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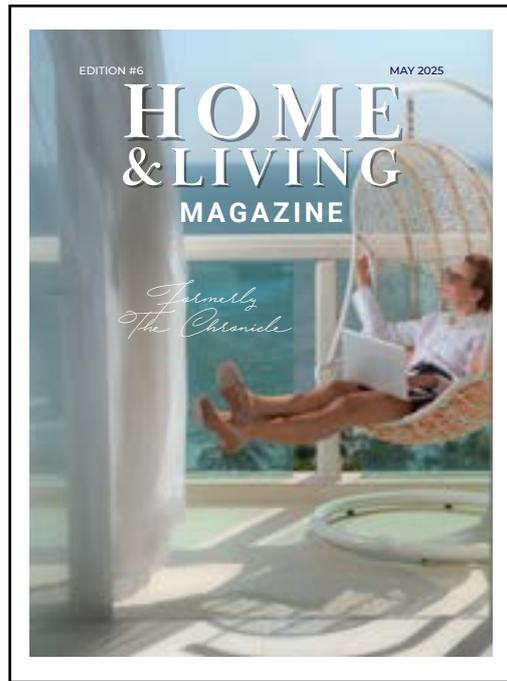
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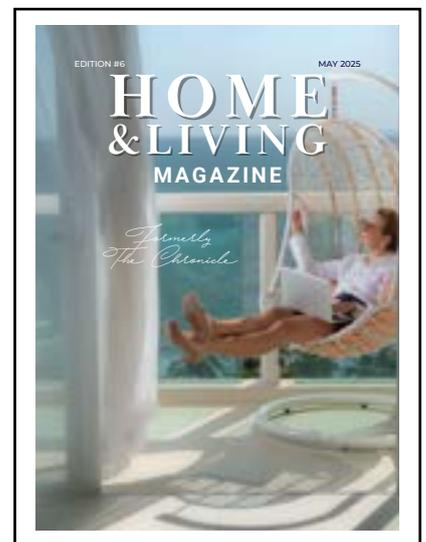
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# H&L

# EDITOR'S NOTE

As May unfolds across Spain, there's a particular clarity to the season—sunlight streaming through olive branches, longer evenings stretching gently into night, and the soft warmth of early summer settling in. For many of us here, whether full-time or enjoying a well-earned escape, this is the time when life moves ever so slightly outdoors. Mornings are brighter, terraces become gathering places, and the rhythm of the day shifts with the rising temperatures.

It's in these moments—where the natural beauty of Spain meets the quiet comfort of home—that we begin to reflect on how our interiors support the lives we live. May offers the perfect opportunity to make thoughtful updates. It's not about starting over, but rather refreshing what already surrounds us: softening spaces, lightening the mood, and bringing in those subtle changes that feel both seasonal and lasting.

In this issue, we celebrate the effortless elegance that comes with Mediterranean living—spaces that are simple but never sparse, tactile yet tailored. Think breezy linens, sun-washed colours, natural stone underfoot, and interiors that blur the boundary between indoors and out. The Spanish lifestyle encourages a slower, more intentional approach to design, where comfort, practicality and style are always in harmony.

We've curated homes this month that embrace brighter tones and open, breathable layouts—where every room invites in the light and reflects a sense of ease. Whether you're working with a traditional finca, a coastal apartment, or a newly built villa, May is a wonderful time to look again at your surroundings. Even small, considered updates—a new paint tone, swapping out heavier textures, or incorporating seasonal florals—can transform a room into something more fitting for the months ahead.

There's also something to be said for colour at this time of year. As Spain bursts into bloom—from lavender fields in the countryside to vibrant bougainvillea trailing over sun-bleached walls—there's a natural pull toward introducing brighter accents into the home. A soft citrus hue, a splash of cobalt, or a muted terracotta can bring an entire space to life without overwhelming the overall calm that so many of us seek.

At Home & Living, we remain devoted to timeless interiors that are not only beautiful but truly liveable. Design, after all, should support our lifestyle—wherever we find ourselves. Whether you've made the move to Spain recently or have long since embraced the Mediterranean way of life, we hope this issue feels like a gentle invitation to breathe new energy into your home.

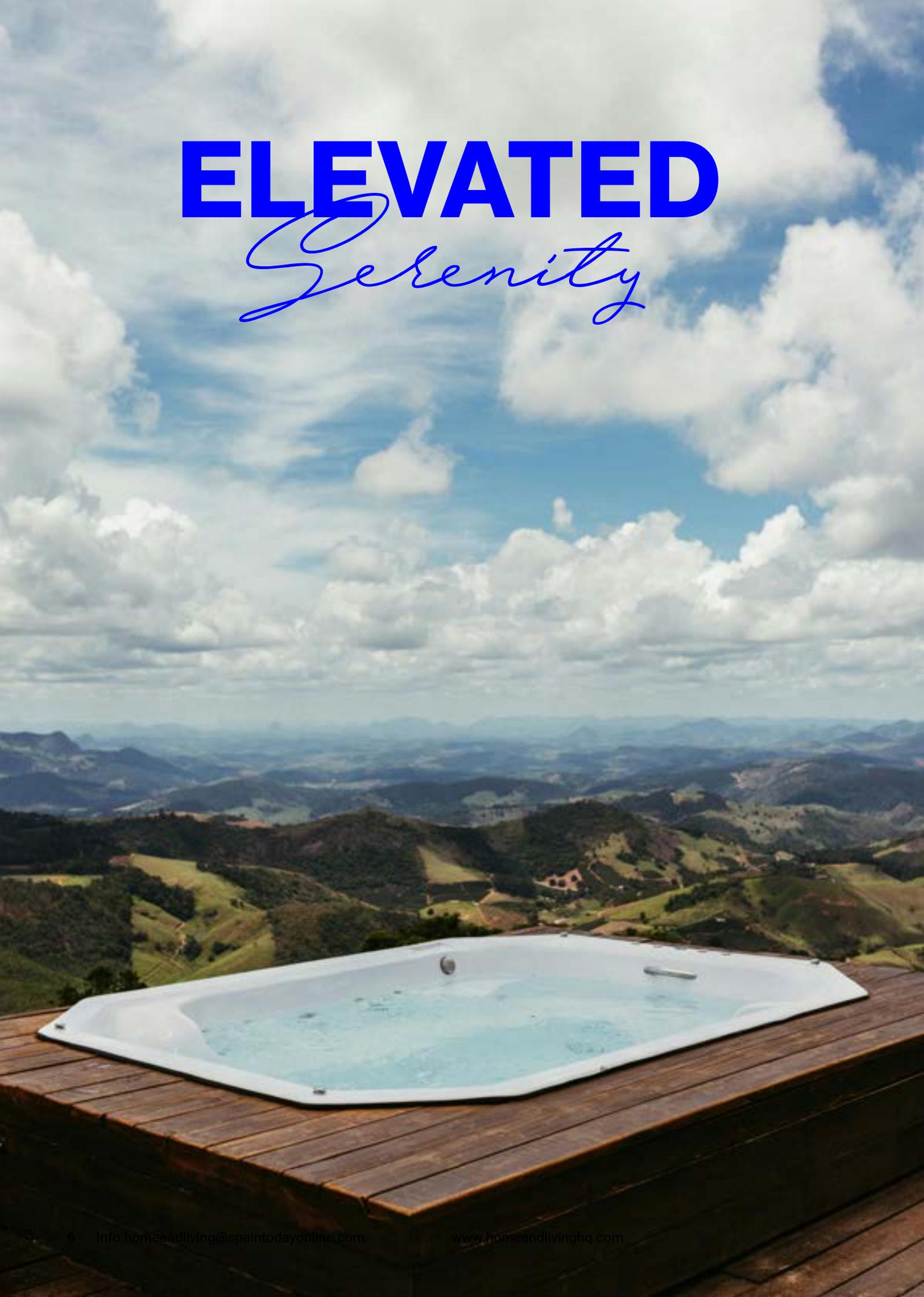
And to our loyal readers and advertisers—thank you. Your support, your letters, and your shared passion for good design across cultures and climates are what make this magazine possible. It's a joy to grow with this community and to celebrate the very best of British living in Spain.

With our warmest thanks and well wishes for the season ahead,  
The Home & Living Team



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# TAILORED LUXURY



Once considered a luxury reserved for grand estates and glossy editorial shoots, the dressing room has become a defining feature of the modern home—an elegant, functional space designed not only for storage, but for moments of pause, personal care, and yes, even a touch of indulgence.

More than simply a place to hang clothes, today's dressing room is a thoughtful extension of your lifestyle. It is where you prepare for the day ahead, reflect in the quiet of the evening, or, as seen in the most memorable homes, share a moment with loved ones over coffee, conversation—or perhaps the occasional pair of heels.

Creating such a space begins with intelligent design. Built-in storage keeps everything beautifully ordered, while open shelving and curated rails allow garments and accessories to be admired and easily accessed. A central island—ideally finished in marble or a high-gloss lacquer—provides both practical drawer space and a surface to lay out outfits, display jewellery, or, as in the scene above, enjoy something sweet with someone dear.

The palette should remain calm and cohesive, often favouring soft whites, creams, or blush tones—ideal backdrops for both natural light and subtle glamour. Gold or brass finishes on handles, lighting, or rails bring a hint of polish without overpowering the serenity of the room. Materials should be tactile and comforting: oak parquet, velvet pouffes, or boucle upholstery all contribute to an atmosphere of quiet luxury.

Lighting, too, plays a vital role. Statement pendants add elegance, while hidden LEDs can gently highlight shelving, drawers, and mirror zones, ensuring every detail is perfectly seen—day or night.

But perhaps the most important element of any dressing room is how it makes you feel. A space that is unmistakably yours, tailored to your daily routine and personal taste. Whether used in solitude or shared with friends and family, a well-considered dressing room offers not just practicality, but genuine pleasure.

In an increasingly fast-paced world, there is something quite powerful in creating a space that invites you to slow down, enjoy the details, and delight in the everyday elegance of getting dressed.

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# DID YOU KNOW?

## Peace and Safety (2)

Did you know that Jehovah (Jehovah or God) speaks much about peace and safety in the Scripture? Last month I was able to share many verses about this. This month I will continue to explore Peace and Safety. What is the true understanding of Jehovahs peace and safety?

According to John chapter 14 and verse 27 it states "Peace I leave with you, my peace I give unto you, not as the world giveth, give I unto you. Let not your heart be troubled, neither let it be afraid". For in John chapter 16 and verse 33 it says "These things I have spoken to you, that in me ye might have peace. In the world ye shall have tribulation, but be of good cheer, I have overcome the world". Acts chapter 10 and verse 36 clarifies where true lasting peace comes from "The word which God sent unto the children of Israel, preaching peace by Jesus Christ, he is the Lord of all".

There is a clear warning given in Romans chapter 2 and verses 9 to 11 "Tribulation and anguish, upon every soul of man that doeth evil, of the Jew first and also of the gentile. But glory, honour and peace, to every man that worketh good, to the Jew first, and also to the gentile. For there is no respect of persons with God". Romans chapter 3 and verses 17 and 18 says "And the way of peace have they not known. There is no fear of God before their eyes". Peace comes as one submits to Jehovah as noted in Romans chapter 5 and verse 1 "Therefore being justified by faith, we have Peace with God through our Lord Jesus Christ". Also in Romans chapter 8 and verse 6 it clarifies "For to be carnally minded is death, but to be spiritually minded is life and peace". Romans chapter 14 and verse 19 says "Let us therefore follow the things which make for peace...".

Referring to 1<sup>st</sup> Corinthians chapter 14 and verse 33 it says "For God is not the author of confusion, but of peace, as in all churches of the saints". The saints refer to the believers. An example of this is in Revelation chapter 14 and verse 12 which explains "Here is the patience of the saints, here are they who keep the commandments of God and have the faith of Jesus". In 1<sup>st</sup> Corinthians chapter 1 and verses 2 and 3 it declares the following "Unto the church of God which is at Corinth, to them that are sanctified in Christ Jesus, called to be saints, with

all that in every place call upon the name of Jesus Christ our Lord... Grace be unto you, and peace, from God our Father and from the Lord Jesus Christ".

Peace is one of the fruits of Jehovah's (Jehovah or God) spirit. Galatians chapter 5 and verses 22 and 23 notes "But the fruit of the spirit is love, peace, longsuffering, gentleness, goodness, faith, meekness, temperance...". True peace comes from Almighty God, Jehovah. In Hebrews chapter 12 and verse 14 it says "Follow peace with all men, and holiness, without which no man shall see the Lord". Note these words in James chapter 3 and verse 18 "And the fruit of righteousness is sown in peace of them that make peace".



The definition of Safety in the dictionary is "The condition of being safe, freedom from danger, risk, or injury. A state of being protected from harm or other danger".

Everyone has to make a decision as to whether they will accept the free gift of grace, which is salvation by faith in Yeshua, leading to eternal life. To reject this offer of grace will lead to eternal death. All have the freedom to choose, that is why Jehovah is fair and just when He accepts our personal choices. But Jehovah never does anything without first giving us warnings of the consequences of rejecting truth.

The warning is given in 1<sup>st</sup> Thessalonians chapter 5 and verse 3 "For when they shall say, Peace and safety, then sudden destruction cometh upon them, as travail upon a woman with child and they shall not escape". Job chapter 5 and verses 7 to 13 "Yet man is born unto trouble, as the sparks fly upward. I would seek unto God, and unto God would I commit my cause, which doeth great things and unsearchable, marvellous things without number. Who giveth rain upon the earth and sendeth waters upon the fields. Who set up on high those that

be low, that those which mourn will be exalted to safety. He disappointeth the devices of the crafty, so that their hands cannot perform their enterprise. He taketh the wise in their own craftiness and the counsel of the froward is carried headlong".

A contrast, seen in Psalms chapter 4 and verse 8 "I will both lay me down in peace and sleep, for thou LORD, only makest me dwell in safety". Psalms chapter 12 and verses 3 to 5 states "The LORD shall cut off all flattering lips, and the tongue that speaketh proud things, who have said, with our tongue will we prevail. Our lips are our own, who is lord over us? For the oppression of the poor, for the sighing of the needy, now will I arise, saith the LORD, I will set him in safety from him that puffeth at him".

What is the message of grace and peace to all who believe? Ephesians chapter 1 and verse 2 declares "Grace be to you and peace, from God our Father and from the Lord Jesus Christ". 2<sup>nd</sup> Peter chapter 1 and verse 2 reiterates "Grace and peace be multiplied unto you through the knowledge of God, and of Jesus our Lord". In Philippeans chapter 4 and verse 7 it says "And the peace of God, which passeth all understanding, shall keep your hearts and minds through Christ Jesus". Romans chapter 15 and verses 13 and 33 explains "Now the God of hope fill you with all joy and peace in believing, that ye may abound in hope, through the power of the Holy Spirit. Now the God of peace be with you all. Amen".

Peace and Safety comes from a true knowledge of the word of God. It gives peace in troubled times. People are going to and fro looking for answers to the meaning of life and how to remedy problems on a daily basis. Seek the LORD whilst there is still time. The Salvation message is for all mankind. Joshua chapter 24 and verse 15 concludes "And if it seem evil unto you to serve the LORD, choose you this day whom ye will serve...".

I hope you have learned more about the Scriptures. Next month I will look at the question of who are 'Saints' in the Scriptures?

If you would like to know more, please contact Sandra 602 466 534.

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A photograph of an indoor poolside retreat. In the foreground, a round, light-colored table with a metal base sits on a tiled deck. To the left, three lounge chairs with white fringed covers and rolled-up towels are arranged. A swimming pool with blue mosaic tiles and a decorative border is in the lower half. In the background, there are purple tufted armchairs, a large green plant, and a blue and white patterned pillar. The overall aesthetic is a blend of modern comfort and Moroccan-inspired design.

## Global Calm: Designing Your Summer Retreat

As summer approaches, it's the perfect moment to re-think your space—especially those corners designed for pause and relaxation. This poolside setting blends crisp modern comfort with rich international influence, drawing inspiration from Moroccan tones and textures.

Layered throws over loungers, deep plum upholstery, patterned tiles, and climbing greenery come together to create a space that feels both curated and calming. It's a reminder that a retreat doesn't need to be remote—it can be just outside your door.

To bring this feeling home, mix clean architectural lines with bold, sun-warmed colour palettes. Think terracotta, cobalt, ochre. Add texture through woven materials, ceramics, and natural foliage. The result? A space that feels like travel, without leaving home.

Design your own summer sanctuary—somewhere to recharge, host, or simply breathe.

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**Change of Use:** Altering room functions or adding new ones, even detached, demands architect involvement.

**Height Challenges:** Construction exceeding 1.5m mandates a major license, necessitating a Spanish architect for the building permit. However, a sub-1.5m dog kennel remains outside the "built area" classification.

**Size and Documentation:** Expanding a property's size, even by a metre, or causing inconsistencies in bills or deeds requires an independent architect's input.

**Light and Air:** Spanish rules mandate ventilation and direct light for rooms, except bathrooms. Enclosures blocking these necessitate an architect's intervention.

**Lack Permits?** Spanish authorities may impose fines or demolition orders, exceeding €300 per sqm, even for small structures. Property value

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# SCENT DEFENCE

We love them like family, spoil them like royalty, and let them rule the roost — but our pets are not always the most fragrant housemates. Pet odour is that one guest who always shows up uninvited and never knows when to leave. But here's the twist: your home doesn't have to smell like a kennel to prove you're an animal lover. With a touch of design savvy and a few tricks that go beyond the usual sprays and scented candles, you can outsmart the pong entirely.

Let's start with the walls. Yes, the walls. Pet odours cling to painted surfaces, particularly in spaces with poor ventilation. Try switching to VOC-free, odour-resistant paint with a washable finish in areas your pet frequents. It repels lingering smells and allows for easy wipe-downs after muddy wall brushes or post-bath shake-offs.

Next, tackle textiles like a designer, not a cleaner. Upholstery in tightly-woven, synthetic blends is far less absorbent than natural fibres. Swap out that vintage velvet armchair for a lookalike in performance fabric — indistinguishably chic, but far less pong-prone. And when in doubt, go for leather. It wipes clean, doesn't trap odours, and frankly makes you look like you've got your life together.

Now here's a trick few consider: charcoal. Not the barbecue kind — activated charcoal filters hidden in your décor. Pop one into a decorative vase near the dog bed or behind the curtain hem by the litter tray. It's odourless, unobtrusive, and naturally absorbs airborne nasties without releasing an artificial scent.

Speaking of hidden genius, invest in an air purifier with a HEPA and carbon filter. Tucked behind a potted fern or disguised inside a mid-century cabinet, it'll quietly clear the air of pet dander and whiffs — all without disrupting your aesthetic.

Even pet furniture can get an upgrade. Choose pieces designed with removable, antimicrobial covers, or better still, look for brands that use copper-infused fabrics that neutralise odour-causing bacteria on contact. High-tech? Yes. Worth it? Absolutely.

And finally — this one's niche but magical — use an aromatherapeutic diffuser loaded with pet-safe essential oils like chamomile or frankincense. It's calming for them, and just luxurious enough for you to feel like your living room belongs in a boutique hotel.

Forget masking the smell. Outdesign it. Outsmart it. Let your interiors be a love letter to your pet — without the signature scent.



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## ADOPT ME

### BAILEY



BAILEY IS A TRULY LOVELY BOY WHO REALLY ENJOYS HIS WALKS WITH OUR VOLUNTEERS AND IS WELL BEHAVED ON A LEAD. BAILEY HAS BEEN IN KENNELS FAR TOO LONG AND REALLY DESERVES A HOME OF HIS OWN. HE WAS BORN AROUND JUNE 2021 AND IS MEDIUM TO LARGE IN SIZE, WEIGHING APPROX 26 KILOS. BAILEY HAS TO TAKE 2 TABLETS A DAY WHICH ARE VERY CHEAP TO BUY, BUT PLEASE CONTACT US FOR RE-ASSURANCE. BAILEY IS NEUTERED AND FULLY VACCINATED.

### ZIGGY



ZIGGY, A SWEET LITTLE PODENCO PUP, WEIGHING AROUND 7 KILOS, WAS BORN AROUND SEPTEMBER 2024 AND RECENTLY BROUGHT TO OUR KENNELS DUE TO BEING NEGLECTED BY HIS OWNER AND AT THE RISK OF BEING RUN OVER WHILST LOOSE ON THE ROAD. ZIGGY HAS STARTED HIS VACCINATIONS AFTER BEING IN QUARANTINE FOR 10 DAYS. UPON ADOPTION IT WILL BE AGREED THAT HE IS NEUTERED WHEN OLD ENOUGH.

### ZACK



ZACK IS THE BROTHER OF ZIGGY AND ALSO WEIGHS AROUND 7 KILOS AND WILL ONLY BE LITTLE. HE WAS BROUGHT TO NOAH'S ARC UNDER THE SAME CIRCUMSTANCES AND BOTH BOYS ARE LUCKY TO BE ALIVE. THEIR BROTHER, WHISKEY, WAS THE FIRST ONE IN, ANOTHER GORGEOUS BOY WHO HAS NOW BEEN ADOPTED, SO WE ARE LOOKING TO FIND ZACK AND ZIGGY WONDERFUL HOMES TOO. AS WITH ZIGGY, IT WILL BE AGREED ON ADOPTION THAT ZACK WILL BE NEUTERED WHEN HE IS OLD ENOUGH.

### BRANSTON



BRANSTON IS A BIG LOVEABLE BOY WHO MIXES WITH THE OTHER DOGS AT THE KENNELS. HE WAS AT ANOTHER KENNEL FOR A WHILE, BUT IS NOW AT THE NOAH'S ARC MAIN KENNELS. BRANSTON WAS BORN AROUND JANUARY 2021, IS NEUTERED AND FULLY VACCINATED, WEIGHING APPROX 30 KILOS.



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IF YOU WOULD LIKE TO MEET ANY OF OUR DOGS PLEASE CONTACT JANE ON 602 653639 OR EMAIL [JANENA150@GMAIL.COM](mailto:JANENA150@GMAIL.COM)

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# LUSH PATIO SOPHISTICATION



There's something effortlessly soothing about a patio adorned with lush greenery. Whether you have a petite balcony or a spacious terrace, a thoughtful selection of potted plants can completely transform your outdoor space into a private retreat filled with life, texture, and serenity.

The key to a beautifully styled patio lies in curating a mix of foliage that complements the furniture and natural materials around it. Opt for a variety of plant heights and leaf shapes to create depth and visual interest—think tall, architectural plants like fiddle leaf figs or monstera alongside bushy, lower varieties such as ferns or peace lilies. Layering your greenery gives a more organic, styled-but-unstructured look, ideal for evoking a calm, laid-back atmosphere.

Containers play just as important a role as the plants themselves. Choose pots that harmonise with your outdoor aesthetic—natural materials such as terracotta, seagrass baskets or matte ceramics work particularly well. For a contemporary touch, bamboo fencing or bamboo panel accents can create a warm, textural backdrop that beautifully frames your potted arrangement. Not only does bamboo add a touch of tropical charm, but it also supports a sustainable design ethos that many homeowners now embrace, especially as eco-conscious living becomes more popular in outdoor design.

To elevate the entire look, arrange your pots with purpose. Groupings of three work well for visual balance, and mixing plant heights helps create a cascading, jungle-like effect. Don't be afraid to use stands, stools or even hanging planters to make the most of vertical space. This layering technique can make even the smallest patio feel lush and expansive, with character and depth in every corner.

Soften the setting with natural textiles such as cotton or linen cushions in muted, earthy tones. These add comfort and subtle colour without clashing with the greenery. Pairing leafy backdrops with breathable, natural fabrics creates an effortlessly relaxed feel, ideal for lounging on summer afternoons.

And finally, don't forget practicality. Choose plant varieties suited to your climate and available light—south-facing patios might favour sun-loving species, while shadier corners will appreciate hardier, low-light options. Self-watering pots or drip trays are a great investment to keep your oasis thriving with minimal fuss.

With just a little planning and a touch of creativity, your patio can become an extension of your living space—a tranquil, leafy haven where natural textures, greenery, and comfort coexist in perfect harmony.

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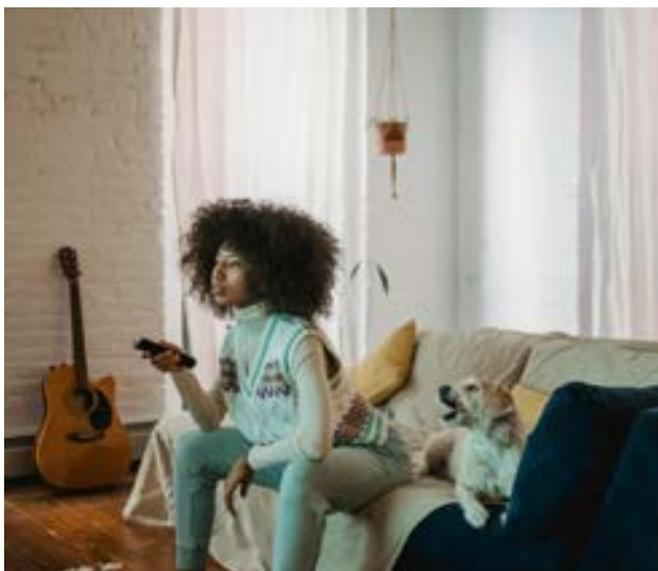
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# TV NEWS

Here we are in May – April gave the garden several good soakings and the soil is wet through, ready for the summer sun onslaught. All our plants are thriving as are the weeds, which are simply plants in the wrong place! Weeding by hand whilst they are young and the soil is damp is the easiest way, but as you progress across a piece of land and turn around, the little blighters are springing up behind you! Please do not use commercial chemicals – not good for you, your pets, the soil or the wildlife. For odd deep-rooted weeds I do use a vinegar/salt mix, the weeds needs a good soaking but it does work and the spray is great on chips!

TV news – As we head into summer the satellite signals are going into their weaker summer signals, as they do each year, and we are getting calls from the few still struggling with satellite TV asking us to realign the dish to get the few remaining channels back, however, it is just not possible.

For those of you south of Murcia City we suspect the only reliable main stream channel this summer will be Channel 5 as this arrives on a different set of frequencies to all the other mainstream channels. The further north you are the odd other channel(s) may become available but UK satellite – all channels 24/7 – is really at an end. Internet TV is the way forward. Good stable internet is required for satisfactory TV viewing. This is generally always



available in built up areas in the form of fibre these days but can sometimes be difficult out in the campo. The providers are getting better and now know what is required for TV reception. Starlink is available to all now, a little expensive but it does work very well. If you are thinking of Starlink have a word with us before committing as there are a few little “quirks” with the system you need to be aware of before committing or ordering.

If you have never experienced internet TV or had a bad experience, try our system for a week without obligation or charge. You do not need a computer or be a “geek” to use it – it is as simple as your satellite TV system. Give as a call and have a chat.

We at Rainbow can usually help all nationalities get their own TV – unfortunately our language skills are fairly limited but WhatsApp a message to us and Google translate can help us chat to each other!

That’s it for May – more TV information in June 2025.

Article sponsored by RAINBOW SATELLITES SL – the TV company for ALL your TV and Radio needs in the region of Murcia.

Contact us by phone, whatsapp, email or take a look at our website – [www.rainbowsats.org](http://www.rainbowsats.org) - we are also on Facebook – take a look and like us!




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## SPORTS

Let's be honest – weekends can get a bit samey. Breakfast, a wander round the shops, maybe a coffee you didn't really need. But if you're after something that's outdoorsy, slightly competitive, and comes with snacks at the end, golf might just be your new thing. And no – you don't have to be retired or called Nigel to enjoy it.

Firstly, golf is basically a long scenic walk with purpose. You get to stroll through beautifully manicured greenery, spot the occasional heron, and pretend you're a countryside connoisseur – all while gently trying to hit a small ball into a very faraway hole. It's like a nature documentary, but with polo shirts.

And speaking of polo shirts – the outfits. Golf fashion is wildly underrated. One of you will suddenly decide they need six new caps, the other will fall in love with pleated skorts. Coordinating outfits may or may not happen. Either way, you'll both look the part and feel like you've joined a very exclusive club – which, in many cases, you literally have.

Now, don't worry if one of you is a bit better than the other. That's half the fun. There will be swings that go brilliantly, swings that go somewhere else entirely, and plenty of time to celebrate the fact you even made contact with the ball. Golf is a sport where enthusiasm absolutely trumps talent, and wild flukes are a thing of beauty.

Then there's the pace. Unlike tennis – where one of you ends up apologising every 30 seconds – golf takes its time. You can chat between shots, have a drink at the halfway hut, and fully embrace the "this is exercise, right?" mindset without anyone breaking a sweat. It's calm, it's casual, and it's low-key brilliant.

And let's not forget the post-round reward: the clubhouse. A chance to relive the highlights, exaggerate your best shots, and act like pros while ordering a cold drink and chips with absolutely no shame. Golf is one of the few sports where you can start and end the day with a toast.

So whether you're both new to it or just looking for something fun to do together, give golf a go. You'll laugh, you'll learn, and you might even start planning your weekends around tee times. Besides, you never know – your next big shared achievement could be a hole-in-one, or at the very least, finally finding that missing ball in the bushes and claiming it as a win.



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# MAD CHARITY

We have recently made a donation to Mazarrón Day Centre who provide a place for the disabled members of our community, to meet and have social interaction. This enabled them to take all their members on a day trip. At times, some of their members, due to finance, cannot participate in these day trips so we were pleased that we were able to make this happen for all of them.



Two of our volunteers presented the donation with our Mayor of Mazarrón, Gines Campillo, in attendance, who expressed his gratitude for this initiative of solidarity.



We have also recently been given 300€ from The Bikers Club, which was the proceeds from one of their recent events and we thank them for their kind donation.

We have over the past year been able to 'Make a Difference' to many people in our community by making donations to Schools, The Pensionista Centre in Pto de Mazarrón, ASPADEM, Cavalli, Age Concern, MABS and The Samaritans, as well as Forget Me Not charity, who use The Social



Centre on Camposol to provide a respite service and social interaction day centre.

We also provide food to San José Church in Pto de Mazarrón on a monthly basis for their Food Bank. We are only able to 'Make A Difference' to so many people in our area because we have many supporters and a great team of volunteers who give their time and effort to make our charity work.

Our shop in Pto de Mazarrón is open Tuesdays, Thursdays and Saturdays between 10.00am and 1pm. The address is Calle Sierra Espuna Ordenacin Bahia 31, Puerto de Mazarron 30860.

Our van is at Camposol Sector A Commercial Centre between 10.30am and 12pm on Tuesdays as a pick up point for any small donations for our shop.

Finally, we would like to thank Danny Hardy of Hardy Removals Ltd for all the donations he has given to our charity and to all our supporters for their donations too over the past years - we are now going into our 18<sup>th</sup> year of operating and **Making A Difference** to many peoples lives in our community. Thank You.

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# TKO ROADSHOW

## TKO RADIO ROADSHOW AT LA QUINTA

Hosted at La Manga Club's La Quinta premier vacation resort and sponsored by La Manga Life magazine, (La Manga Club's No1 lifestyle magazine) and La Manga Rent-a-Car, (the resort's leading car hire and taxi company), TKO Radio presents its 'Summer of Fun, Live Radio Roadshow' on Wednesday, 28th May, 2025. The event will be for people of all ages and open to La Manga Club owners, the resort's hotel guests, holiday renters and visitors.

TKO Radio, one of Spain's longest-established English broadcasters, is the number one station across the Costa Blanca and owns the Murcia Today news portal. It will be staging its Roadshow at La Quinta to promote its popular English-speaking radio station and the extension of its coverage south, along the Costa Cálida coastline.

The station's new transmitter is located in La Union. It enables listeners to enjoy TKO Radio on the new TKO Radio -106.5FM frequency across the Costa Cálida region and online by clicking on TKO's radio player, on your mobile device and even on your smart device. You can find all the information you need about how to listen to TKO Radio in Spain on its Listen Live page by googling TKO Radio -106.5FM.

Peter Fisher, the owner of TKO Radio, says, "I am very pleased to be able to extend coverage of TKO Radio to the Region of Murcia. It will give people a greater choice of stations and programmes and I sincerely hope that listeners will tune in and enjoy all that TKO radio has to offer". He added, «Mark Pugsley, La Quinta Chairman, Laura Sanchez, General Manager and their team have embraced our Roadshow and enthusiastically helped with its hosting, co-ordination & planning. We have everything in place to make it a successful day, so all we need now is for you to come along and have a great time."

**The Format:** The all-day TKO Radio roadshow and pool party at La Quinta will broadcast live across the La Manga Club and the Costa Cálida region from 12 noon until late.

**TKO Presenters:** These will include «Rob Charles, of Rob Charles in the Afternoon fame, and «Carla Stone, of the popular 'Light Lunch' mid-day show."

**Throughout the Day:** Live broadcast, plus games will be held in and out of the pool plus there will be quizzes, raffles, prize giveaways, fun photo-shoots, a Kidz Club, dancing and, of course, children will be able to meet the TKO Teddy.

**News Updates:** Look or listen out for updates about the Roadshow on TKO Radio, La Quinta and other popular social media websites nearer the time.

Mark Pugsley, the Chairman of La Quinta says, "I am delighted to be able to partner with Murcia Today & TKO Radio, and I am sure that the Roadshow will be a successful, memorable and enjoyable day for all the family. TKO Radio is my go-to station

in Spain as their presenters play a fantastic selection of great music."

He added, "For La Quinta, this is a 'first'. Our heated pool with its swim-up bar has never been open to the public. We are optimistic the Roadshow will be successful. So this pool party arrangement is something we would like to extend to non-members during the summer months". Mark also said, "The Committee and I are very excited at the prospect of hosting TKO Radio and, at the same time, showcasing La Quinta to the outside world.

**Good Causes:** Raffle tickets will be sold by the TKO Teddy during the event to raise money for the local Cartagena 'Pablo Ugarte Association against Childhood Cancer' charity with fabulous prizes, such as a week's stay in a villa at La Quinta, vouchers for meals at local restaurants, 'his & her' watches and much more.



**Food and Drinks:** Adult and children's drinks, delicious burgers, snacks and other food will be served all day at affordable prices; once again, all profits will go to the 'Pablo Ugarte Association against Childhood Cancer' charity.

**Pre-registration:** You can just turn up on 28th May, but as there are many events taking place throughout the day and the TKO Radio Roadshow will be very popular, pre-registration is highly recommended to avoid disappointment.

So, scan the QR code in the advertisement which follows this article, or go directly to the TKO Radio ([www.tko.radio](http://www.tko.radio)) or La Quinta ([www.laquintaclub.com](http://www.laquintaclub.com)) websites to find out more.

To register and be entered in a fantastic Dinner prize draw for 2 people prepared by La Quinta's award-winning Chef, Adrián Ros, at La Quinta's La Solano restaurant email [reception@laquintaclub.com](mailto:reception@laquintaclub.com) or call +34 968 331 221.

As well as promoting TKO radio across the area, the Roadshow will also give La Quinta the opportunity to showcase their fabulous resort and on-site bar & restaurant - La Solana. There will also be a show villa available for viewings to anyone interested in becoming a member or renting at La Quinta.

The hosts, Peter Fisher of TKO Radio and Mark Pugsley of La Quinta, agreed that whilst the event will be a great way to promote the new TKO Radio -106.5FM frequency, most of all it will be about having a fantastic day of fun, fun, fun in the sun, sun, sun - #SummerOfFun2025. So why not come along and experience what is going to be a truly unique and unforgettable event for the whole family?

For information about parking, etc, email [reception@laquintaclub.com](mailto:reception@laquintaclub.com) or call +34 968 331 221.

For more about TKO Radio, visit: [www.tko.radio](http://www.tko.radio)

Please Note: Lifeguards will attend throughout the day to ensure everyone's safety.

106.5.fm

**TKK**  
**RADIO**  
**ROAD**  
**SHOW**

EVENT HOSTED BY

*La Quinta*



AT LA MANGA CLUB

12:00 to 21:00 - 28th May 2025



FOR INFORMATION CALL LA QUINTA AT +34 968 331 221

# DESIGN FREEDOM

Not quite ready to hang wallpaper you might hate in six months? Still unsure whether you're into clean lines or vintage charm? You're not alone. Designing your home when you're indecisive—or simply cautious—can feel daunting, but it's absolutely possible to create a stylish, comfortable space without locking yourself into any one look.

A clever place to start is with modular and multi-functional furniture. These are pieces that can evolve with your mood or needs. Take a modular sofa, for instance: it can be reconfigured for a cosy film night, or separated for entertaining guests. Brands like IKEA offer modular options that are practical, stylish, and internationally available. IKEA always remains the go-to for affordability and adaptability.

If the idea of committing to paint colours or patterns fills you with dread, removable décor is your best friend. Peel-and-stick wallpaper has come a long way, now offering high-quality, textured designs that look anything but temporary. Wallshoppe and Urban Outfitters Home offer removable wallpapers in bold, trendy patterns and ship globally. For something more premium, Tempaper also provides self-adhesive options that mimic traditional wallpaper beautifully and are easy to apply and remove.

Artwork is another simple way to express your style without going permanent. Instead of drilling holes for every print, use picture ledges or gallery rails. Desenio, a brand with worldwide shipping, offers affordable art prints and posters in every imaginable style. You can also opt for large statement frames with swappable inserts—perfect for keeping things fresh without constantly buying new artwork.

Lighting is one of the most transformative design elements and doesn't have to involve any wiring. Plug-in wall sconces, sculptural floor lamps, or even smart bulbs from Philips Hue can shift the atmosphere at the touch of a button. Amazon stocks most major smart lighting brands with international delivery, making upgrades as easy as clicking "add to basket."

And let's not forget textiles—your secret weapon for a fast refresh. Throw pillows, rugs, curtains, and bedding can completely change the tone of a space without lifting a paintbrush. Brands like H&M Home, Zara Home, and West Elm (all with international shipping) offer beautiful, well-priced options in a range of styles, from neutral elegance to bold and playful.

So if you're the type who likes to change things up or simply isn't ready to settle on a single aesthetic, there's no need to compromise on style. With a few smart, flexible choices, you can design a space that feels polished, personal, and always ready for a refresh—no long-term commitment required.



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# WHAT'S ON?

## Events

**Every Day** **Noah's Arc Dog Walking @** Mazarrón

**Every Mon** **Market @** Alhama & Huerca Overa  
**Camposol Walking Football Club @** Pto de Mazarrón 10am-11am

**Forget Me Not Respite Care @** The Social Centre, Camposol B 10.15am

**Friends of Mazarrón Animals Collection @** Camposol B Lower Car Park 10.30am-11am

**Andrea's Animal Rescue Collection @** Camposol B Car Park 11am-1pm

**Every Tues** **Market @** Alhama & Los Gallardos  
**Los Bandidos Cycle Ride** from Mojácar Playa Tourist Office 9.25am  
**Loose Woman on Tuesday Meeting @** Mojácar Playa 1.30pm

**Helping the Perrera Dogs Volunteering @** Mazarrón Perrera 9am

**Helping the Perrera Cats Volunteering @** Mazarrón Perrera 9am

**Noah's Arc available for donations @** Spar, Mazarrón Country Club 10am-12pm

**GoMad available for collections @** Camposol A Car Park 10.30am-12pm

**Qi Gong & Tai Chi** on the beach. Meet at Samsara, Mojácar Playa 11am Proceeds to **Donkey Charity**

**Every Wed** **Market @** Totana & Mojácar  
**Los Bandidos Run/Walk/Jog** from Best Indalo Hotel, Mojácar Playa 8.55am  
**Los Bandidos Sea Swimming Club @** Boracay Beach, Garrucha 1.15pm  
**Climbing Workshop-Mothers & Children @** Mojácar 5.15pm & 6.30pm

**Every Thurs** **Market @** Lorca  
**Los Bandidos Cycle Ride** from Mojácar Playa Tourist Office 9.25am  
**Camposol Walking Football Club @** Pto de Mazarrón 10am-11am  
**Los Amigos de Mazarrón FC Meeting @** Camposol A 4pm  
**Over 60's Memory Workshop @** Centro de Usos Múltiples, Mojácar Pueblo 5pm

**Friends of Mazarrón Animals** available for donations @ Pto de Mazarrón 10-10.30am

**Forget Me Not Respite Care @** The Social Centre, Camposol B 10.15am

**Mazarrón AA Meeting @** Cañadas de Gallego 5.30pm (Call 646 290 420)

**Every Fri** **Market @** El Pareton, Garrucha & Puerto Lumbreras  
**Camposol D Bucket Collection @** The Hut, Camposol D 9.30am-12pm  
**Los Palacios Gardening Group Library @** Camposol A 10am-12.30pm  
**Climbing Workshop-Mothers & Children @** Mojácar 5.15pm & 6.30pm

**Line Dancing @** Centro de Usos Múltiples, Mojácar 5€ 4-8pm (proceeds to **Charity**)

**Helping the Perrera Dogs Volunteering @** Mazarrón Perrera 9am  
**Helping the Perrera Cats Volunteering @** Mazarrón Perrera 9am  
**Noah's Arc Stall @** Camposol B Commercial Centre 9.30am-1pm  
**Friends of Mazarrón Animals Collection @** Isla Plana Social Centre 1-1.30pm

**Every Sat** **Market @** Fuente Alamo, Mazarrón, Aguilas & Vera  
**Los Bandidos Run/Walk/Jog** from Best Indalo Hotel, Mojácar Playa 8.55am  
**Guided Walking Route @** Mojácar 9.30am (950 615 025 to book)  
**Guided Visit @** La Bastida, Totana 10am/12pm from 2.50€

**Harlequin Rock Choir Rehearsals @** The Social Centre, Camposol B 1.30pm

**Every Sun** **Market @** Pto de Mazarrón  
**Antique and Second Hand Market @** Cañadas del Romero 8am-1pm  
**Beach Dog Club Meeting @** Bolnuevo Beach 9am  
**Beach Dog Club Meeting** opposite Pueblo Best Indalo, Mojácar 9.30am  
**Car Boot Sale @** Camposol A  
**Los Bandidos Cycle Ride** from Mojácar Playa Tourist Office 9.25am  
**Rastro Market @** Centro de Usos Multiples, Mojácar Pueblo  
**Guided Visit @** La Bastida, Totana 10am/12pm from 2.50€  
**Free Yoga Session @** Playa del Descargador, Mojácar 11am-12.30pm  
**Free Roller Skating @** Car Park by Playa del Descargador, Mojácar 11am-12.30pm (until May)  
**Dog Walking/Socialisation @** Turre (meet at Plaza Constitución) 6pm

**Juke Box DJ @** Mojácar Playa, all proceeds to **PAWS-PATAS** 9pm

## MAY

**Thurs 1** **Diá del Trabajo**

**PAWS-PATAS Charity Bingo/Brunch @ The Snug**, Mojácar Playa 10€ inc brunch 12pm

**Sat 3** **Fiestas de la Santa Cruz**, El Estrecho (Fuente Álamo)  
**Los Mayos**, Alhama de Murcia

**Friends of Mazarrón Animals Pop Up Market @** Isla Plana Social Centre 10am-2pm

**Sun 4** **St Nicholas Church Songs of Praise @** Camposol D20 C/Sobrija 11am

**Tues 6** **Monthly 'B' Clean Meeting @** Camposol B 4pm

**Thurs 8** **Ladies Chatterbox Meeting @** Camposol B

**PAWS-PATAS Gala Dinner/Edith Piaf Tribute @** Turre 30€ 8pm

**Sat 10** **PAWS-PATAS Fashion Show/Live Entertainment/BBQ @** Los Gallardos 15€ 1pm

**Sun 11** **St Nicholas Church Holy Communion @** Camposol D20 C/Sobrija 11am

- Tues 13**      **PAWS-PATAS Book Sale @** Scotty's, Mojácar Playa 10.30am-1pm  
**HELP MMM Coffee & Company @** Calle Helena, Los Alcazares 11am-12.30pm
- Weds 14**      **St Nicholas Church Coffee Morning @** Camposol D20 C/Sobrija 9.30am-12pm  
**Golden Stars Performance @** Mariano's, Camposol A 10€ 8pm (or 20€ to inc 2 course meal, 6.20pm)
- Thurs 15**      **Ladies Chatterbox Trip to Archena Spa**
- Charity Quiz @ The Snug,** Mojácar Playa 2pm
- Sat 17**      **Golden Stars Performance @** Mariano's, Camposol A 10€ 8pm (or 20€ to inc 2 course meal, 6.20pm)
- Sun 18**      **St Nicholas Church Morning Prayer @** Camposol D20 C/Sobrija 11am
- Weds 21**      **Friends of Mazarrón Animals Bella Luna @** Camposol C 10€ 8pm
- Thurs 22**      **Ladies Chatterbox Meeting/Photography Speaker @** Camposol B
- Sun 25**      **St Nicholas Church Holy Communion @** Camposol D20 C/Sobrija 11am
- Weds 28**      **St Nicholas Church Coffee Morning @** Camposol D20 C/Sobrija 9.30am-12pm
- Sat 31**      **Vera & District Lions Hippie, Peace & Love Party @** Mojácar Playa 6pm

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CAMPOSOL WALKING FOOTBALL CLUB	634 103 668	sectordphone@mail.com
CLIMBING WORKSHOP FOR MOTHERS, MOJÁCAR		nlinareo@mojacar.es
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LINE DANCING, MOJÁCAR	648 217 503	
LOS AMIGOS DE MAZARRÓN		d.c.greenfield@hotmail.co.uk
LOS BANDIDOS CYCLE/RUN/SWIM GROUP	see our fb page	
LOS PALACIOS GARDENING/COMM GROUP	634 312 853	
MAKING A DIFFERENCE	603 389 006	
MAZARRÓN AA GROUP	646 290 420	
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PAWS PATAS		dogs@paws-patas.org/ cats@paws-patas.org
ST NICHOLAS ECUMENICAL CHURCH	634 143 260	
VERA & DISTRICT LIONS CLUB	711 005 682	lionsshopturre@gmail.com
WELLSPRING VICTORY CHURCH	711 073 419	info@wvces.es

# POSH KITCHENS

You don't need a full renovation or a five-figure budget to give your kitchen a luxury lift. In fact, it's often the smallest details that make the biggest impression. With a few thoughtful tweaks, you can transform your kitchen into a space that feels polished, elegant, and timeless—without knocking down a single wall.

Start by considering lighting. A pair of statement pendant lights instantly elevates any kitchen island or breakfast bar. Think crystal drops, antique brass finishes, or sculptural modern forms that act like jewellery for the room. Soft, warm bulbs will add a golden glow and create a sophisticated atmosphere, especially in the evenings.

Handles and hardware are another game-changer. Swapping out basic knobs for brushed gold, matte black, or even leather-wrapped handles can completely transform cabinetry. It's an affordable update, yet it adds a layer of design that suggests something far more bespoke. The contrast between modern fixtures and classic shaker doors, for instance, is a design detail often seen in high-end interiors.

Your surfaces matter too—but it doesn't have to mean replacing your worktops. Instead, focus on decluttering and styling them. A single orchid in a ceramic pot, a glass jar of lemons, or a sleek tray with a decanter and glasses can all suggest quiet luxury. If you do have room for one material upgrade, consider investing in a polished stone splashback or a high-gloss quartz worktop with subtle veining—both reflect light beautifully and elevate the space instantly.

Open shelving, done right, also adds to the luxe feel. Swap out mismatched mugs for a curated display of glassware or white crockery. Group items in odd numbers, stick to a cohesive palette, and leave breathing space between objects. The result? A cleaner, more considered aesthetic that feels more boutique than busy.

Then there's the appliance game. Built-in ovens and microwaves with stainless steel finishes keep things looking seamless. Even better if you can align them vertically—it's a common layout trick in designer kitchens. For smaller upgrades, consider hiding everyday appliances (like toasters or kettles) in integrated units, or simply opt for coordinating colours and finishes.

Finally, pay attention to your textiles. Replace tired tea towels with crisp linen, add a soft cushion to your bar stools, and maybe even layer a rug beneath your island seating. These soft touches add warmth and break up the hard surfaces that dominate most kitchens.

Luxury isn't about excess—it's about intent. With a few well-chosen details, your kitchen can feel effortlessly refined, every day.



# ELEGANT CATCH

This pan-fried sea bass is a colourful and flavourful dinner, perfect for a light but satisfying meal. Start by seasoning two fillets of sea bass with salt and pepper. Heat a little olive oil in a non-stick frying pan and cook the fish skin-side down for 3–4 minutes until the skin is golden and crisp. Flip and cook for another minute, then set aside. For the vegetables, lightly steam a handful of baby carrots, sugar snap peas, and yellow pepper strips until just tender. Halve and grill two small new potatoes until charred and golden. For the base, spoon a smooth carrot and sweet potato purée onto each plate. Arrange the vegetables neatly around the purée, then place the sea bass fillet on top. Finish with a squeeze of lime, a few sliced radishes, and a sprinkle of microgreens or fresh herbs. The result is a vibrant, well-balanced plate with crisp textures and fresh flavours. Ideal for an elegant lunch or dinner that's both healthy and delicious!



# LOADED SWEET FRIES

This vibrant sweet potato and bean bowl is a flavour-packed vegetarian dish that's both hearty and nourishing. Begin by slicing sweet potatoes into wedges and roasting them in the oven at 200°C with a drizzle of olive oil, sea salt, and smoked paprika for 25–30 minutes, or until golden and crisp at the edges. Meanwhile, prepare the bean mix by gently frying red onion, garlic, and mixed peppers in a little olive oil. Add a tin of mixed beans, some cumin, and a touch of chilli powder, then simmer until rich and saucy.

To serve, pile the sweet potato wedges onto a plate or shallow bowl. Spoon over a generous helping of the warm bean mix. Add a scoop of fresh guacamole—made by mashing ripe avocado with lime juice, chopped red onion, and coriander—for a creamy, zesty kick. Top everything with diced tomatoes, a dollop of sour cream.





# GOLDEN CRUST DELIGHT

This classic Margherita pizza is a perfect balance of rich tomato, creamy mozzarella, and fresh basil. To make the dough, mix 150g strong white flour, 1/2 tsp salt, 1/2 tsp dried yeast, 1 tsp olive oil, and 100ml warm water, then knead until smooth and let rise for 1 hour. Roll out the dough on a floured surface to your preferred thickness and place it on a baking tray or pizza stone. For the sauce, mix 100g chopped tomatoes with a drizzle of olive oil, a pinch of salt, and a little crushed garlic. Spread evenly over the base. Tear 125g fresh mozzarella and scatter across the pizza, followed by a handful of halved cherry tomatoes. Bake at 220°C for 10–12 minutes until the crust is golden and the cheese is bubbling. Once baked, add fresh basil leaves and a drizzle of olive oil. Crisp, flavourful, and effortlessly satisfying—a true Italian classic made at home.



# DARK GROWERS



A low-light corner might seem like a design dead zone—but with the right plant, it becomes a quiet focal point full of character. Contrary to the myth that all houseplants demand direct sun to thrive, some of the most elegant varieties prefer shade, slowly growing in subtle sophistication where sunlight barely reaches. These plants are not an afterthought; they're a deliberate choice for layered interiors that understand contrast, depth, and atmosphere.

Thriving in low light requires more than tossing a pothos near the sofa and hoping for the best. True success lies in selecting shade-tolerant species with sculptural forms and stable growth habits. The cast iron plant, for example, is almost unbothered by dim conditions, its glossy dark green leaves adding texture without demanding constant care. ZZ plants, with their waxy, upright stems, lend a structural silhouette perfect for modern or minimalist settings. Meanwhile, the classic snake plant offers striking vertical lines and can survive in almost any neglected corner with quiet resilience.

Placement is key. Even shade-loving plants need some exposure to ambient light to photosynthesize, so avoid placing them in completely enclosed or windowless spaces. Think of these plants as thriving in filtered light zones—areas that receive a touch of morning brightness or reflected daylight. Instead of chasing sunbeams, lean into the idea of ambient diffusion, and allow the plants to settle into their own slow rhythm.

Potting and soil choices should reflect their environment. Avoid heavy, moisture-retaining mixes that can cause root rot in darker corners with lower evaporation rates. A well-draining soil paired with breathable, unglazed clay pots helps balance airflow and moisture levels. Ensure pots have proper drainage holes—stylish containers mean little if they suffocate the roots.

Watering must be approached with a restrained hand. In low-light areas, plants typically drink less, and over-watering is the most common cause of decline. Let the soil dry out between watering sessions, and resist the urge to follow a fixed schedule. Instead, observe your plant's needs as they shift with the seasons, adjusting care with intuition and patience.

Styling is just as important. In shadowy corners, plants act almost like living sculptures—silhouettes rather than centrepieces. Choose pots in muted or matte finishes to reflect soft light, and pair with textured throws or low lighting for a layered, inviting nook. When chosen and placed thoughtfully, shade-loving plants add mood, movement, and a sense of quiet permanence.

Owning a plant in a dark corner isn't just about finding something that 'survives'—it's about curating atmosphere. In these forgotten spots, the right plant becomes a statement of understated design, proof that even in the shadows, beauty thrives.

An advertisement for Jardinería El Milagro. The top left contains the business name and contact information: "JARDINERÍA EL MILAGRO", "Tel: 610 949 595", and "www.jardineriamilagro.es". The top right features a map of a neighborhood with labels for "BOLNUEVO", "CAMPING", "WIDE", "POERTO", and "GARDEN CENTER". A red starburst graphic in the center-right says "5% discount with this advert". At the bottom, there are icons for Facebook and WhatsApp, and the text "SEND YOUR ORDERS BY FACEBOOK OR WHATSAPP". A list of services is provided: "\* Sale of plants and accessories", "\* Garden care &amp; maintenance (incl pruning)", and "\* Building".

Golden Stars Amateur Theatre Group  
Presents Their Comedy Show

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# GOLDEN STARS

Comedy show in May

Fancy something different?

Golden Stars Amateur Theatre Group present their comedy show "Service with a Smile". Fun and laughter happens at a customer service desk in the Crymark Department Store.

This show is over two nights in May - Wednesday 14<sup>th</sup> and Saturday 17<sup>th</sup> at Restaurante Mariano's, Calle Madrid, Camposol A, Mazarrón. There will be a raffle each night for the Camposol food bank.

Tickets are 20€ including a two course meal (Sharing Platter, followed by Chicken or Veggie Paella), or 10€ for the show only. Vegetarians & Vegans catered for.

Tickets can be reserved by emailing goldenstarsmazarron@gmail.com. Purchase of tickets can also be made at Restaurante Mariano's, Camposol A, on Mondays between 11.30am and 12pm and Thursdays outside Mister Print or Cat's Bar (also both on Camposol A) between 11.30am and 12pm.

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## Nature Framed

This space celebrates the elegance of full-height wall windows, turning a quiet seating area into a bright, expansive retreat. Natural light pours in from every angle, softening the edges of the room and creating a serene, open feel. The uninterrupted glass frames the landscape like living artwork, subtly shifting with each season while adding depth to the space.

The combination of clean-lined architecture and soft textures—seen in the neutral-toned sofa, plush cushions, and polished tile floor—balances clarity with comfort. Reflections of light dance across surfaces, enhancing the calm and inviting mood of the room.

The design creates a seamless connection to the outdoors, offering both openness and intimacy. With no need for heavy decoration, the windows allow the outside view to serve as the room's focal point. Even the simplest furnishings gain presence, bathed in ever-changing light.

It's a perfect example of how large wall windows not only elevate interior style but also enhance daily living—bringing in nature, warmth, and the quiet luxury of space that breathes.

# WELLSPRING

May Day is not only the start of spring. Mayday is the international distress signal and originates from the French phrase "m'aider," meaning "help me".

Has there been a time in your life when you needed help, a fresh start maybe? Perhaps you are longing for one now? When we're overwhelmed by ongoing battles or discouraged by setbacks, we need to find a place of refuge. God can be our place of refuge. He can refresh our spirits, renew our minds, and replenish our hope.

When God Does a New Thing, it is rooted in His Unchanging Nature. In Isaiah 43:19 NLT we read. "For I am about to do something new. See, I have already begun! Do you not see it? I will make a pathway through the wilderness. I will create rivers in the dry wasteland."

This is a promise from God, that He will do something new, He will make a way that we never thought possible. God's actions are always premeditated and always good. When God does a new thing, it's not something He hasn't done before. Instead, He is renewing our reality with new hope and new life. His actions are not random or un-thought out.

Instead, it's rooted in His eternal love and unchanging nature. As Humans our nature is always changing as life happens. Our experiences and circumstances premeditate our thoughts and we react accordingly to the situation we find ourselves in.

When new shoots emerge from the ground, new life is coming. However, when a plant grows, it's rooted in the identity of the seed from which it grows. Some might say it's predictable, but the same is true when God does something new in our lives, it's unchanging, it's always for the good.

But for new things to happen we have to step away from the old



and that can sometimes be a scary thing to do. Albert Einstein said, "Insanity is doing the same thing over and over again, expecting a different result."

Do you want to make a change and do something new? Why not invite Jesus into your life? You won't be disappointed! Come along to our friendly, welcoming Sunday service and see for yourself what Jesus can do. Come and experience something new! We look forward to meeting with you!



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# GENTS' CORNER



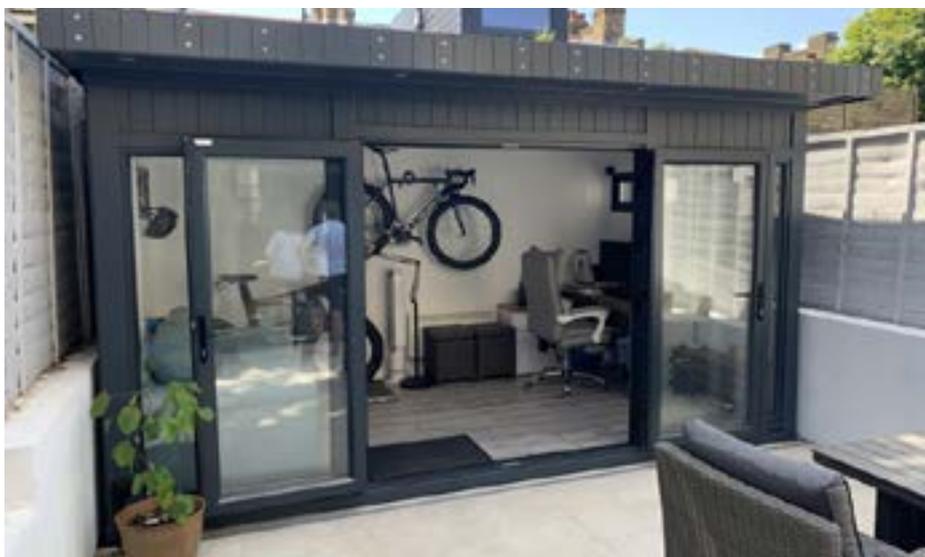
Let's clear something up straight away: a man cave doesn't have to mean neon beer signs, football posters, and a battered old recliner that's seen better days. Those days are long gone. The modern man cave is less "lads' night in 2009" and more "grown-up sanctuary with decent Wi-Fi and a proper chair." And before you say, "I've never even thought about having one," give it five minutes—you might just change your mind.

A man cave isn't really about the décor—it's about having a space that feels like yours. A place to decompress, put your feet up, and enjoy whatever it is you like doing without sharing the remote, explaining your hobby, or tidying up immediately after. Whether it's gaming, music, reading, or just watching something in peace, a designated space makes it feel that bit more special.



Now, you don't need a basement or a garden shed to pull this off. A spare room, half of the living room, or even a corner of the bedroom can become your "zone." It's not about square footage—it's about intention. A comfy chair, a solid side table, decent lighting, and one or two things that make you feel good (yes, that includes your record collection or your favourite books) are more than enough to start.

Stick to colours and textures that feel relaxed. Think darker tones like navy, charcoal, or forest green—colours that create a calming, grounded feel. Add a lamp or two (no overhead glare, please), and maybe a soft rug underfoot. Suddenly, it doesn't just look better—it feels better.



And yes, tech can be involved—but keep it slick. Hide the wires, upgrade from that plastic speaker, and maybe mount the telly properly (no, balancing it on a crate doesn't count). Add a plant if you're feeling bold—it won't bite.

So no, you don't need a secret door, a whisky vault, or a poker table to have a man cave. You just need a space that makes you feel relaxed and at home. Call it what you like, but once you've got one, you'll wonder how you ever lived without it.



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## Clean Lines, Clear Mind

This living space exemplifies the power of minimalism done right—clean, composed, and quietly confident. The pared-back palette of soft neutrals creates a calming atmosphere, while the expansive glazing invites in natural light that softens every surface. With no visual clutter, the eye is drawn to quality over quantity: plush cushions, sleek tiles, and crisp architectural lines.

Minimalist design isn't about removing personality—it's about giving it space to breathe. Every element here feels deliberate, from the oversized ottoman to the single decorative stool. This restraint brings clarity and a sense of spaciousness, even in smaller rooms.

By embracing negative space, minimalism highlights materials, form, and function. It also adapts effortlessly with the seasons or evolving tastes. In a world full of noise, a space like this offers calm and clarity. It's proof that thoughtful simplicity, when executed well, is not only beautiful but endlessly enduring.







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**Dear Readers, Let's Talk About Beating the Spanish Heat (Without Breaking the Bank)**

As we roll into another glorious Spanish summer, I've had a fair few of you ask me the same thing: "Joel, how can I keep my house cool without the air con sending my electric bill into orbit?" So let's chat.

You know me—I'm all for smart solutions that don't just fix a problem, but fix it properly. And when it comes to heating and cooling, solar is the way forward. Yes, that glowing ball in the sky we're always moaning about in August? It's actually the best mate you've got when it comes to keeping your home comfy and cost-effective.

Here's the deal: traditional HVAC systems are like that friend who turns up uninvited and drinks all your beer. Sure, they cool the place down—but they cost a fortune to run and don't do the planet any favours. Solar heating and cooling systems, on the other hand, are the clever cousins—they use the sun's energy to keep your place warm in winter and cool in summer, without draining your wallet.

Spain's blessed with sunshine for most of the year, so why not make the most of it? These systems work quietly in the background, slashing your energy bills and reducing your carbon footprint while you get on with your siesta.

I've seen a real shift in the last year—people are no longer just asking about solar for the roof or a few garden lights. They're looking at full home systems, integrating solar into their everyday lives. And rightly so! Once it's set up, you barely have to lift a finger. Just let the sun do its thing.

So, dear readers, if you're sweating it out already and dreading the next electricity bill—maybe it's time to think solar. Your wallet (and the planet) will thank you.

Until next time,

Joel

Your mate at Working, always here to help

P.S. Thinking about going solar but not sure where to start? You know where to find me—turn the page and give me a ring. We'll get it sorted.





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