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HOME & LIVING

MAGAZINE

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EDITOR'S NOTE

January arrives with a sense of clarity. It is a quieter month, but a powerful one — a time to reset, refocus, and gently shape the year ahead. As we turn the page on the calendar, we would like to wish all our readers and advertisers a very happy New Year, and thank you for continuing this journey with us.

This January issue of Home & Living has been thoughtfully curated to support fresh starts without pressure, and inspiration without excess. It is about living well, feeling informed, and creating spaces — both at home and in life — that truly work for you.

On pages 8–9, you'll find A Health Reset That Actually Lasts, a realistic and refreshing approach to New Year goals that focuses on balance rather than burnout. It's about habits you can sustain, not resolutions you abandon by February.

Winter may encourage us indoors, but it also offers wonderful opportunities to entertain differently. On page 14, we explore stylish ideas for winter hosting outdoors, proving that gatherings can still feel warm, welcoming and beautifully considered, even in cooler months.

For our readers in Spain, page 28 brings essential, timely insight with Will You Soon Have to Pay to Drive into Spanish City Centres? — a clear and practical guide to changing regulations that will matter to everyday drivers and residents alike.

And for those who love good food, pages 35–36 are dedicated to gourmet recipes you can confidently recreate in your own kitchen — dishes that feel special yet achievable, perfect for slower evenings and meaningful moments around the table.

As always, this issue blends inspiration with practicality, helping you start the year feeling informed, uplifted and at home in your choices.

Thank you for welcoming Home & Living into your homes this January. We hope this issue sets a calm, confident tone for the months ahead.

With warm wishes,
The Home & Living Magazine Team

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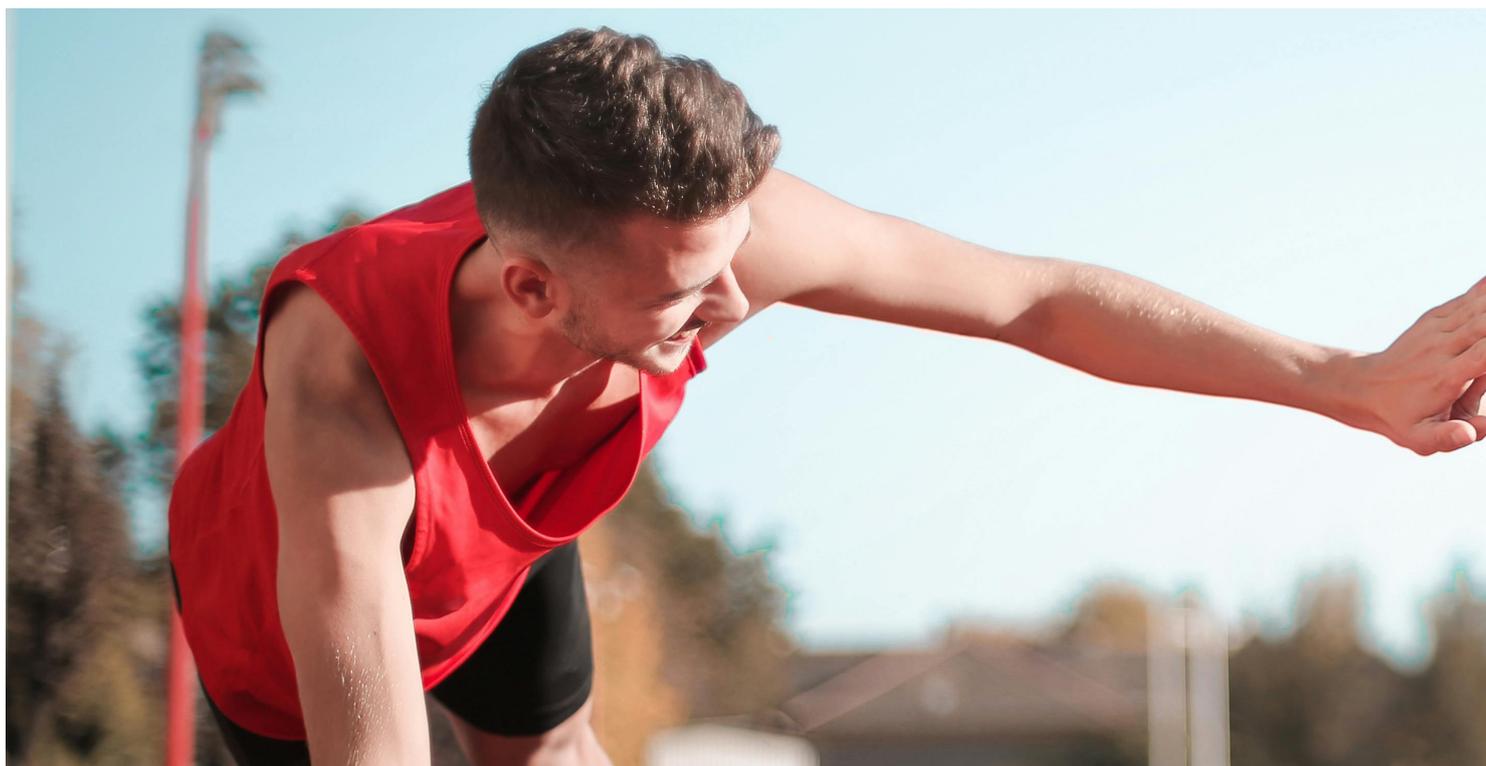


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This Year Looks Like Me

A Health Reset That Actually Lasts

For decades, the new year has been framed as an emergency. A dramatic overhaul. A final warning to become someone “better”, leaner, stricter, faster. Gyms swell, diets tighten, and bodies brace for punishment disguised as progress. Yet by February, most resolutions disappear — not because people lack willpower, but because the approach was never sustainable. Science now confirms that lasting change doesn’t happen through shock to the system. It happens through consistency, biological stability and habits the body can maintain without strain. A real reset is not forceful. It is steady.

The Stress–Weight Connection

Modern health research increasingly shows that chronic stress is one of the biggest drivers of stubborn weight gain, inflammation, fatigue and hormonal disruption. When the body operates under constant pressure — from emotional overload, under-eating, poor sleep or excessive training — cortisol remains elevated. High cortisol directly promotes abdominal fat storage, impairs insulin sensitivity, disrupts thyroid function and interferes with reproductive hormones. Until stress levels stabilise, the body resists fat loss and prioritises survival. A lasting reset begins by reducing the internal strain placed on the system, not by pushing it harder.

Sleep Is the Master Health Regulator

No single habit influences health more than sleep. Deep sleep governs insulin sensitivity, appetite hormones, immune repair, skin regeneration, memory and emotional resilience. Research

shows that even modest sleep deprivation increases ghrelin, the hunger hormone, while suppressing leptin, the hormone responsible for satiety. This explains why exhausted bodies crave sugar and struggle with weight regardless of diet quality. A true reset begins with protecting sleep as a biological priority through consistent routines, reduced evening stimulants, controlled light exposure and appropriate bedroom temperature.

Sustainable Movement Builds Stronger Biology

Extreme exercise floods the body with stress hormones, often worsening fatigue, suppressing immunity and disrupting hormonal balance. In contrast, moderate, regular movement improves blood glucose control, mitochondrial efficiency, joint integrity and long-term metabolic health. Walking after meals significantly improves blood sugar regulation, while strength training preserves muscle mass — now recognised as one of the strongest predictors of longevity. Mobility work protects joints and reduces injury risk. Sustainable movement does not exhaust the body. It fortifies it.

Food as Information, Not Morality

Restriction increases obsession. Nutritional science now clearly demonstrates that the body performs best with stable energy intake, sufficient protein, fibre-rich carbohydrates and healthy fats. Protein stabilises blood sugar and supports muscle maintenance. Fibre feeds the gut microbiome, which governs immunity, inflammation and even neurotransmitter production. Healthy fats support hormone production and brain function. Chronic under-eating, however, increases cortisol, suppresses thyroid hormones and disrupts reproductive cycles. A lasting reset is not about eating less — it is about eating enough of what the body biologically requires.

The Gut–Brain Connection



The gut produces the majority of the body's serotonin and communicates constantly with the brain via the vagus nerve. Disruption in gut bacteria is now linked to anxiety, depression, autoimmune disease and metabolic disorders. Diversity of plant foods, adequate fibre, fermented foods, steady blood sugar and reduced ultra-processed food all contribute to microbial balance. When gut health improves, inflammation settles, mood stabilises, skin clarity improves and energy returns. Internal health is inseparable from external vitality.

Why Consistency Outperforms Motivation

Motivation fluctuates. Biology adapts to rhythm. Habits anchored to routine become automatic through continued neural patterning. Repetition strengthens neural loops, while irregular behaviour keeps the brain locked in constant decision-making fatigue. This is why the most successful health transformations rarely look dramatic. The same sleep window. The same grocery staples. The same movement patterns. The same meal timing. Consistency reshapes identity. Motivation simply follows.

Hormones Change the Rules for Women

From the mid-thirties onwards, many women enter subtle hormonal transition years long before menopause. Progesterone declines first, increasing anxiety, sleep disruption and fluid retention. Oestrogen becomes more erratic, affecting mood, memory and body fat distribution. Aggressive dieting and extreme training intensify these changes. Strength training, adequate dietary fats, balanced carbohydrates and stress-reduction at a physiological level become increasingly important. The reset that worked at twenty-five often destabilises the body at forty.

Recovery Is Where Change Happens

Heat exposure, rest days, controlled training volume and proper refuelling allow the nervous system, muscles and endocrine system to recover and adapt. The body cannot burn fat, build muscle, regulate hormones and repair tissue under continuous stress. Recovery is not a luxury. It is a biological requirement. Without it, progress stalls, injuries increase and fatigue becomes chronic.

This Year Is Not About Reinventing Yourself

It is about stabilising your biology. Supporting your hormones. Protecting your sleep. Fueling your body properly. Moving in ways that build strength without depletion. The most powerful transformations rarely look extreme. They look calm. They look steady. They look sustainable. They last beyond February. They remain in August. They still exist in December.

This year does not demand a new you.
This year finally looks like you.

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FORM & FUNCTION

Mornings Designed on Purpose

A routine-building bedroom doesn't stop at a nice headboard. Place the bed so you see natural light as soon as you wake, not a wardrobe or a screen. Add a narrow console or shelf just outside the bedroom with only what you want to touch first thing: water, supplements, watch, maybe a book. Keep charging points for phones away from the bedside; fix a charging drawer in the hallway or dressing room so the default behaviour is to leave the phone there overnight.

Dressing Without Decision Fatigue

In the wardrobe, design in the order you get dressed. First rail: everyday basics you wear 80% of the time, all at eye level. Below: shoes you actually use during the week. Drawers for gym kit by the door if you want to train in the morning. Evening or occasion wear can go higher or further back. Add a shallow ledge or hook for "tomorrow's outfit" so choosing clothes becomes a single decision made the night before, not ten micro-choices at 7am.

A Kitchen That Makes Good Habits Effortless

If you want consistent, healthy breakfasts, give them prime real estate. Create a "breakfast zone" with kettle, coffee machine, toaster or blender, bowls, mugs and dry goods all within one arm's reach. Hide sugary snacks and impulse foods above eye level or in closed cupboards, and keep fruit, water and prepared items at the front of the fridge. A slim pull-out next to the hob for oils, spices and utensils turns cooking from a faff into a flow.

Work Zones That Pull You Into Focus

If you work from home, avoid a desk that faces the television or opens directly onto the busiest part of the house. Position the desk so your main view is window or wall, not walkway. Build in a charging station, paper tray and closed storage so surfaces stay clear. Add a dedicated "end of work" cupboard or drawer: laptop, notebook and cables go away in the same place every evening, signalling that the day has finished.

Evenings That Gently Slow You Down

Use lighting to script your evenings. Fit dimmable, warm lamps in the rooms you use after 7pm and put them on smart plugs or a single switch so the house moves from bright to soft in one gesture. Keep the most comfortable seating furthest from screens and closest to books, blankets and side tables. In bathrooms, wall lights at face height and a heated rail with a single favourite towel make the night routine feel inviting, not rushed.

Storage That Makes Order Automatic

Create one "landing zone" near the entrance with hooks, a bench and closed storage so keys, bags, post and shoes always go to the same spot. In living areas, build concealed cupboards sized specifically for the things that usually float: laptops, remotes, cables, children's toys, blankets. The goal is not perfection; it is that ty-

ing takes three minutes, not thirty.

A well-designed home doesn't nag you into better routines. It makes the right behaviour the easiest thing to do, every single day.



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Using Your Outdoor Space in Winter

Let's be honest: winter will never compete with summer when it comes to outdoor living. Shorter days, lower temperatures and unpredictable weather naturally reduce how often we sit outside. But that doesn't mean your garden, terrace or balcony should be completely written off for half the year. With the right setup, it can still be used occasionally and comfortably, rather than standing dormant.

Start with placement, because winter seating only works when it is sheltered. The best position is against a wall, fence or corner where at least two sides block the wind. Open, exposed areas simply won't retain heat, no matter how many blankets you add.

For genuine warmth, one heat source is rarely enough. A fire pit or chiminea works well as a central feature, but it should be supported with a second source such as a wall-mounted infrared heater or a freestanding electric heater placed behind or beside seating. This layered approach prevents heat from dissipating too quickly.

Comfort matters just as much as warmth. Use outdoor rugs to insulate the floor, deep seating with water-resistant cushions and proper winter-weight throws or fleece blankets stored in a weatherproof bench or storage box nearby.

Lighting should remain functional and low-glare – wall lights for visibility and lanterns positioned safely away from flames.

You may not use your outdoor space every evening in winter – and that's perfectly realistic. But with the right setup, it remains available for crisp morning coffees, weekend gatherings and calm moments that feel intentional rather than uncomfortable.





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HOSTING IDEAS

1. The Fire-Pit Soup Night (Casual, Social & Interactive)

This is the most relaxed way to host outdoors in winter, built around one shared pot of slowly cooked soup over the fire.

At the centre of the space, place a large cast-iron pot over the fire pit. Guests arrive with one prepared ingredient each and add to the pot as the evening unfolds. It becomes both the activity and the meal.

Ideal soup ingredients:

Beef shin, lamb shoulder or chicken thighs, onions, garlic, leeks, carrots, celery, potatoes, pearl barley, thyme, bay leaves and rich vegetable or meat stock.

Serve with:

Warm sourdough, salted butter, olive oil, flatbreads and simple winter salads.

This setup works because guests stay warm by moving around the fire – stirring, serving and topping up bowls. It's informal, comforting and perfect for cold evenings.

2. The Winter Drinks & Canapés Evening (Elegant & Grown-Up)

An outdoor gathering focused on hot drinks, mulled wine and refined small plates, seated under heaters with candlelight and soft music.

Drinks to serve:

Mulled wine, spiced apple juice,

hot chocolate with dark chocolate shavings, flavoured syrups and optional amaretto or spiced rum.

Key ingredients:

Red wine, cinnamon sticks, star anise, cloves, oranges, brown sugar, apple juice, dark chocolate, cream and nutmeg.

Canapés that suit cold weather:

Baked camembert with honey, smoked salmon blinis, mushroom tarts, spinach and feta parcels, parmesan crisps and rosemary focaccia.

This format suits smaller groups and feels calm, indulgent and well-considered.

3. The Family Fire & Toasted Food Night (Cosy & All-Ages)

This evening is built around simple fire food, games and comforting hot drinks, making it ideal for families and mixed-age gatherings.

Fire food ideas:

Toasted marshmallows, grilled cheese flatbreads, foil-wrapped jacket potatoes, roasted sweetcorn, halloumi skewers and roasted chestnuts.

Hot drinks:

Hot chocolate, warm milk with honey, herbal teas, spiced apple cider and chai.

Games that work outdoors:

Oversized Jenga, card games, storytelling cards and short quizzes played under blankets.



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The Storage That Makes You Feel Rich

The First Rule of Expensive Living: Visibility

You can tell instantly if a kitchen truly works – not by its worktops or appliances, but by how smoothly everything moves when you open a drawer. Great storage is quiet luxury. The best kitchens eliminate deep, dark cupboards and replace them with full-extension drawers where everything is visible at a glance. Corner units pull out rather than swallow items. If you can't see it, you'll lose it, overbuy it or forget it.

Organise by Behaviour, Not Category

Stop organising by food type. Organise by how you actually live. Create a breakfast zone with only what you reach for in the first ten minutes of the day. Build a dinner-prep zone with oils, salt, knives and boards within one arm's reach of the hob. This removes countless micro-decisions and builds effortless consistency.

The Fridge That Feels Luxurious

A rich-feeling fridge isn't expensive – it's clear. Fresh food belongs at eye level, leftovers on one shelf in transparent containers, condiments on the door. When the fridge looks calm, waste drops and better choices happen automatically.

The Pantry That Changes Everything

Pantries either elevate or undo a kitchen. Transfer dry goods into identical jars for speed and clarity. Label simply. Store heavy items low, everyday items at eye level and occasional ones below. Once everything has a fixed home, the kitchen stops draining energy.

Why Countertops Decide the Mood

Only daily-use items deserve to stay out. Everything else goes behind a door. Visual noise makes even an expensive kitchen feel chaotic. A clear surface instantly slows the mind.

Hidden Systems, Lighter Living

Pull-out bins, concealed recycling and hidden cleaning storage remove daily friction. When unpleasant tasks disappear visually, they feel lighter emotionally.

The Three-Minute Reset

A luxurious kitchen can return to calm in under three minutes. If tidying takes half an hour, the storage has failed.

When Storage Becomes Lifestyle

Great storage doesn't shout. It simply removes friction from your life – helping you cook more easily, waste less and enjoy your home more. Real luxury isn't what you add. It's what your home quietly removes for you.

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What a fun and festive season we have had. Thank you to all who came along and joined us for our annual Christmas Carols. Blessings to you all for a wonderful New Year.

As we start this new year, let's be thankful for the past and excited for what this year will bring. Let's keep the Christmas spirit going by sharing love and happiness to those around us. (Galatians 6:9 NIV Let us not become weary in doing good, for at the proper time we will reap a harvest if we do not give up.)

Jesus encourages us all to do good, no matter what time of the year. When we do good to others, we are doing good unto the Lord. We at Victory Church will be embracing this new season and sharing the love of God in our communities. It is always better to give than to receive and nothing gives us a better feeling than being out in the community helping those in need. The church is not a closed community it is an open sanctuary for all. It's a family, a safe place, somewhere to meet not just with God but with other people. A place to find purpose and peace.

We all need to feel that we fit in and sometimes finding our place in society can be difficult, but Jesus shows us the way to acceptance, no matter what our past or our present looks like. There is no condemnation and everyone is welcome.

The world can be a cold and isolating place for many, but the family of Christ shows us that we are not alone. We all have a part to play in God's glorious plan for the world. We make our plans, but God directs our steps. So, if you feel that something is missing, there's a strange void that just can't be filled with everyday things, then why not come along and see what Jesus has to offer, come and feel His love, find your place of acceptance and be part of the family of God. Let Him show you a new way, His way, which far exceeds anything we can accomplish on our own. There is a warm welcome waiting just for you!





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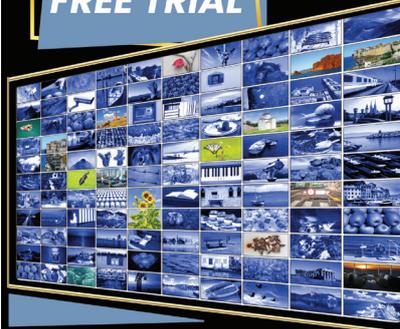
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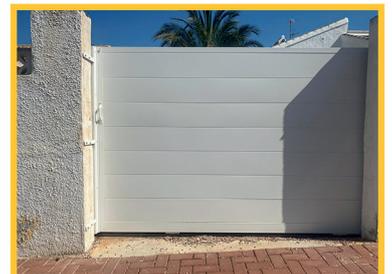
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The Chaotic Morning We All Know

Most mornings begin the same way for many of us – a rushed coffee, a glance at the phone, a mental to-do list already overflowing before the day has properly started. We promise ourselves we'll get organised tomorrow, start fresh on Monday, reset next month. Yet the chaos quietly repeats. What we rarely question is whether constant variety is the very thing keeping us stuck.

The Quiet Pattern Behind High Performance

Beneath nearly every life that looks effortless, calm or quietly successful sits something deeply unfashionable: repetition. While modern culture celebrates reinvention, the people who perform at the highest level tend to live in remarkably predictable ways. Elite athletes, surgeons, CEOs and creative directors often structure their days with near-military precision. Wake times rarely change. Training windows are protected. Meals follow familiar rhythms. Sleep is guarded. Not because they lack imagination – but because they understand that stability underpins every peak performance moment.

The Brain Is Built for Automation

Neuroscience explains why this works. The brain is designed to conserve energy by automating repeated actions. Each time a behaviour is performed at the same time and in the same way, the neural pathway strengthens. Over time, the action shifts from conscious effort to unconscious execution. This is how habits form – and why trying to rely on motivation alone so often fails. Motivation fluctuates. Neural wiring does not.

When Predictability Becomes Luxury

What looks dull from the outside often feels deeply luxurious on the inside. Knowing when you will eat. When you will move. When you will rest. There is a quiet comfort in predictability. The warm familiarity of the same morning light. The same evening rhythm. The assurance that your body knows what to expect. In an overstimulated world, steadiness becomes rare – and therefore precious.

Redefining What Luxury Means

Luxury once meant choice without limits. Today, true luxury of-

ten means the opposite: fewer decisions, fewer interruptions, fewer battles with time and attention. Predictability softens stress. It sharpens focus. It removes the daily friction that quietly drains energy and clarity.

The Confidence That Grows From Routine



There is also a hidden confidence that grows from repetition. When the fundamentals of your life are reliable, self-trust strengthens. You stop negotiating with yourself. You stop starting again. Even one non-negotiable daily anchor – a fixed walk, a set bedtime, a repeated training window – begins to change how your life feels from the inside out.

Freedom Through Structure

Because freedom is not created by endless variation. It is created by dependable structure. When the basics are safe and steady, the mind no longer searches for escape. Energy becomes available again – not for survival, but for direction.

The Architecture of Lasting Ambition

In the end, the greatest transformations are rarely dramatic. They arrive through unremarkable choices repeated with quiet loyalty. The same effort. The same standards. The same rhythm.

Boring, it turns out, is not the absence of ambition. It is the architecture that allows ambition to last.

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IFEPA EVENT

The 6th Levante Caravanning and Leisure Show will return to IFEPA-Palace of Trade Fairs and Exhibitions of the Region of Murcia between January 15th and 18th 2026, solidifying its position as one of the leading events in the sector nationwide. The show will occupy over 25,000 square metres of exhibition space, where visitors can discover the latest models of motorhomes, caravans and campervans, both new and used.

A MEETING POINT FOR CARAVANNING PROFESSIONALS AND ENTHUSIASTS

The show will bring together more than 50 specialized companies from across Spain, offering a wide range of vehicles for sale and rent. Numerous campsites from around the country will also participate, presenting their accommodation options for motorhome and touring travellers.

In addition, the fair will include a commercial gallery of accessories and complements, a gastronomic space under the gastrovaning concept and a talk area with activities aimed at car-

avanning enthusiasts and professionals.

MORE THAN 16,000 VISITORS EXPECTED

The organization expects to exceed 16,000 attendees, including a significant international presence, especially from the United Kingdom, Germany and France, regular residents on the Mediterranean coast and big fans of motorhome tourism.

Despite its six year history, the event has established itself as an essential event in the caravanning sector, attracting more brands, distributors and visitors each year. The

Access to the event is as follows

Thursday 15th 10.30am – 8pm

Friday 16th and Saturday 17th 10.30am – 8.30pm

Sunday 18th 10.30am – 7pm

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What to Do on the Days You Feel Flat, Tired or Unmotivated

There will be days when motivation disappears completely. No fire. No excitement. No inner gym playlist playing in your head. Just a heavy feeling and the temptation to skip everything. These days are not a failure of willpower — they are part of the process.

The first mistake people make is waiting to feel “ready”. Motivation is unreliable because it is emotional. Discipline, on the other hand, is practical. On low days, your only goal should be showing up in the smallest possible way. Not a full session. Not perfection. Just movement.

Tell yourself you will train for ten minutes only. Walk. Stretch. Cycle lightly. Start the warm-up. Most of the time, once your body begins moving, your energy follows. If it doesn't, ten minutes is still ten minutes more than nothing — and that matters.

Lower the stakes. On flat days, switch from performance to maintenance mode. That means slower reps, lighter weights, longer rests and simpler routines. You are not chasing progress on tired days — you are protecting consistency.

Another powerful tactic is to remove choice. Lay out your clothes the night before. Keep one “default” workout saved on your phone. Always train at the same time. The fewer decisions you make, the less space there is for excuses to grow.

It also helps to redefine what success looks like. Success is not a personal best. It is leaving your house when you didn't want to. It is keeping the chain unbroken. Confidence is built when you prove to yourself that your word still counts on low days.

But there is one rule that matters just as much as discipline — respect genuine exhaustion. If your body feels heavy for days, sleep is poor, and even light movement feels draining, that is not laziness. That is a recovery problem. Rest days are not weakness. They are training decisions.

The people who achieve long-term fitness are not the most aggressive. They are the most adaptable. They reduce intensity when life is loud. They return without drama. They do not turn one missed session into a missed month.

Motivation will come and go. That part is unavoidable. What carries you forward is the quiet decision to move anyway — gently, imperfectly, consistently. And over time, that consistency becomes its own form of confidence.



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SHOWER SMARTS

If you've made a New Year promise to spend less time scrubbing limescale and more time actually enjoying your bathroom, 2026 is your moment. Modern shower designs are cleaner, safer, and far easier to maintain than ever — and choosing the right one can save you hours every month.

Frameless vs Framed Screens: The Clear Winner

If cleaning is your priority, go frameless. Traditional framed screens have seals and metal edges where grime settles like it's on holiday. Frameless glass, on the other hand, is smooth, sleek and wipes down in seconds.

Top tip: Choose glass with an anti-limescale or nano coating. Water runs off instead of sticking, meaning far fewer cloudy marks.

Walk-In Showers vs Wet Rooms

Walk-ins are the sweet spot for most homes — minimal joints, simple screens and easy access. Wet rooms look luxurious but require extremely precise installation, and the fully open layout means more floor to clean.

If you want the look of a wet room without the maintenance, choose a walk-in with a low-profile stone-resin tray.

Safety tip: Pick a tray with a good anti-slip rating to stay steady underfoot, especially when the water's running.

Microcement vs Tiles: The Low-Maintenance Showdown

Tiles are beautiful, but grout lines are not. Even the best grout needs regular scrubbing, and mould always seems to find a home there.

Microcement, however, is as close to “wipe and go” as it gets. It's seamless, waterproof and gives a modern, spa-like look with zero grout lines.

Cleaning tip: Use mild cleaners (nothing too harsh or abrasive) to keep microcement looking new and smooth.

Extra Features That Make Life Easier

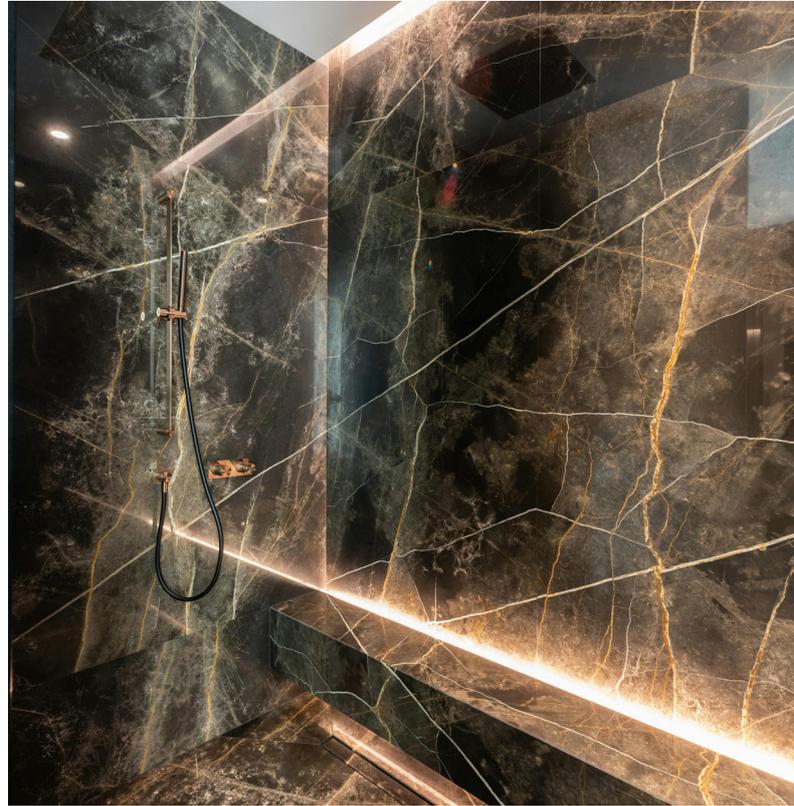
- Wall panels instead of tiles — totally grout-free and ideal for busy families.
- Concealed shower valves — fewer nooks for soap residue.
- Handheld showerheads — perfect for rinsing down screens and trays after use.
- Warm LED lighting — far more forgiving on visible water marks than bright white bulbs.

The Bottom Line

The easiest shower to clean in 2026?

A frameless walk-in with anti-limescale glass, a stone-resin anti-slip tray, and either microcement or wall panels on the walls.

Start the new year with less scrubbing — and more living.



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Three 10-Minute Hairstyles for Everyday and Party Wear

When life is busy, hair should feel effortless rather than demanding. These three ten-minute hairstyles are designed for real days and real events, taking you seamlessly from daytime errands to evening plans. Each look is polished without feeling overstyled, easy to recreate at home, and perfect for those moments when you want to look put together without overthinking it. See example on the page opposite.

1. The Textured Claw-Clip Twist

The textured claw-clip twist is the definition of elevated simplicity. Start by brushing your hair through and adding a small amount of texturising spray or dry shampoo for grip. Gather your hair at the back of your head as if creating a low ponytail, twist it upwards, and secure it with a claw clip. Let the ends fall naturally for a relaxed finish. Gently loosen a few strands around the face to soften the look. This style works beautifully with minimal makeup and structured clothing, making it ideal for both everyday wear and understated parties.

2. The Polished Blow-Dry Flip

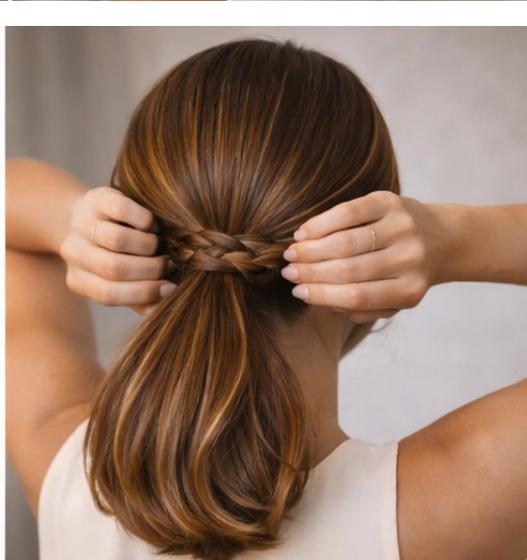
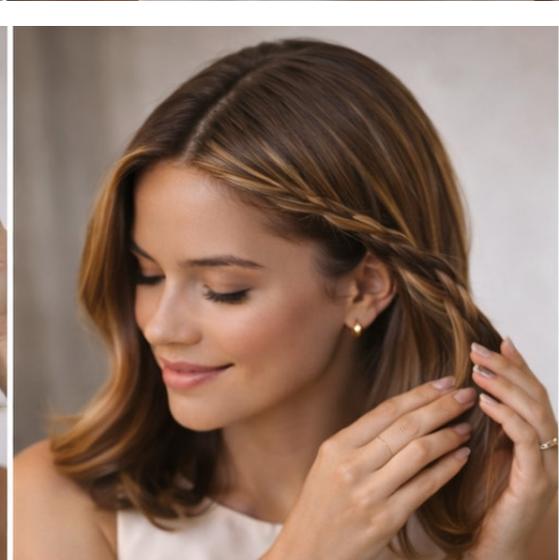


This hairstyle is all about subtle movement rather than full volume. Begin with dry hair and create a clean centre or side part. Using a round brush or straighteners, gently flick the ends of your hair outwards or under, focusing only on the lower section. You do not need to style the roots, which keeps the look modern and light. Finish with a touch of shine serum on the ends. The result is smooth, elegant hair that feels intentional and refined, perfect for dinners, events, or moments when you want quiet glamour.

3. The Braided Accent Pony

The braided accent pony is a simple style with thoughtful detail. Start by taking a small section of hair from one side of your face and braiding it loosely. Gather the rest of your hair into a low or mid ponytail, depending on your preference. Wrap the braid around the hair tie and secure it discreetly with a pin. This creates a polished finish without feeling formal. It is an easy way to add interest while keeping your hair neat and practical. See example on the page opposite.

Together, these hairstyles prove that beautiful hair does not require hours of effort. With just a few thoughtful techniques, you can create looks that feel confident, modern, and ready for any occasion. They suit different hair lengths, textures, and personal styles, offering flexibility without complexity. Whether styled casually or paired with statement accessories, each look adapts effortlessly, making these hairstyles reliable options whenever time is limited but appearance still matters and confidence is part of the occasion itself always today.



SPANISH TRAFFIC LAWS

Will You Soon Have to PAY to Drive into Spanish City Centres?

Spain has now given town halls the legal power to charge vehicles for entering Low Emission Zones (ZBE)... and this is no longer just a proposal.

Important: This does not mean every city is charging yet but the door is now open and many cities are preparing their rules.

Who Will Be Affected?

These charges are expected to mainly target:

- Petrol and diesel cars
- Vehicles without ECO or Zero DGT labels

The aim is simple:

Make driving into city centres more expensive than using public transport or parking outside.

How Much Will It Cost?

There is no national price and each city will decide:

- If it charges
- Which vehicles pay
- How much it costs

When Will This Happen?

From 2026 onwards, over 150 cities are expected to fully enforce their Low Emission Zones and some may introduce entry charges instead of (or as well as) fines.

Bottom Line

This is not a driving ban, but city driving in Spain is becoming more restricted and more expensive, especially for older petrol and diesel vehicles.

If you drive into city centres, checking local ZBE rules is now essential.

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Events

Every Day

Noah's ARC Dog Walking @ Mazarrón

Every Mon

Market @ Alhama & Huercal 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. See their FB page for times

Loose Woman on Tuesday Meeting @ Marsalada, 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 Mojácar. See their FB page for times

Los Bandidos Sea Swimming Club @ Mojácar. See their FB page for times

Victory Churches Spain Prayer Meeting @ Calle Villaricos de la Alumbres 17, Mazarrón

Climbing Workshop-Mothers & Children @ Mojácar 5.15pm & 6.30pm

Every Thurs

Market @ Lorca

Los Bandidos Cycle Ride from Mojácar. See their FB page for times

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 Multiples, 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 Multiples, 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
Free Guided Walk @ Mojácar until May (call 950 615 025 to reserve)
Los Bandidos Run/Walk/Jog from Mojacár. See their FB page for times
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
Car Boot Sale @ Camposol A
Beach Dog Club Meeting @ Bolnuevo Beach 9am
Beach Dog Club Meeting opposite Pueblo Best Indalo, Mojácar 9.30am
Free Yoga Class @ Playa del Descargador, Mojácar 10am (until May)
Los Bandidos Cycle Ride from Mojácar. See their FB page for times
Rastro Market @ Centro de Usos Multiples, Mojácar Pueblo
Guided Visit @ La Bastida, Totana 10am/12pm from 2.50€
Victory Churches Spain Sunday Service @ Calle Villaricos de la Alumbres 17, Mazarrón
Dog Walking/Socialisation @ Turre (from Plaza Constitución) 12.30pm

JANUARY

Thurs 1 **New Year's Day (Día de Año Nueva)**

PAWS-PATAS New Years Day Swim opposite Best Indalo Hotel, Mojácar Playa 12pm

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

Tues 6 **Día de los Tres Reyes**

Monthly 'B' Clean Meeting @ Camposol B 4pm

Weds 7 **St Nicholas Church Carol Singalong @** Camposol D20 C/Sobrija 9.30am-12pm

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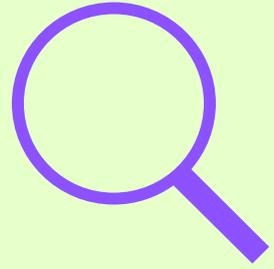
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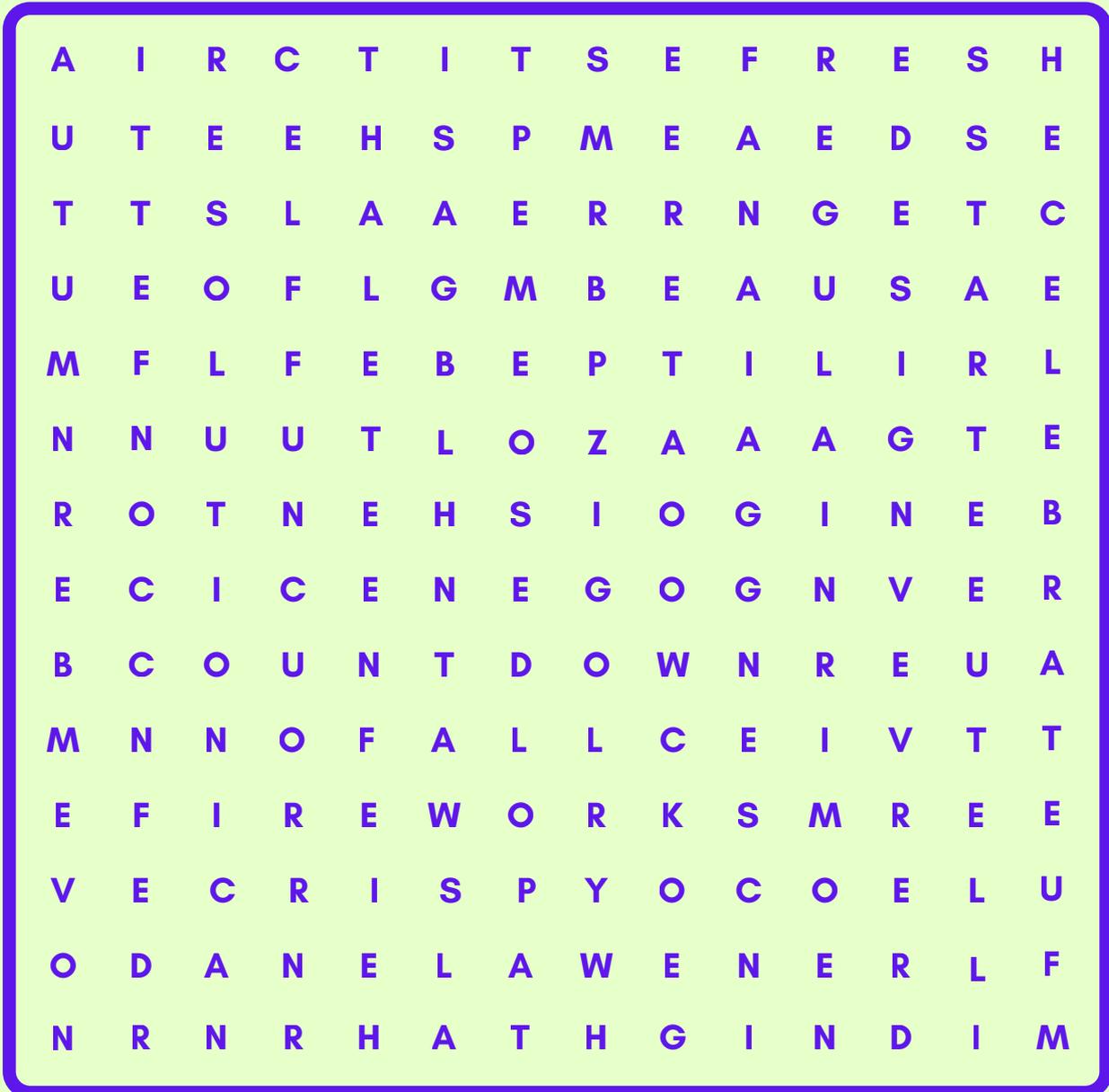
- Thurs 8** **PAWS-PATAS Bingo Lunch Club @** The Snug, Mojácar Playa 1.30pm 10€ inc lunch
- Sun 11** **St Nicholas Church Holy Communion @** Camposol D20 C/Sobrija 11am
- Tues 13** **PAWS-PATAS Book Sale @** Scotty's, Mojácar Playa 10.30am-1pm
HELP MMM Coffee & Company @ Calle Helena, Los Alcazares 11am-12.30pm
- Weds 14** **St Nicholas Church Coffee Morning @** Camposol D20 C/Sobrija 9.30am-12pm
- Thurs 15** **Caravanning & Leisure Exhibition @ IFEPA,** Torre Pacheco 10.30am-8pm
- Fri 16** **Caravanning & Leisure Exhibition @ IFEPA,** Torre Pacheco 10.30am-8.30pm
- Sat 17** **San Antón, Torre Pacheco**
- Artisan Market @** Paseo de las Comunidades, Pto de Mazarrón 10am
Caravanning & Leisure Exhibition @ IFEPA, Torre Pacheco 10.30am-8.30pm
- Sun 18** **St Nicholas Church Morning Prayer @** Camposol D20 C/Sobrija 11am
Caravanning & Leisure Exhibition @ IFEPA, Torre Pacheco 10.30am-7pm
- Thurs 22** **Charity Quiz @** The Snug, Mojácar Playa 2pm
- 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

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LOS PALACIOS GARDENING/COMM GROUP	634 312 853	
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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

New Year



WORD SEARCH



Can you find the words hidden in the puzzle?

RESOLUTION

FIREWORKS

CHAMPAGNE

CONFETTI

COUNTDOWN

HOPE

RENEWAL

START

MIDNIGHT

CELEBRATE

GOALS

FRESH

PAN-SEARED SEA BASS & TAPENADE

You will need 2 skin-on sea bass fillets weighing about 150 g each, 2 medium vine tomatoes, 120 g tenderstem broccoli or fine green beans, 80 g pitted black olives, 1 tablespoon capers, 1 small garlic clove, 1 teaspoon Dijon mustard, 1 tablespoon fresh lemon juice, 4 tablespoons extra virgin olive oil, 20 g unsalted butter, 1 teaspoon sea salt, half a teaspoon of black pepper and a small handful of microgreens (if unable to find microgreens, chopped dill or coriander is a good substitute).

This dish balances crisp skin with soft flesh, sweet tomatoes with salty olive, and richness with freshness. Blend the olives, capers, garlic, mustard, lemon juice and 2 tablespoons of oil into a coarse tapenade and set aside. Blanch the greens for two minutes in well-salted water, refresh in cold water and drain. Pat the fish dry and season the skin with salt and pepper. Heat 1 tablespoon of oil in a hot pan, add the fish skin-side down and cook for three to four minutes until golden and crisp. Turn, add the butter, baste for thirty seconds and rest. Char the halved tomatoes cut-side down in the same pan, add the greens and warm through. Spoon tapenade onto warm plates, top with the fish, add the vegetables and finish with microgreens, oil and lemon.



PARMESAN BEEF TARTARE

You will need 200 g beef fillet, 1 tablespoon rapeseed oil, 1 teaspoon flaky sea salt, half a teaspoon of freshly ground black pepper, 1 small shallot very finely diced, 1 small garlic clove crushed, 20 g unsalted butter, 80 g chanterelle mushrooms cleaned, 60 ml double cream, 2 large egg yolks, 1 teaspoon Dijon mustard, 1 tablespoon lemon juice, 2 tablespoons olive oil, 2 tablespoons finely chopped chives, a few small sprigs of fresh dill, 25 g finely grated Parmesan and 4 small slices of brioche for serving.

Begin by placing the beef fillet in the freezer for fifteen minutes so it firms slightly, making it easier to cut cleanly. Trim any sinew away, then slice the beef into fine strips and cut into neat, even dice with a sharp knife to preserve the texture. Transfer the beef to a cold bowl, season lightly with half the salt and pepper, add the rapeseed oil and shallot, and gently fold together before chilling again while the remaining elements are prepared.

Heat a frying pan over a medium-high flame and melt the butter. Add the chanterelles with a light pinch of salt and cook briskly for four to five minutes until their moisture evaporates and the edges become golden. Add the crushed garlic and cream, stirring gently for one minute until lightly glossy, then remove from the heat and keep warm.

In a small bowl whisk the egg yolks with the Dijon mustard and lemon juice until pale, then slowly drizzle in the olive oil while whisking to form a thick, smooth emulsion. Chill this sauce for a few minutes so it holds its shape when plated.

Place the seasoned beef into a metal ring on a warm serving plate and press lightly to hold its form without compacting it. Spoon the warm chanterelles over the top and pipe or spoon the chilled yolk cream into small dots around the crown. Finish with chopped chives, delicate dill fronds and a generous snowfall of Parmesan.

Toast the brioche until golden, brush lightly with olive oil and serve alongside immediately, finishing with the remaining seasoning.





FRESH CREAM SPONGE

You will need 120 g plain flour, 120 g caster sugar, 120 g unsalted butter softened, 2 large eggs, 1 teaspoon vanilla extract, 1 teaspoon baking powder, 2 tablespoons whole milk, 200 ml double cream, 150 g full-fat cream cheese, 60 g icing sugar, 1 teaspoon lemon zest, 150 g fresh strawberries, 100 g raspberries, 100 g peeled mandarin segments, 1 small sprig fresh rosemary and 1 tablespoon icing sugar for dusting.

Begin by preheating the oven to 170 degrees Celsius and lining a 16 centimetre round cake tin with baking parchment on the base and sides. Cream the butter and caster sugar together until pale and fluffy, then beat in the eggs one at a time followed by the vanilla. Sift in the flour and baking powder and fold gently with the milk until the batter is smooth and soft. Spoon the mixture into the prepared tin, level the surface and bake for forty to forty-five minutes until risen, golden and just firm to the touch. Allow the sponge to cool fully before decorating.

To prepare the topping, whisk the cream cheese with the icing sugar and lemon zest until smooth, then add the double cream and whip until softly thick and spreadable. Spoon the cream generously over the cooled cake and ease it towards the edges so it settles naturally. Hull and halve the strawberries, scatter them over the cream with the raspberries and arrange the mandarin segments between the berries for colour and sweetness.

Lightly dust the surface with icing sugar using a fine sieve and finish with a small rosemary sprig for aroma and contrast. Chill the cake for thirty minutes before slicing to allow the cream to set slightly. Serve in generous wedges with tea or coffee, allowing the soft sponge, sharp berries and gentle citrus notes to balance each other perfectly for a simple yet refined celebration cake.

This dessert is best enjoyed on the day it is made, when the sponge remains light, the fruit fresh, and the cream still softly set, creating a contrast of textures that feels indulgent yet balanced always.





TV NEWS

Happy New Year to all our readers – we thought we would take a little look at the history of UK TV in Spain and what 2026 may bring.

UK TV in southern Spain has never been straight forward – back in the 90's when I first arrived, we could only get Channel 5 and Sky News on the SKY analogue satellite and we were quite happy with that.

Then over the years SKY went digital, Freesat was launched and new satellites were introduced that had much tighter footprints on the UK. Dish size to obtain the weaker signals increased and we all needed the massive 1.80m satellite dish.

Then TV by internet was introduced – mainly led by the Ukrainian company "Infomir". This put enormous demands on the internet – far more than anything in the past – and all the internet suppliers absolutely hated it – it used up ALL their bandwidth! TV viewing by internet was very hit and miss – lots of people tried, failed and went back to satellite. However, it was the future and then along came fibre internet that could easily cope with the TV demand.

So, in the 2020's viewing was split between clients using the satellite system, both Sky and Freesat, and those using internet.

Then in the past year many channels on the satellite system went to HD only and used new satellite frequencies that were tightly focused on the UK and no longer available down here in southern Spain. Overnight many popular channels were lost and the almost total client migration to internet TV happened.

As in any industry, with money to be made new suppliers popped up – the market stall cowboys to the highly professional. As seems to be the way these days, products are totally price led and many used the cowboys with disastrous results and the whole industry got a bad name. Clients were pleading with us to get their beloved satellite back but that was just not possible.

However, the professional IPTV service, costing a little more, won through and is the way most people watch UK TV now.

So, what will 2026 bring? Firstly, TV boxes and their functions will get more sophisticated. Amazon have said they will remotely close all the unapproved APPS on their Firesticks – this may also happen to Android type boxes.

Operators have said they will just use a VPN but the BBC and ITV have already blocked some VPN's access to their online services – we're sure Amazon will do the same. Use a dedicated professional service for your TV supply - it will cost a little more but will be reliable.

For reliable TV viewing you also need a good internet supply – generally fibre is excellent although some operators are much better than others – again this is often price led but the cheaper options use cheap complex routes – be aware that price is really not the only factor in choosing a supplier. Fibre is progressing into the campo but now, we also have Starlink - excellent internet anywhere.

2026 will bring new internet developments – the Google LEO system is in its infancy but will be huge in the internet supply field. There are several tests proceeding with high altitude balloons to beam internet down – much cheaper than satellites – we can actually see that the days for fibre are numbered!

Technology will move on to services we have never even dreamed of but UK TV by internet will be the only reliable way to view in 2026.

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 or email, or take a look at our website. We are also on Facebook – take a look and like us!



For All Your TV Needs

686 358 475

rainbowsats@gmail.com



www.rainbowsats.org

GO MAD CHARITY

We are now going into a New Year and let us hope it will be as much a success as last year. We were able to donate the sum of 13,535€ last year to many charities, both British and Spanish, who provide help and aid to families and individual people in our area. We have also provided funds to schools enabling them to complete projects and we continue to provide food donations to the San Jose Church for their Food Bank based in Puerto de Mazarrón.



We have made a recent donation of 2000€ to the charity Forget me Not who provide respite time for families looking after loved ones who have to receive full time care for various reasons. We have also donated 1000€ to The Royal British Legion who provide help to Ex Service men and women. We have also donated various walking aids to the Day Centre in Mazarrón town, these had been donated to us and so we have been able to

pass these on to those who most need them.

We have recently received 700€, given to us from an event held by Costa Calida Cruisers, a local motorbike enthusiasts group,

so we would like to thank them for their generosity.

We can only achieve our aim of Making A Difference to people in our area because of the continued help from our supporters and team of volunteers who give the charity their time and effort. If you would like to join our team of volunteers either in our shop in Puerto de Mazarrón or perhaps helping on the van for pick-ups and deliveries, please call 603 389 006.



Our van will be at Urbanization Camposol Sector A Commercial Centre on the 1st Tuesday of every month to receive any donations, together with a pop-up shop by the van with some of our quality clothing items, boots, shoes and handbags which have been kindly donated. Alens shop on Camposol A is also a point to bring any small donations you wish to give. Any large items can be arranged to be picked up from your home by calling us on 603 389 006.

We wish to thank all our supporters who have helped us Make A Difference over the past year to so many people in our area. Thank You.



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DID YOU KNOW?

What is Trust?

Did you know that 'trust' is mentioned many times both in the Old and New Testament? Why is trust important? What does trust mean? How can one trust? Where does trust come from? How can one begin to trust in the Scriptures? Lets explore what the Scriptures have to say about trust.

The dictionary definition of trust is "the belief that somebody or something is good, sincere, honest etc and will not try to harm or trick you", "confidence in the strength or ability of a person or thing", "trust is defined as assured reliance on character, ability, strength or truth of someone or something, often involving a relationship founded on mutual confidence".

Trust in the Scriptures means "a complete surrender and reliance on God, knowing that He is faithful and will fulfill His promises. Putting away aside our own understanding and leaning on Gods wisdom and guidance". Reading the Scriptures and relying on the 'spirit of holiness' (holy spirit) to guide us into all truth, then the gift of faith will be given to us. As noted in Romans chapter 10 and verse 17 which says "So then faith cometh by hearing, and hearing by the word of God".

Without faith it is impossible to please Yehovah (Jehovah or God), or even to trust in His Scriptures. As stated in Ephesians chapter 2 and verses 8 and 9 it notes "For by grace are ye saved through faith, and that not of yourselves, it is the gift of God. Not of works, lest any man should boast". Hebrews chapter 11 and verses 3 and 6 explains "Through faith we understand that the worlds were framed by the word of God, so that things which are seen were not made of things which do appear. But without faith it is impossible to please Him, for he that cometh to God must believe that he is a rewarder of them that diligently seek Him". For Galatians chapter 3 and verse 26 makes it clear "For ye are all the children of God by faith in Christ Jesus".

Also, in James Chapter 1 and verses 1 to 8 it reiterates "My brethren, count it all joy when ye fall into diverse temptations, knowing this, that the trying of your faith worketh patience. But let patience have her perfect work, that ye may be perfect and entire, wanting nothing. If any of you lacks wisdom, let him ask of God, that giveth to all men liberally, and upbraideth not, and it shall be given him. But let him ask in faith, nothing wavering. For he that wavereth is like a wave of the sea driven with the wind and tossed. For let not that man think that he shall receive anything of the Lord. A double minded man is unstable in all his ways". How fitting is the passage in 1st John chapter 5 and verse 14 which states "And this is the confidence that we have in Him, that, if we ask anything according to His will, He heareth us".

Having faith in the Scriptures leads one to trust in the promises of the Creator. According to 2nd Samuel chapter 22 and verse 31 it says "As for God, His way is perfect, the word of the Lord is tried, He is a buckler to all them that trust in Him"(these same words are repeated in Psalm chapter 18 and verse 30). In 1st Chronicles chapter 5 and verse 20 it can be seen that Yehovah helps His people in times of trouble "And they were helped

against them, and the Hagarites were delivered into their hand, and all that were with them, for they cried to God in the battle, and he was intreated of them, because they put their trust in him". Job chapter 13 and verses 15 and 16 explains "Though he slay me, yet will I trust in him, but I will maintain mine own ways before him. He also shall be my salvation, for a hypocrite shall not come before him". Also, in Job chapter 15 and verse 31 it states "Let not him that is deceived trust in vanity, for vanity shall be his recompence".

The book of Psalms is made up of 150 chapters. Psalms literally means a 'sacred song'. The words within a Psalm expresses praise, thanksgiving, hardship, needing help and direction etc. There are more than 40 texts talking about the importance of trusting in Yehovahs word. Psalms chapter 5 and verses 11 and 12 says "But let all those that put their trust in thee rejoice, let them ever shout for joy, because thou defendest them, let them also that love thy name be joyful in thee. For thou, Lord, wilt bless the righteous, with favour wilt thou compass him as a sheild". King David, in Psalm Chapter 7 and verse 1 states "O LORD my God, in thee do I put my trust, save me from all them that persecute me, and deliver me".



Psalm 9 and verse 10 is reassuring "And they that know thy name will put their trust in thee, for thou, LORD, hast not forsaken them that seek thee". Psalm chapter 17 and verse 7 acknowledges His faithfulness "Show thy marvellous loving kindness, O thou that savest by thy right hand them that put their trust in thee from those that rise up against them". Psalm chapter 18 and verses 2 and 3 declares "The LORD is my rock, and my fortress, and my deliverer, my God, my strength, in whom I will trust, my buckler, and the horn of my salvation, and my high tower. I will call upon the LORD, who is worthy to be praised, so shall I be saved from my enemies".

In Psalm chapter 25 and verses 20 and 21 it says "Keep my soul, and deliver me, let me not be ashamed, for I put my trust in thee. Let integrity and uprightness preserve me, for I wait on thee". Psalms chapter 31 and verse 19 notes "Oh how great is thy goodness, which thou hast laid up for them that fear thee, which thou hast wrought for them that trust in thee before the sons of men". Psalm chapter 37 and verses 5 and 40 declares "commit thy way unto the LORD, trust also in Him, and He shall bring it to pass. And the LORD shall help them, and deliver them, He shall deliver them from the wicked, and save them, because they trust in Him".

To conclude, trusting in Yehovah (Jehovah or God), who sent his begotten son, Yeshua (Jesus), is essential for our peace and salvation. This is evident in the book of Philippeans chapter 4 and verses 6 and 7 which says "**Be careful for nothing, but in everything by prayer and supplication with thanksgiving let your requests be made known unto God. And the peace of God, which passeth all understanding, shall keep your hearts and minds through Jesus Christ**".

I hope you have learned more about the Scriptures. Next month I will continue looking at Trust.

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

WARM PETS

Winter Pets: What January Is Really Like for Animals

As January settles in and the days grow shorter, winter quietly reshapes the routines of our pets just as it does our own. Behind the cosy blankets and warm homes, animals experience subtle biological shifts driven by daylight, temperature and instinct. Understanding these changes allows owners to respond with confidence, not concern – simply with better seasonal care.

Dogs in Cold vs Mild Climates

Not all dogs experience winter in the same way. Breed, coat type and body size play a major role. Northern breeds such as Huskies and German Shepherds naturally tolerate colder temperatures due to their dense double coats. Short-haired and smaller breeds, however, lose heat more quickly and tend to feel the cold sooner.

Modern dogs still carry behavioural traits inherited from wolves. In nature, wolves conserve energy during colder months when food is harder to find. Many dogs instinctively mirror this in January, resting more and appearing less playful. This quieter pace is a completely normal seasonal adjustment.

What owners can do:

Simply adjust walk times to brighter parts of the day and allow for shorter, more frequent outings if needed. A light coat can add comfort for cold-sensitive breeds without restricting movement.

Indoor Cats in Winter

Although indoor cats are sheltered from the elements, they remain closely influenced by daylight. With less sunlight, hormone levels linked to sleep and alertness naturally shift. As a result, many cats rest more during winter and slightly reduce activity.

Cats will also seek out warmth instinctively – sunlit windows, soft blankets, radiators and warm corners become their preferred resting spots. This behaviour reflects ancient desert survival instincts where maintaining body heat was essential.

What owners can do:

Short, gentle play sessions throughout the day help keep cats mentally stimulated. Providing warm bedding in peaceful areas

supports comfort while maintaining routine keeps anxiety low.

Reptiles and Seasonal Warmth

Reptiles are ectothermic, meaning they rely on their surroundings to regulate body temperature. While they do not experience “winter” in the same way mammals do, indoor temperature fluctuations are more likely during colder months due to heating systems and darker days.

What owners can do:

Maintain consistent enclosure temperatures using thermostats and digital thermometers. Stable warmth supports digestion, immune health and natural behaviour year-round.

Hydration in Winter

It's easy to associate dehydration with summer heat, yet winter dryness from indoor heating can quietly increase fluid loss. Pets still require steady hydration for kidney function, joint health and metabolism.

What owners can do:

Fresh water should always be easily accessible. Some owners also find that adding wet food to winter diets supports hydration naturally.

Behaviour Changes in January

Shorter daylight affects circadian rhythm in both humans and animals. In January, many pets sleep a little longer, play a little less and seek additional reassurance from their owners. These gentle behavioural shifts are seasonal and temporary.

What owners can do:

Stick to familiar routines, continue gentle exercise and offer regular affection. Consistency provides emotional security during quieter winter weeks.

Final Word

Winter is not a difficult season for animals – it is simply a different one. With small, thoughtful adjustments to routine, warmth and stimulation, pets move through January comfortably and naturally. Seasonal care is not about worry, but about quiet awareness and steady kindness.



ADOPT ME



BEAU



BEAU IS A LOVABLE DOG WHO IS PATIENTLY WAITING FOR HIS FOREVER HOME. DESPITE BEING ONE OF THE BIGGER BOYS, BEAU IS A WELL-BEHAVED AND DELIGHTFUL COMPANION, ENJOYS WALKS AND WOULD LOVE NOTHING MORE THAN A CUDDLE ON THE SOFA. HE HAS A HEART OF GOLD AND IS SO PLEASED WHEN OUR VOLUNTEER WALKERS TURN UP TO TAKE HIM OUT. BEAU IS APPROX 40 KILOS, A STRONG BUT GENTLE BOY. D.O.B NOVEMBER 2017

BAILEY



BAILEY IS A TRULY LOVELY BOY, REALLY LOVES HIS WALKS WITH OUR VOLUNTEERS AND IS WELL BEHAVED ON A LEAD. HE WAS BORN AROUND JUNE 2021 AND IS MEDIUM TO LARGE IN SIZE, WEIGHING AROUND 26 KILOS. BAILEY HAS TO TAKE 2 TABLETS A DAY WHICH ARE VERY CHEAP TO BUY. D.O.B JUNE 2021



BRANSTON



BRANSTON IS A SPECIAL BOY, WEIGHING AROUND 30 KILOS, WHO'S HAD QUITE A TRAUMATIC PAST. HE WAS RUNNING SCARED IN THE CAMPO FOR A LONG TIME BEFORE FINALLY BEING CAUGHT. HE'S COME A LONG WAY FROM THOSE DAYS AND IS SO MUCH MORE CONFIDENT NOW. HE WILL STILL NEED THAT SPECIAL PERSON WHO UNDERSTANDS HOW TO TAKE THINGS SLOWLY WITH HIM. D.O.B JANUARY 2021



DRAKO



DRAKO. IF YOU LIKE BIG DOGS THEN DRAKO IS YOUR MAN. HE TRAVELS WELL, IS GREAT ON THE LEAD, FRIENDLY WITH PEOPLE AND LIVES WITH HIS BEST MATE BRANSTON WITH NO ISSUES, ALTHOUGH HE CAN BE NERVOUS AROUND NEW DOGS. HE'S QUITE A BOUNCY YOUNG BOY WHO NEEDS ACTIVE PEOPLE WHO WILL LOVE HIM AND OFFER PLENTY OF SPACE FOR HIM TO RUN. D.O.B OCTOBER 2021



BEAU, BAILEY, BRANSTON AND DRAKO ARE ALL FULLY VACCINATED AND NEUTEURED

ALL THE ABOVE DOGS HAVE BEEN ABANDONED AND LET DOWN BADLY BY HUMANS, IT IS NOW OUR AIM TO FIND THE PERFECT HOMES FOR THEM AND ALL THE DOGS IN OUR CARE. IF YOU WOULD LIKE TO MEET ANY OF OUR DOGS PLEASE CONTACT **JANE** ON 602 653 639 OR EMAIL JANENA150@GMAIL.COM PLEASE REMEMBER THESE DOGS AND PUPPIES NEED TIME TO ADJUST IN A HOME SO PATIENCE AND UNDERSTANDING IS PARAMOUNT

NEW

BRILLIANT NEWS ON THE HOMING FRONT - **SKIP, CHARLIE, ELLA, ERIC, ERNIE** AND **LOUIE** FOUND HOMES THANKS TO STARFISH DOG RESCUE. **DIEGO** AND **SAMMY** ALSO WENT OFF TO THEIR FOREVER HOMES. WE WISH THEM ALL LONG AND HAPPY LIVES



RECENT FUNDRAISING HAS BEEN AMAZING AND THANK YOU TO EVERYONE WHO MADE IT HAPPEN - THE VOLUNTEERS AND SUPPORTERS. THE FASHION SHOW ALONE RAISED **2,505€** ALLOWING THE NEXT PHASE OF BUILDING KENNELS TO GO AHEAD

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2026 WE HOPE YOU ALL HAD A LOVELY CHRISTMAS AND NOW WISH YOU ALL A HAPPY, HEALTHY AND PROSPEROUS NEW YEAR



CHARITIES & GROUPS

AGE Concern
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Age Concern Social Centre, 2B Avenida De Los Covachos,
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Email: ageconcerncostacalida@gmail.com
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**Andrea's Animal
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HIDDEN ISLANDS

The Spanish Islands You've Probably Never Considered — But Should

Spain's most compelling islands are not always the easiest to reach — and that is exactly why they remain special. Away from the familiar names lies a quieter archipelago of places shaped by restriction, preservation, and a deliberate resistance to mass



tourism. These islands are not designed to entertain you. They ask you to slow down.

La Graciosa: The Island Without Roads

Officially recognised as an island only in 2018, La Graciosa sits just north of Lanzarote and remains radically simple. There are no paved roads, no traffic noise, and no large hotels. Sandy tracks connect a handful of low white buildings, and bicycles are the main form of transport.

Tip: Accommodation is limited and fills quickly. Book well ahead and plan meals around what is available that day — menus often depend on the morning's catch.

El Hierro: Spain's Quietest Canary

El Hierro is the least visited of the Canary Islands and feels more like a remote outpost than a holiday destination. It has no large resorts, no beaches lined with sunbeds, and no nightlife scene. What it does have is dramatic coastline, deep Atlantic waters, and a strong commitment to renewable energy.

Tip: This island rewards walkers and divers. Roads are winding and distances take longer than expected — plan fewer activities and enjoy the space.

Isla de Ons: Galicia's Protected Secret

Part of the Atlantic Islands National Park, Isla de Ons is tightly regulated, with daily visitor limits and no private cars. Stone houses, eucalyptus paths, and cold Atlantic beaches define the experience.

Tip: Ferries run seasonally and require advance permits. Bring

layers — even in summer, the weather can change quickly.

Tabarca: A Walled Island with One Village

Just off the coast of Alicante, Tabarca is Spain's smallest permanently inhabited island. Everything happens within a fortified village, surrounded by crystal-clear waters protected as a marine reserve.

Tip: Stay overnight. Most visitors leave by late afternoon, and the island becomes wonderfully calm once the boats depart.

Cabrera: An Island You Can't Stay On

Cabrera, south of Mallorca, is a national park with no hotels and strictly controlled access. Visits are limited to day trips, preserving its wild landscape and untouched waters.

Tip: Book permits early and bring everything you need — facilities are minimal by design.

Why These Islands Matter

These islands remain overlooked because they are protected, limited, or inconvenient. And that is precisely their value. They offer Spain at its most honest — quiet, elemental, and unrepeatable.

The Financial Mistakes Successful Men Don't Talk About

From the outside, financial success often looks deliberate and controlled. In reality, many of the world's most successful men openly admit that their wealth was shaped as much by mistakes as by smart decisions. What separates them is not perfection, but the speed at which they learned – and the humility to change course.

Chasing Status Instead of Security

Warren Buffett has repeatedly warned against confusing wealth with appearance. Early in his career, he watched peers upgrade houses, cars, and lifestyles as income rose, only to trap themselves in high fixed costs. Buffett chose the opposite route, maintaining modest personal spending while reinvesting aggressively. The lesson is simple: spending to look successful often delays becoming secure. Many high earners quietly struggle because they scaled their lifestyle faster than their assets.

Overconfidence After Early Wins

Elon Musk has spoken candidly about nearly losing everything during the simultaneous crises at Tesla and SpaceX in 2008. Success breeds confidence, but unchecked confidence leads to overextension. Many entrepreneurs assume past wins guarantee future ones, taking on too much risk at once. Musk's survival came down to focus, ruthless prioritisation, and accepting personal financial vulnerability – including borrowing money for rent at the time.

Ignoring Cash Flow in Favour of Growth

Numerous business leaders, including Richard Branson, have highlighted how close Virgin came to collapse due to cash flow pressure despite strong brand growth. Revenue headlines mean nothing if liquidity disappears. Successful men often admit they underestimated how quickly cash shortages can spiral, particularly during expansion. Growth without financial buffers is one of the most common silent killers of otherwise strong businesses.

Staying Too Loyal to Bad Investments

Bill Gates has openly acknowledged Microsoft's missed opportunities in mobile technology, including underestimating Android's rise. Loyalty to existing strategies, teams, or products can prevent necessary pivots. Many wealthy individuals later admit they held onto underperforming investments for too long out of pride rather than logic. The cost of delay is often far greater than the pain of admitting a mistake early.

Neglecting Personal Risk Management

Several high-profile investors have spoken about ignoring insurance, estate planning, and diversification early on. Ray Dalio

has consistently stressed that concentration creates wealth, but lack of diversification destroys it. Many successful men focus so heavily on building that they delay protecting what they've already built – until a shock forces the issue.

Learning Late What Money Is Actually For

Perhaps the most common admission comes later in life. Many successful men have said that wealth did not solve problems they expected it to. Financial freedom offers choice, not fulfilment. Those who adjusted early – investing in time, health, and relationships – tend to describe success with fewer regrets.

The truth is this: mistakes are not a sign of failure. They are a feature of success. The difference is whether you repeat them quietly, or learn from those who already paid the price.





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QUIET GROWTH



Why January Is About Maintenance, Not Growth – and Why That’s a Good Thing

January has a quiet reputation in the plant world. After the colour and movement of summer, the abundance of autumn and the heavy stillness of winter, it can feel as though everything has simply stopped. But for both indoor and outdoor plants, January is not a dead month – it is a maintenance month. And understanding that shift is one of the most important things a plant owner can learn.

Growth in January is minimal because light is limited, temperatures are low and energy is naturally conserved. Many people see this slowdown as a problem to fix, but in reality it is a vital part of the plant’s natural rhythm. Just as gardens rest beneath the surface, houseplants also enter a quieter phase, focusing on survival rather than expansion. When we push for growth now, we often do more harm than good.

The most common January mistake is overwatering. With lower light and slower metabolism, plants simply do not use water at the same rate. Soil remains wet for longer, roots sit cold and damp, and rot soon follows. In January, watering should always be led by the soil, not the calendar. If the top few centimetres still feel moist, it is almost always better to wait.

Feeding should also pause. Fertiliser encourages growth that the plant does not yet have the energy or light to sustain. This results in weak, leggy growth that rarely survives into spring. January is not the time to force performance; it is the time to protect strength.

Indoors, this is the month to focus on environment rather than output. Central heating dries the air, windows create cold draughts and light levels drop dramatically. Simple, thoughtful adjustments make a quiet but powerful difference: moving plants closer to natural light, away from radiators, wiping dust from leaves so they can absorb what little light is available, and grouping plants together to retain humidity.

Outdoors, the garden operates in the same slow language. Trees and shrubs conserve energy. Perennials remain dormant below the soil. Evergreens hold structure without demanding attention. The most productive work now is protection rather than progress – shielding pots from frost, raising containers onto feet for drainage, and leaving seed heads and stems in place for insulation and wildlife.

There is also something quietly reassuring about January plant care. It is less performative. There are no dramatic transformations, no sudden bursts of new leaves. Instead, there is observation, patience and restraint. This slower relationship fosters better habits and sharper awareness. You begin to notice which plants truly thrive without intervention and which rely on constant correction.

In a culture that is obsessed with momentum, January plants remind us that stillness is not failure. It is preparation. Maintenance is not stagnation. It is stability.

When spring does arrive, the plants that were left to rest – rather than pushed to perform – are almost always the strongest. And in that way, January quietly sets the tone for everything that follows.



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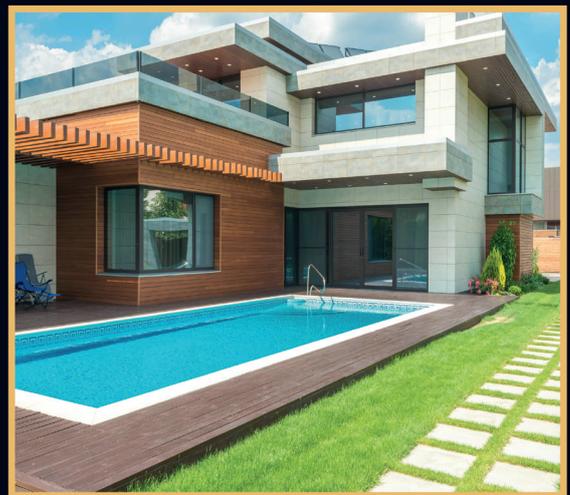
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