jar in the refrigerator for 1 day.



Calle Antonio Ferrandiz "Chanquete" 16, Edif. Vegamar (Opposite the Pharmacy) For general enquiries - Tel/Fax:- 95 252 6881







50% on all sunglasses

Opening times:-

Monday - Friday 10.00-14.00 / 17.00 - 20.30 Saturday:- 10.30 -13.30

Avda. Pescia, 18, 29780 Nerja (Málaga) Tel: 95 252 5876 / 608 395 729

We Speak English





TimeOut Spas

PREPARE THE SOAK JUST NOW

in your usual spa store







neolthwise

Hello I'm Liz Brown.

My Spanish adventure started in 2017. I am based in Torrox, near Nerja. I am a UK registered nurse and after a battle of over 2 years got my registration verified in Malaga College as an "Enfermera" (there are only 2 of us UK registered nurses in the whole of Malaga Province). Registration with the Colegio was essential to work legally in Spain. I started my work here cleaning a wound for a lovely Norwegian lady. It was obvious that her needs were much greater than simply cleaning a wound and changing a dressing. The lady needed assistance with her activities of daily living.

I could not do everything myself so started to put together my first team of carers teaching them how to care competently.

We have grown a lot since those days and my son George has gone from being a school boy to my invaluable assistant. George is now a qualified care trainer as well as

being a fantastic "Mr Fix it "..

As a team we work within a 25 Km radius of Torrox . I still do home visits as well as being based at Jubilee House on Peñoncillio where we enjoy the lovely Costa sea views. Jubilee House is a "Close Care Unit" very different to a residential home.

Our GUESTS rent their units and buy in Care from THE ENGLISH NURSE CARE TEAM...

We don't have "visiting hours" and the Care Team are all English Speaking. GUESTS are encouraged to go out and enjoy life ...

We have a designated team called "the swallows who work shorter hours and take the guests out."



George Brown



Pallative care - Companionship
Heart monitoring - Hospital sitting
Respite at home - House keeping
Correspondence & communication
Medical collection & dispensing systems
Dressing, bathing & daily hygiene
Shopping & meal preparation
Fast response fall team
Provision of medical equipment such as
wheelchairs & hoists



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





1 17



Contact Liz on: 692 419 548

- 5 ground floor individual units all en-suite
- 24 hours care at all stages from English Nurse Care Team
- Main language English
- Extensive sea views
- Wheel chair accessible
- Garden, home cooking, wifi
- Air conditioning
- Visiting physiotherapy, hairdresser, chiropodist and nutritionist
- And we welcome guests for the day

Tel:- 951 55 05 81 / Mobile:- 692 419 548 englishnurse@rocketmail.com www.englishnurse.net



Income tax return time in Spain

Have you submitted your Spanish income tax return yet? You have until 1 July to declare the income and gains you earned in 2023.

It's that time of the year in Spain, when we have to compile and submit our personal income tax returns – our declaración de la renta – for 2023. If you are tax resident in Spain, this will cover your worldwide income and gains. The system opened on 3 April, with a final deadline of 1 July.

There are penalties for late returns, so don't leave it too late. It can be complicated if you earn income from various sources, particularly from overseas, or are eligible for deductions. Using a tax accountant could make your life much easier and ensure you get it right.

The tax form for residents is Modelo 100 Residentes Fiscales en España. Beckham regime taxpayers use Modelo 150 or 151. These can be filed online or in person at the tax office. Couples choose whether to submit individual or joint returns (the latter usually only beneficial where one income falls below the personal allowance).

Do you need to submit a return?

Most foreign nationals living in Spain need to complete a tax return. Generally, only those on low incomes and taxed at source in Spain are exempt.

If you believe you are not tax resident in Spain (and so only need to declare Spanish earnings), ensure you have this right. If the tax office questions this, it will be up to you to prove otherwise. In summary, if you meet any of the criteria below, you are resident in Spain for tax purposes:

- **1.** You spend more than 183 days here in a calendar year, or
- **2.** Your 'centre of economic interests' is in Spain, or
- **3.** Your 'centre of vital interests' is in Spain (e.g. your spouse lives here).

Income tax rates and deductions

General and savings income are taxed differently in Spain, but you need to declare both on your personal income tax return.

The progressive 2023 rates for general income (employment, pensions, rentals, etc.) in Andalucía are as follows:

By Kelman Chambers, Partner, Blevins Franks

| Income band | Total tax rate |
|--------------------|----------------|
| Upto €12,450 | 19% |
| €12,450 - €20,200 | 24% |
| €20,200 - €35,200 | 30% |
| €35,200 - €60,000 | 37% |
| €60,000 - €300,000 | 45% |
| €300,000 onwards | 47% |

Spain provides a type of personal allowance for individuals and families, the Mínimo Personal y Familiar, given as a tax credit against the total tax payable. For 2023 the national basic allowance is €5,500 if you are under 65, increasing to €6,700 up to age 75 and then to €8,100, though some regions have different levels of allowances. There may be other deductions available depending on your circumstances.

The progressive rates for savings income are:

| Income | Tax rate |
|----------------------|----------|
| Upto €6,000 | 19% |
| €6,000 to €50,000 | 21% |
| €50,000 to €200,000 | 23% |
| €200,000 to €300,000 | 27% |
| Over €300,000 | 28% |

What you need to declare

Tax residents of Spain are liable to Spanish income tax on their worldwide income and gains. The Spain-UK double taxation treaty establishes where you declare and pay tax on UK income.

UK pension income is taxable only in Spain when received by a Spanish resident. The one exception is income from UK government service pensions which remains taxable in the UK. Although not taxed in Spain, you still need to include it in the calculation to determine the Spanish tax due on your other income.

UK rental income is taxable in both countries, but the UK tax paid can be offset against your Spanish liability.

Capital gains made on the sale of movable assets are exclusively taxed in your country of residence. If you sell a UK property, however, the gain is taxable in both countries under the local rules, but your UK CGT payment will be credited against your Spanish liability.

Wealth tax returns

Wealth and solidarity tax returns are also due by 1 July, where you declare your worldwide assets as at 31 December 2023. Residents of Andalucía receive a 100% credit for the main wealth tax, so no tax is due, but if the total value of your assets is more than €2 million, you still need to complete a wealth tax return.

Tax planning

If you are concerned about how much tax you've paid in 2023, take specialist tax and wealth management advice to see if you can improve your tax position for 2024 and beyond. Take care to only use compliant tax planning arrangements and to declare your worldwide assets and income correctly each year. While there is not much you can do on employment income, if you are retired and have investment capital, some investment arrangements

provide significant tax advantages in Spain.

This article only summarises the basic elements of income tax in Spain. For questions about completing your tax return, speak to a tax accountant. For advice on effective tax planning in Spain, to lower liabilities on savings, investments and pensions, speak to a cross-border tax and wealth management specialist.

The tax rates, scope and reliefs may change. Any statements concerning taxation are based upon our understanding of current taxation laws and practices which are subject to change. Tax information has been summarised; an individual is advised to seek personalised advice.

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

www.blevinsfranks.com.

Are you aware of the tax benefits of living in Andalucía?

Are your worldwide assets structured to take maximum advantage?

Want to learn more? Talk to the people who know.

900 670 047 Freephone southernspain@blevinsfranks.com



Blevins Franks has been providing positive solutions for private clients living in Spain for 45 years.

www.blevinsfranks.com

Blevins Franks Wealth Management Limited (BFWML) is authorised and regulated by the Malta Financial Services Authority, registered number C 92917. Authorised to conduct investment services under the Investment Services Act and authorised to carry out insurance intermediary activities under the Insurance Distribution Act. Where advice is provided outside of Malta via the Insurance Distribution Directive Insurance Distribution

www.streetwise.es



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 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.

CLOTHING ALTERATIONS

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

Royal British Legion -

Tucaman, Nerja

+44 759 071 7384



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

Over 20 years experience fully qualified Denture repairs Adjustments Duplications Teeth whitening Ensel in Partial Partial We can that I needed. Call Graham for confidential advise on any

denture problem on 95 253 9219 / 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,

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



Your expert in the Parador area Real Estate - Inmobiliaria Property Sales - Property Rentals

Edif. Rocamar Baja, Prolongacion Hernando de Carabeo, Nerja 29780 Email:- info@casanerja.com Tel:- +34 951 543 517 / +34 680 407 118 / +34 711 011 320 www.casanerja.com

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

Spanish Management – 618 940 829 Office in Viñuela (next to farmacia) Sunny Palm – 95 296 7595

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

Sunset Properties Spain – 601 626 525

Avda. Andalucia 65c, Torre del Mar Villasol – 95 252 7201 C/. Antonio Millon 10, Nerja

Villa Solutions – 696 522 171 El Cruce de Puente don Manuel, local D, Alcaucin

For advertising offers call Dawn on 638 47 47 18

FINANCIAL ADVISORS

Blevins Franks – 900 670 047 Email:-

southernspain@blevinsfranks.com

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

Grupo Mostazo -+34 744 624 212 Edif. Los Olivos, Cruce Puente Don Manuel, Alcaucín



Renovations: Solar panels: Pools: Appliances Everything you need for your home; kitchen appliances large and small, accessories, maintenance equipment for your home and pool. Visit our shop and see what we have to offer!

Cruce Puente Don Manuel, Edif. Los Olivos, 29713, Alcaucin Tel:- +34 744 624 212 / Email:- info@grupomostazo.com www.grupomostazo.com

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

PHYSIOTHERAPY CENTRES

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

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

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

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

s & What's (

Emergency numbers

Emerency services 112 Guardia Čivil 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 UK-902 109 356 /

Bus Stations

Almuñecar-958 630 140 Málaga-952 350 061 Nerja-952 521 504 Torre del Mar-952 540 936 Nerja-952 521 531 Vélez Málaga-952 501 731

Taxis

Frigiliana-952 533 231

Nerja-952 524 519 La Herradura-958 630 017 Wednesday -/ 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-952 604 383 913 342 194

Tourist Offices

Frigiliana-952 534 261 La Herradura-958 610 314 Hospitals Torrox Costa-952 532 155

Street Markets

Monday - Torrox Costa Tuesday - Nerja,

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

Town Halls

Vélez Málaga

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

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 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

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 0 291. 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".

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 JUNE COMING EVENTS & EXCURSIONS

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

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

Our shop will be open Wednesday and Fridays. Time 10.00 to 13.00. Offers now a good selection of Spring and Summer clothes at very good prices. Donations in good conditions are always welcome.

Every Thursday - Spanglish. General conversation between Spanish and English friends. Time 16.30 to 17.30.

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

Friday 31st May - Taize Prayer. At the Parish Church of San Andrés, Torre del Mar. Time after the Mass.

Thursday 11th July - Excursion to Montilla and Lucena. Please come and enjoy a day out with friends of Lux Mundi. There will be a short refreshment stop en route to the town of Montilla to visit the Alvear Winery, founded in 1729, one of the most prestigious and internationally recognized wineries in Andalucia. On arrival at approx. 11:00 there will be a guided tour in English, lasting one-and-a-half-hours, followed by a tasting of 3 wines.

Afterwards you will re-join the coach for the short drive to the town of Lucena. Here there

will be free time to visit the various sites such as the Gothic-Renaissance church of San Mateo, from the 15th-16th centuries, with one of the most beautiful Baroque sacrariums in Andalusia, the castle and old palace of Medinaceli, the house of the Count of Santa Ana, and the house of Rico de Rueda, and to have lunch.

Departure from Lucena at 17:00.

Tickets available at the Centre price: 36 euros for Friends and 40 euros for visitors. Basic travel insurance included.

Proceeds for fundraising.

Departures times: Algarrobo (Lidl) - 08:00, Caleta (Vets) - 08:05, Torre del Mar (Bus Station) - 08:15.

Phoenix Club

The Phoenix club have moved to a new location, at Chines Restaurant in Caleta de Velez, just next door to the Eclipse Restaurant.

The Phoenix Social Club is open to all nationalities but the lingua franca is English. We offer an opportunity to make lasting friendships, to help each other & share information but primarily to have fun in a friendly and inclusive association. You do not have to be a member to join us on our trips. Do come along and meet us. Our handmade greetings cards are for sale every week with all proceeds donated to the Red Cross. We meet every Thursday between 12 noon and 2 p.m. at Chines Restaurant in Caleta de Velez, next door to the Eclipse Restaurant and just off the coast road to/from Algarrobo.

Trips & Events

June 8th - Ronda Romantica, come enjoy the historical re-enactments €22pp

June 21st - Almodovar Castle in Cordoba, the site of one of the Game of Thrones episode. €27pp

July 5th - Trip to Gib €22 and includes €1 for the driver. Pick up at Lidi Algarrobo Costa at 08.30

July 13th - Antequera Light Festival, evening trip €20pp

July 19th - Benalmadena Marina €20pp – Why not hop on a catamaran for a dolphin watching trip?

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



Let them know it's all taken care of.

Leave one less thing for your family to worry about with a fully guaranteed funeral plan.



With plans starting from as little as 21€ per month, contact us today and allow our team to assist you. www.serenityfuneralservices.eu

we speak your language 井 🕕 🥌 🛑 🛑 🥮







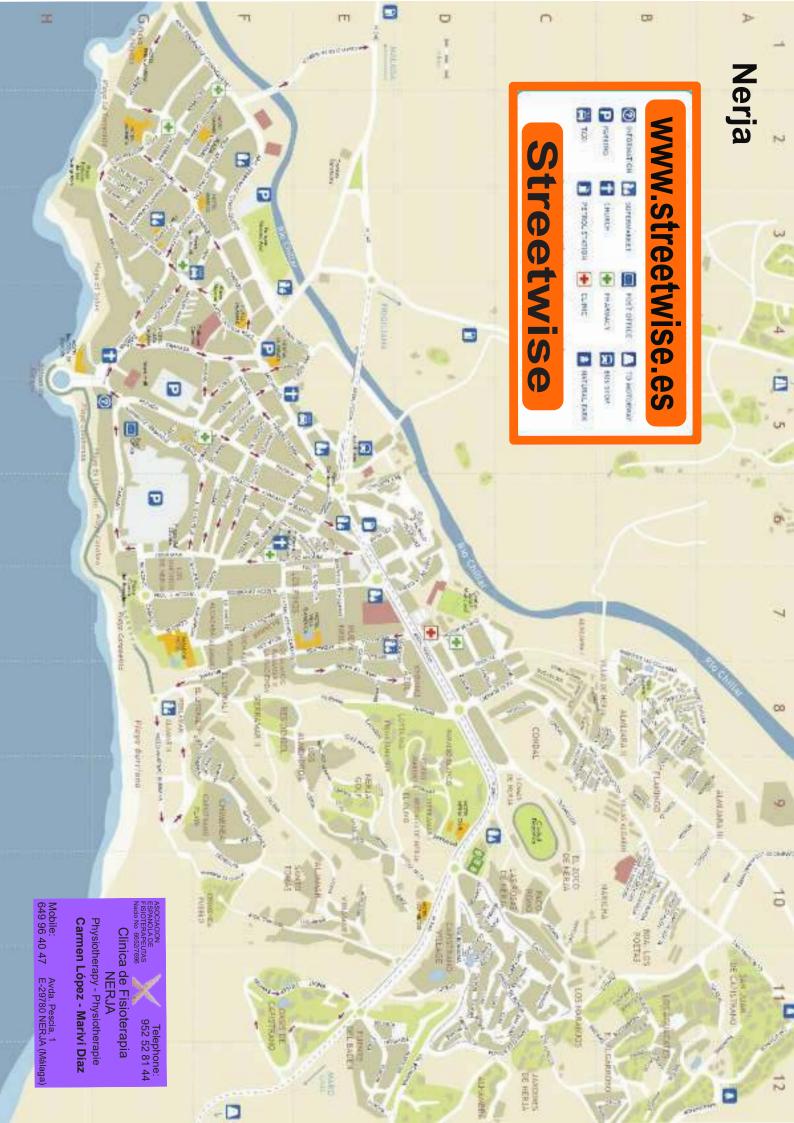










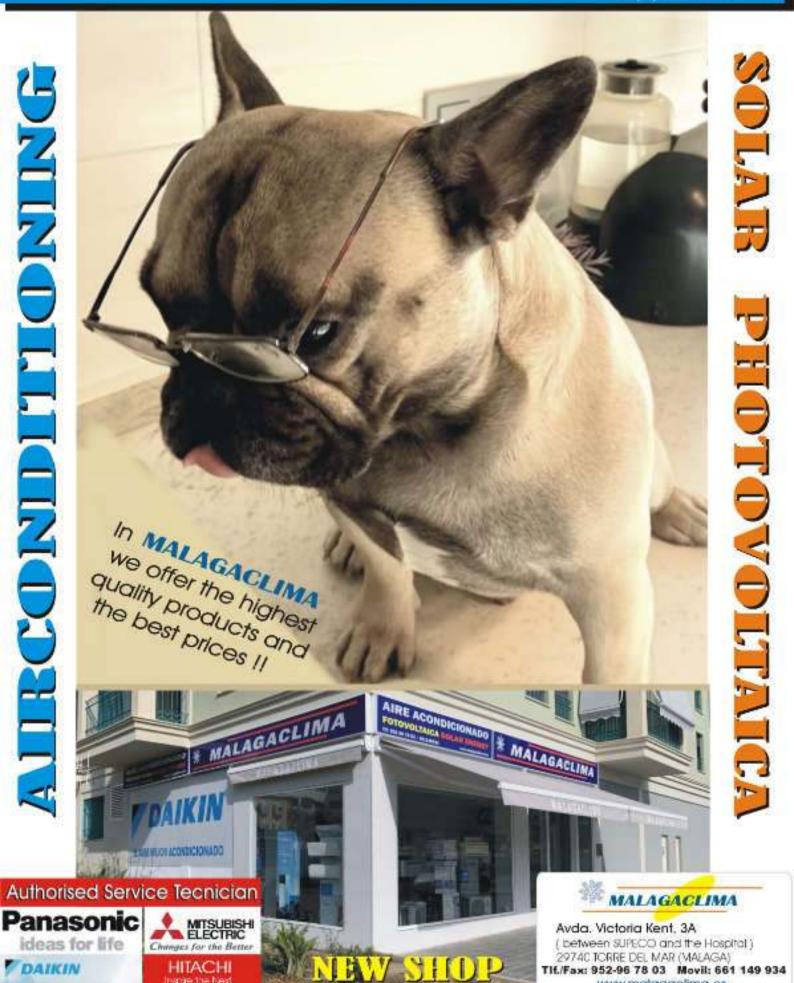




MALAGACLIMA

Simply better service

www.malagaclima.es



Inspire the Next

U3A AXARQUIA

June Calendar

Monday 3rd - Coffee Morning at Mena Golf, Laguna Beach Petanca, Torre del Mar

Wednesday 5th - Pinch Punch Lunch (postponed from May)

Thursday 6th - Mahjong

Monday 10th - Table Games at Mena Golf, Laguna Beach Petanca, Torre del Mar

Thursday 13th - Mahjong

Friday 14th - Discussion Group at Media Cana, Penoncilo Monday 17th - Table Games at Mena Golf, Laguna Beach Petanca, Torre del Mar

Tuesday: 18th - Writers' Workshop

Wednesday 19th - Monthly Lecture 'Elderly Residential Care in England & Wales', Media Cana, Penoncilo Thursday 20th - Munch Bunch at Meson Casa Palma, El Morche

Saturday 22nd - Meditation Wednesday 26th - Reading Group Thursday 27th - Mahjong

> Contact me, Alison for more information on u3aalison@gmail.com.

And I'll get back to you with times, locations and details, as we may alter regular arrangements due to difficulties parking and hearing each other speak!

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 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.



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



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





Su agencia de confianza desde 1993 Quieres comprar o vender?









The properties we are presenting to you are a selection from our offering. All just a few steps from the Mediterranean sea... AMAZING APARTMENTS Properties always a fair i

We think there might be something for you



Penthouse

Ref: PS-2024-032 he terrace is glazed-in. Quiet urbanization Welcome to the light! This RENOVATED penthouse has one bedroom, bathroom with shower and living room with direct with fantastic panoramic views. Part of with swimming pool, tennis, shopping access to a sunny south-west terrace and more. Ideal as an investment for **For Costa** holiday rentals!

€145,500

[] []



cing terrace and beautiful

inal pool. Price

ews. 0 es 2 la

equipped independent ving room with access to

os (bathtub

ight with 3 bedroor

ust 50 meters



Ref: PS-2024-056 centre of Nerja just 1 minute from the Exceptional opportunity to buy in the Balcón de Europa and Plaza Españal master with a south-facing terrace), restaurants and banks. Living area Perfect location for shops, bars, Apartment, Neria

comprises 3 bedrooms (1 with a balcony,

€318,000

Frraced House,

Formpletely renovated terraced house, completely renovated and equipped that is high level with 3 bedrooms, 2 pathrooms, living room, dining room, Peñoncillo beach closeby, Torrox and approx 50m² and south-facing 30m². fully equipped kitchen, terraces of Communal pool with sea views, ■ Torrox Beach Club Nerja minutes by car. orrox Costa

Torrox-Costa | Urb. Costa del Oro | Centro Comercial B al lado / next to / neben Caixa Bank



info@property-select.net | WhatsApp +34 644 555 730



Notary and Registry fees regulated by tariff are not included in the price. Professional fees of the Agency are included. The consumer has the right to be given a copy of the corresponding abbreviated housing report (DIA), Prices valid for 15 days, subject to availability and confirmation. All descriptions and prices indicated are believed to be correct. However, the information contained may be subject to errors comissions. Properties may be subject to price change, sade over withdrawal from the market. Non-contractual information. Nore details Join us for a coffee to discuss your PROPERTY'S POTENTIAL!

<u>We have BUYERS WAITING!</u>





CÓMPETA

Impressive country property with panoramic Sea/mountain views, walking distance to Cómpeta. 4 beds, 2 baths, 2 lounges, 1 garage, private pool, 2 storages, gas central heating, electric gate, good access, bbq, garden,...

Built: 256 m² Plot: 3.500 m² **EPC: In progress**

PRICE: €599.000

REF: 7769



Traditional country house 30 min, from the coast that is a complete renovation project: 1 bed, 1 bad, 1 toilet room, living room with fireplace, kitchen with separate access, small terrace. Great potential, mountain views.

Built: 91 m² Plot: 9.902 m² **EPC: In Progress**

PRICE: €90.000

REF: 7773

YOU HAVE THE PROPERTY! WE HAVE THE CLIENTS! SELL YOUR PROPERTY WITH US! A SUCCESSFUL REAL ESTATE FOR 38 YEARS!



TRAPICHE

A charming country property with guest studio, 25 min. from the coast: 4 beds, 3 baths, large living-dining room with central fireplace, rustic style kitchen, storage room, courtyard, gardens, Large parking area, Sea & mountain views.

Plot: 9.511 m² **EPC: E** Built: 180 m²

PRICE: €325.000

TORROX REF: 7777

Fabulous modern penthouse centrally located with Sea views: 3 beds, 2 baths, 1 bright livingdining room, independent kitchen, 2 terraces, 2 balconies, free parking within 160 m.

Built: 102 m² EPC: C

PRICE: €280.000

29754 Cómpeta Plaza Almijara, 21

Tel.: +34 952 51 61 78

29770 Torrox

Calle Elisa Ortigosa, 7 Tel.: +34 952 53 91 25 29740 Torre del Mar

Avda, Andalucia, 32B Tel.: +34 952 54 18 86













