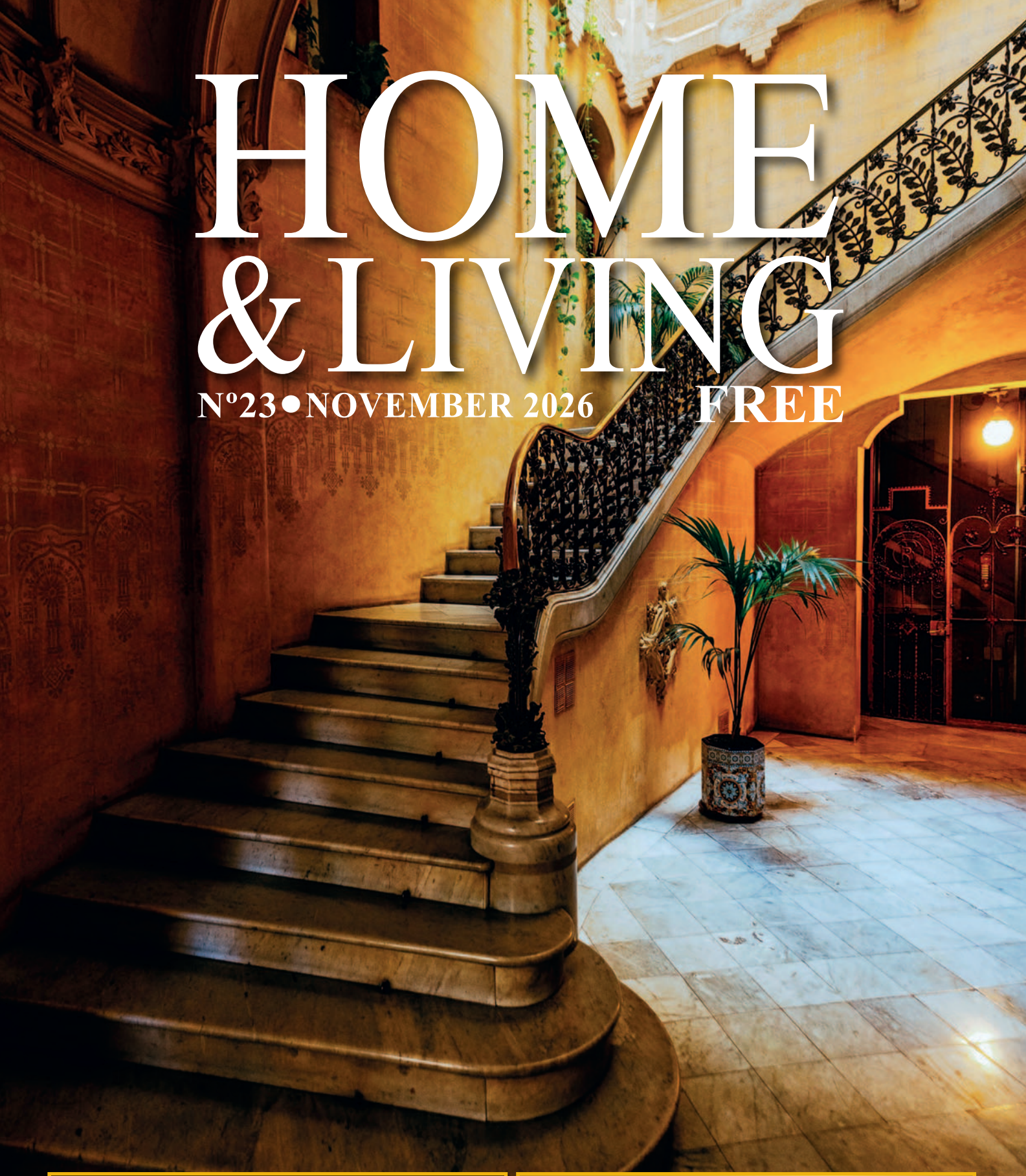
HOME & LIVING

Nº23 • NOVEMBER 2026 FREE



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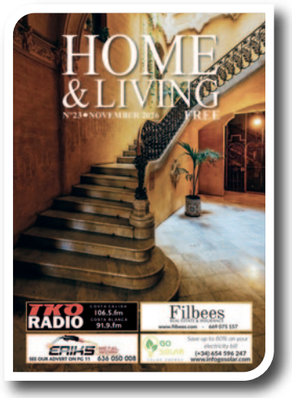
To Our November Edition

As November arrives, Spain begins to settle into a different rhythm. The intense heat of summer is behind us, the evenings draw in, and there is a welcome freshness in the air. Across the country, from the sun-drenched Costa Blanca to the beautiful towns and villages of Murcia, Almeria and beyond, autumn brings its own special charm. It is a wonderful time to enjoy the outdoors, rediscover local traditions and make the most of the lifestyle that brought so many of us to Spain in the first place. This is the perfect time to turn our attention to our homes. While Spain may not experience winter in quite the same way as northern Europe, cooler temperatures, damp evenings and occasional heavy rain mean that a little preparation can make a significant difference. Now is the time to make our homes warmer, more comfortable and ready for the season.

Inside this issue, we explore ways to enjoy the season change and embrace autumn in Spain. Of course, living well in Spain is about much more than our homes. It is about embracing the culture, enjoying the food, discovering new places and becoming part of the communities around us. November offers wonderful opportunities to experience Spanish life at a gentler pace. Local markets continue to offer seasonal produce, traditional restaurants provide the perfect setting for coffee catch-ups, leisurely lunches, and the countryside takes on beautiful autumn colours that are ideal for a weekend walk or a spontaneous road trip.

It is also a month rich in Spanish traditions. From the observances of All Saints' Day to the seasonal customs surrounding chestnuts, sweet treats and family gatherings, November offers a fascinating glimpse into the traditions that remain an important part of everyday life here. Taking the time to understand and participate in these customs can help us feel more connected to the country we now call home. As always, our aim is to bring you a varied selection of features covering home improvements, lifestyle, wellbeing, travel, motoring and the many practical considerations of living in Spain.

From all of us at Home & Living, thank you for reading. We wish you a wonderful November and hope you enjoy this month's edition.



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Spain In November

is golden sunshine, crisp mornings, colourful autumn landscapes and the simple pleasure of savouring life at a slower pace.

International Men's Day

Every year on 19th November, International Men's Day provides an opportunity to celebrate the positive contributions men make to their families, friendships, workplaces and communities. It is also a time to reflect on men's health and wellbeing, recognise the challenges many face and encourage conversations about what it means to lead a healthy, balanced and fulfilling life.

Why International Men's Day Matters

International Men's Day is marked in countries around the world and focuses on several important themes, including promoting positive male role models, improving men's health, encouraging gender equality and building stronger relationships between men and women. The day also highlights issues that can sometimes be overlooked, such as loneliness, social isolation and the pressure some men feel to appear strong and self-reliant at all times.

Traditional expectations have often encouraged men to keep their worries to themselves, particularly when it comes to emotional difficulties. However, recognising that everyone experiences periods of stress, uncertainty or sadness is an important step towards creating a healthier society. International Men's Day encourages men to speak openly, seek support when they need it and understand that asking for help is a sign of self-awareness rather than weakness.

Putting Men's Health First

One of the most valuable messages associated with the day is the importance of looking after both physical and mental health. Busy schedules, work commitments and family responsibilities can make it easy to postpone medical appointments or ignore symptoms that seem minor. Yet regular health checks, a balanced diet, adequate sleep and consistent physical activity can all contribute to long-term wellbeing. Men should speak to their healthcare professionals about appropriate checks based on their age, medical history and individual risk factors. Concerns about persistent fatigue, unexplained changes in weight or other unusual symptoms should not be ignored.

Mental health deserves equal attention. Work pressures, financial worries, relationship difficulties and major life changes can affect anyone. Talking to a trusted friend, family member or healthcare professional can be an important first step towards feeling better. For men living abroad, building a new life in Spain may bring additional challenges. Language barriers, distance from family and friends, and adapting to a different culture can sometimes lead to feelings of isolation. Joining a local club, taking up a hobby or becoming involved in community activities can help create meaningful connections.

The Importance Of Friendship And Family

Strong relationships are central to a happy and fulfilling life, but maintaining friendships can become more difficult as responsibilities increase or circumstances change. International Men's Day offers a useful reminder to make time for the people who matter. A regular coffee with a friend, a walk with a neighbour or an evening spent with family may seem like small gestures, but they can provide valuable opportunities to connect. Men can also play an important role in challenging outdated stereotypes by demonstrating kindness, emotional openness and respect. These qualities help create positive examples for younger generations.

Finding Balance In Everyday Life

Wellbeing does not necessarily require dramatic lifestyle changes. Often, the most effective improvements begin with small, achievable steps. Making time for regular exercise, spending more time outdoors, preparing nutritious meals and pursuing interests outside work can all contribute to a healthier routine. Spain's climate and outdoor lifestyle offer plenty of opportunities to enjoy walking, cycling, gardening and social activities throughout much of the year. It is equally important to make room for rest. Taking time to relax, enjoy a favourite hobby or simply switch off from daily responsibilities is not wasted time; it is part of maintaining a sustainable balance.



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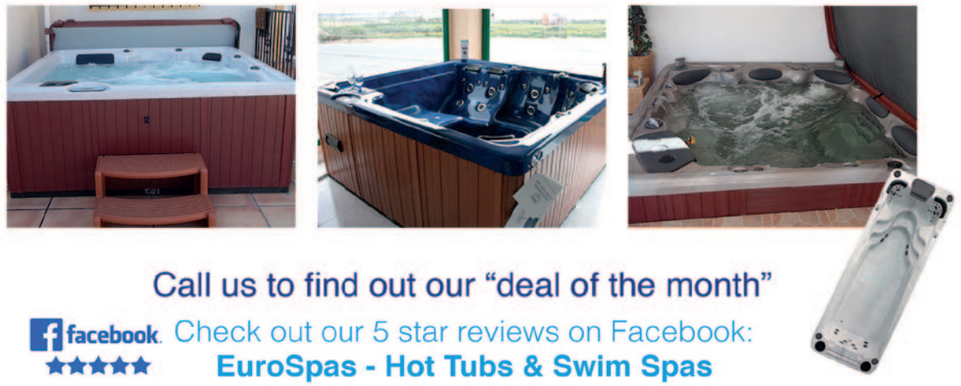
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Bucket List Holidays

For many travellers, a luxury cruise sits firmly on the bucket list. Whether it's watching the Northern Lights dance across Arctic skies, exploring the colourful cultures of South East Asia, discovering India's treasures by river ship, or sailing the Mediterranean in elegant surroundings, these are the journeys people talk about doing "one day".

What surprises many travellers is that "one day" may be much sooner than they think. While luxury cruises often carry higher headline prices than mainstream holidays, comparing fares alone rarely tells the full story. Accommodation, fine dining, premium drinks, gratuities, Wi-Fi and attentive service are frequently included, creating an experience where much of the holiday is already paid for before departure. And that's where perceptions of luxury cruising have changed dramatically in recent years. Newer brands such as Explora Journeys have introduced a more contemporary style of luxury, combining spacious ocean-view suites, exceptional dining and relaxed elegance with itineraries throughout the Mediterranean and beyond. At the same time, established names such as Seabourn continue to offer some of the most immersive and highly regarded voyages in the world.

The appeal extends far beyond the ships themselves. Today's cruise travellers are increasingly choosing itineraries based on the experiences they offer. One traveller may dream of island hopping around the Caribbean, another of discovering Singapore, Malaysia and Thailand in a single journey. Others are drawn to the spectacular scenery of Norway or the cultural richness of India.

River cruising has also played a significant role in the growth of the luxury sector. Unlike traditional ocean cruises, river ships travel through the very heart of a destination, allowing guests to step ashore directly into historic towns and cities. For many travellers, this slower, more intimate style of exploration represents luxury in its purest form.

Of course, when it comes to dream holidays, timing matters. The most sought-after itineraries, departure dates and cabin categories often sell out well in advance, particularly on luxury and premium sailings where availability is naturally limited. Early booking promotions can provide excellent value, but perhaps more importantly they offer the opportunity to secure the exact voyage travellers have been waiting years to experience.

Last-minute deals will always attract those with flexibility and a sense of adventure. However, travellers determined to witness the Northern Lights, celebrate a special anniversary in the Mediterranean, or finally tick South East Asia off the bucket list often discover that planning ahead offers the greatest rewards.

Perhaps that is the real appeal of luxury cruising today. It is no longer simply about indulgence. It is about experiences, memories and seeing the world in comfort. And for many travellers, those once-distant bucket-list journeys are becoming far more attainable than they ever imagined.

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Closer Than You Think



Remembrance Poppies

Every November, a familiar red flower appears on coats, lapels and shop counters. The poppy has become one of the most recognisable symbols of remembrance, representing the courage, sacrifice and service of those who have lost their lives in conflicts.

For many people, wearing one is a simple but deeply meaningful way to honour the fallen and show support for those affected by war. The association between the poppy and remembrance began during the First World War. Across the battlefields of Flanders, in Belgium, and northern France, the landscape was devastated by fighting. Yet, among the mud and destruction, bright red poppies grew in surprising abundance.



These flowers became a powerful symbol of life, hope and renewal amid the devastation of war. Their significance was captured in the famous 1915 poem In Flanders Fields, written by Canadian Military Doctor, Lieutenant Colonel John McCrae, after witnessing the loss of fellow servicemen. The poem begins with the memorable image of poppies blowing among the crosses marking soldiers' graves. Its words helped establish the flower as an enduring emblem of remembrance.

Inspired by the poem, American humanitarian, Moina Michae, campaigned for the poppy to be adopted as a symbol of remembrance. In Britain, the idea was championed by Anna Guérin, a Frenchwoman who promoted artificial poppies as a way to raise funds for veterans and their families. In 1921, the newly established Royal British Legion adopted the poppy as its emblem, and the first nationwide Poppy Appeal was launched. Today, the appeal continues to raise money to support serving and former members of the Armed Forces and their families.

Remembrance Sunday is observed on the second Sunday in November, close to Armistice Day on 11th November. Armistice Day marks the agreement that brought fighting on the Western Front to an end in 1918, at the eleventh hour of the eleventh day of the eleventh month.

Deeper Meaning

While Armistice Day commemorates that historic moment, Remembrance Sunday provides a wider opportunity to honour all those who have died in military service, including those who lost their lives in the Second World War and subsequent conflicts. Communities gather at war memorials, churches and cenotaphs for services of remembrance. Wreaths are laid, hymns are sung and a two-minute silence is observed at 11am.

Veterans, serving personnel, civic representatives andmembers of the public stand together in a shared act of reflection. The poppy remains central to these ceremonies, its red petals serving as a visible reminder of lives lost and sacrifices made. Although the red poppy is most closely associated with the First World War, its meaning has expanded over the decades. It now honours members of the British and Commonwealth Armed Forces who have died in conflicts from 1914 to the present day.

It also represents support for veterans, serving personnel and their families, many of whom continue to live with the physical and emotional consequences of military service. The Royal British Legion's annual Poppy Appeal helps fund practical and emotional support for the Armed Forces community. For British expatriates living in Spain, Remembrance Sunday can be an especially poignant occasion to maintain a connection with home. Local commemorations, church services and gatherings organised by veterans' associations provide opportunities to honour the fallen alongside fellow residents.



Need To Change Your Car?

Over 1,000 vehicles await you at IFEPA, Torre Pacheco, between 27th and 29th November. The 41st Motor Show will bring together new and pre-owned cars from numerous brands, across an area of 28,000 square metres, featuring special offers and promotions for those seeking a vehicle tailored to their needs and budget.



As one of the sector's most well-established events, you will find more than 50 exhibitors and a wide range of brands represented. Visitors will be able to compare different models, explore available options, check prices directly with dealerships, evaluate various options and discover special deals-all in one place. For any prospective buyer, choosing a car that fits their daily life is a significant decision. Whether it's for commuting to work, transporting the family, running errands, or exploring the many destinations in the area, having the right vehicle can make all the difference. From compact, practical vehicles for everyday driving to family-oriented models and more, the diverse selection on display will allow every visitor to find the car that best suits their specific needs and budget.

Furthermore, purchasing at the show provides an opportunity to learn first hand about the special promotions prepared by exhibitors for the event, saving time and making it easier to compare different offers. The exhibition will also feature companies specialising in accessories, spare parts, vehicle repairs, and other services related to the automotive world. With an expected attendance of over 10,000 visitors across three days, the Motor Show has established itself as a key event for anyone looking to explore what the market has to offer.

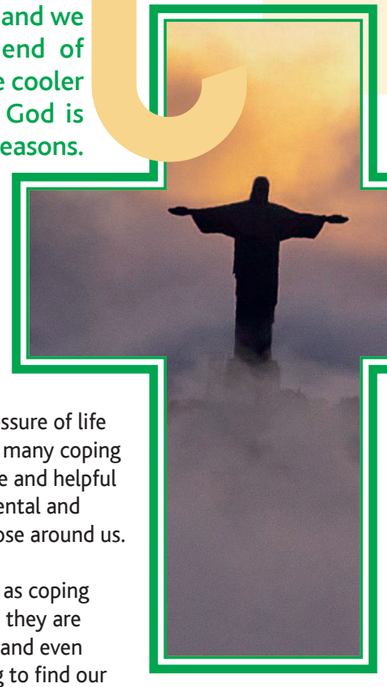
If you are considering buying a car, mark your calendar and head to IFEPA this November.

Opening Hours: Friday and Saturday, 10am-8.30pm; Sunday, 10am-7.30pm. For more information and advance ticket sales, visit www.ifepa.es



Victory Churches Spain

The months are moving on and we are almost again at the end of another year. The nights are cooler and the days shorter, but God is never changing, unlike our seasons.



We are preparing for our Christmas events where we will be bringing festive joy to our communities with our community carols. But, this time of year can be troublesome and demanding on people and the pressure of life can take its toll. We humans have many coping strategies; some can be productive and helpful to us whilst others can be detrimental and harmful to both ourselves and those around us.

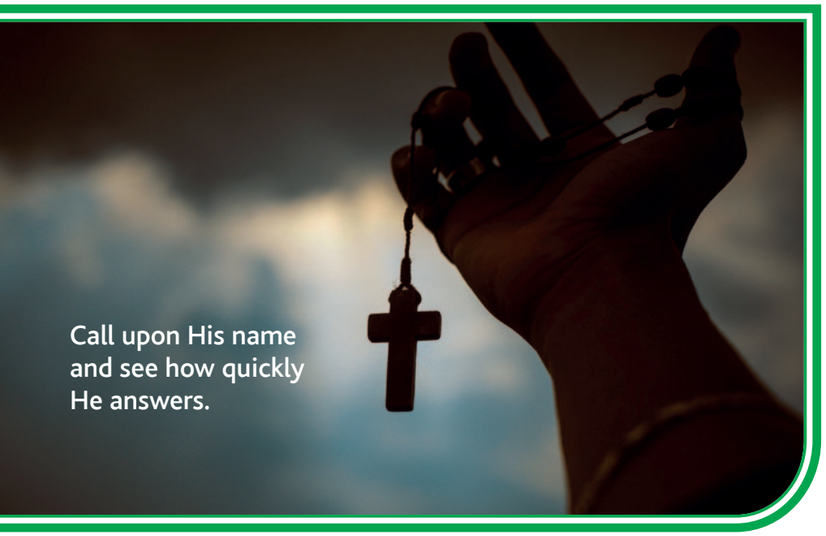
We rely on the habits we develop as coping mechanisms, not seeing the harm they are causing. Comfort eating, drinking and even drugs can all be a way of us trying to find our inner peace, but the answers are not at the bottom of a bottle nor are they at the top.

True inner peace comes from a secure relationship with Jesus. He holds the answers to all our worldly worries. (Psalm 34:8 NIV Taste and see that the Lord is good; blessed is the one who takes refuge in Him). Jesus came to earth in the form of man and experienced for himself the troubles and worries that we encounter through our lives.

He overcame those challenges by trusting His Father and seeking His counsel. We have the opportunity to do that with Him. His door is always open and His ear is willing to listen at any time we call upon Him. He helps us in our joy and in our sorrow, and is never far from us in times of need.

Are you finding yourself in a place of uncertainty through grief, hardship, challenging relationships, family issues or any other form of hurt, habit or hang up? If so, Jesus may just be the one you are looking for. Call upon His name and see how quickly He answers.

We would love to invite you along to see for yourself how good our God is. We would love to meet you and introduce you to the one who saves.



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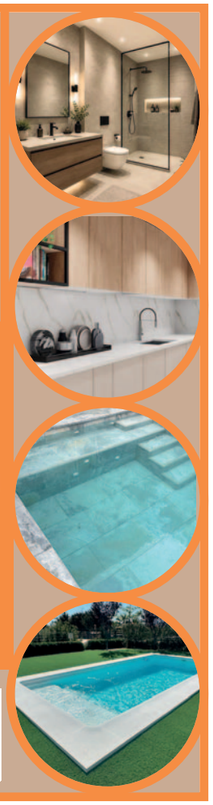
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Spanish Phrases That Make Everyday Life Easier

Moving to Spain is an exciting adventure, offering sunshine, a relaxed lifestyle, wonderful food and the opportunity to experience a different culture. However, even the simplest daily tasks can sometimes feel challenging when you are not confident speaking the language.





Whether you are ordering a coffee, visiting the local market or arranging a repair at home, knowing a few useful Spanish phrases can make life considerably easier. The good news is that you do not need to become fluent overnight. Learning a handful of practical expressions and using them regularly can help you feel more confident, connect with local people and become more independent.

Covering The Basics

One of the easiest ways to make a good impression is to learn how to greet people appropriately. In Spain, greetings are an important part of everyday interaction, even during brief encounters. ¡Hola! (OH-lah) means hello, while Buenos días (BWEH-nos DEE-as) means good morning. In the afternoon, you can use Buenas tardes (BWEH-nas TAR-des), and in the evening, Buenas noches (BWEH-nas NO-ches) means good evening or good night. When entering a small shop, greeting the person behind the counter with a cheerful Buenos días is a friendly gesture. Likewise, saying Hasta luego (AS-ta LWEH-go), meaning see you later, when leaving helps end the interaction politely. Two other essential expressions are Por favor (please) and Gracias (thank you). Add De nada (you're welcome) when someone thanks you, and you already have the foundations of a polite conversation.

When You Don't Understand

It is perfectly normal to struggle with Spanish conversations, particularly when local people speak quickly. Rather than nodding and hoping for the best, learn a few phrases that will help you keep the conversation going. No entiendo-I don't understand. ¿Puede repetir, por favor?-Can you repeat that, please? Más despacio, por favor-More slowly, please. ¿Cómo se dice... en español?-How do you say... in Spanish? Estoy aprendiendo español-I am learning Spanish. ¿Habla inglés? -Do you speak English?

These expressions are useful in almost every situation, from talking to neighbours to asking questions at a local office. If you are unsure whether you have understood correctly, try ¿Qué significa? (What does it mean?) or ¿Puede escribirlo, por favor? (Can you write it down, please?). The latter is particularly helpful when dealing with addresses, appointment times or unfamiliar names.

Shopping At Local Markets

Spain's traditional markets are wonderful places to practise your Spanish while buying fresh fruit, vegetables, fish and other local produce. Useful phrases include ¿Cuánto cuesta? (How much does it cost?), Quería un kilo de tomates, por favor (I'd like a kilo of tomatoes, please) and ¿Me puede dar...? (Can you give me...?). If you are looking for something specific, ask ¿Tiene...? (Do you have...?) or ¿Dónde está...? (Where is...?).

Numbers are particularly useful when shopping. Being able to count in Spanish is as essential as the days of the week and months of the year. Remember that ¿Cuánto cuesta? is useful for asking the price of one item, while ¿Cuánto cuestan? is generally used when asking about several items.



Making Yourself At Home

For expatriates, some of the most useful Spanish phrases are those connected with household maintenance and everyday services. If something needs repairing, Necesito un fontanero means I need a plumber, while Necesito un electricista means I need an electrician. If you are speaking to a tradesperson, ¿Cuándo puede venir? means when can you come? and ¿Cuánto va a costar? means how much will it cost? Other helpful expressions include Hay un problema con... (There is a problem with...) and No funciona (It doesn't work). When arranging an appointment, ¿A qué hora? means at what time? and ¿Puede venir mañana? means can you come tomorrow? These straightforward phrases can help you explain a problem without needing a lengthy conversation.

Getting Around And Asking For Directions

Whether you are exploring a new town or trying to find a particular shop, asking for directions is an everyday skill. ¿Dónde está el supermercado? means where is the supermarket? while ¿Está lejos? asks whether it is far away. You may also need a la derecha (to the right), a la izquierda (to the left) and todo recto (straight ahead). If you need help finding a bus stop, ask ¿Dónde está la parada de autobús? For a train station, use ¿Dónde está la estación de tren? When travelling by taxi, ¿Puede llevarme a esta dirección, por favor? means can you take me to this address, please? Showing the driver the address on your phone can make things even easier.

Building Relationships With Your Neighbours

One of the most rewarding aspects of living in Spain is getting to know the people around you. A few friendly phrases can help turn a brief greeting into the beginning of a lasting friendship. ¿Qué tal? means how are you? and is commonly used as an informal greeting. You can reply Muy bien, gracias (Very well, thank you) or Bien, ¿y tú? (Fine, and you?). If you meet someone for the first time, Mucho gusto means pleased to meet you. To invite a neighbour for a coffee, try ¿Te apetece tomar un café? (Would you like to have a coffee?). If you need to ask for a little help, ¿Me puede ayudar, por favor? means can you help me, please? Making an effort with the language shows respect for your new home and can help you feel more connected to the community.

Practise A Little Every Day

The secret to learning Spanish is not memorising hundreds of words at once. It is using what you know, even when you make mistakes. Choose a new phrase each day and try it at the supermarket, in a café or while chatting with a neighbour. Listen carefully to the response, repeat unfamiliar words and do not be afraid to ask someone to speak more slowly. Most importantly, remember that communication is about more than perfect grammar. A smile, a friendly greeting and a willingness to try can go a long way. Living in Spain becomes easier when everyday interactions feel less intimidating. So take a deep breath, practise your phrases and remember the Spanish expression ¡Poco a poco! – little by little.



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Going into the winter months we have swapped our summer clothes for winter one's and we have some lovely items in our shop for sale. Please visit us in Puerto de Mazarron C/Sierra Espuna Ordenacin Bahia 31. We are open Tuesdays, Thursdays and Saturdays between 10am-1pm.



We were pleased to donate £1000 to the Royal British Legion this month in time for their annual Poppy Appeal. Last month we were also able to donate €1000 to Fundacion Cavalli who are a charity that use their animals to help victims of domestic abuse, children who have been diagnosed with terminal illnesses and many more Humanitarian Entity projects. We have also approached schools in our area to see if they need funding for any projects that they cannot get local or regional funding for. We also made a donation of €1000 to the Camposol Shopping Trolley food bank.

We are still appealing for volunteers to man our van. We are delivering and picking up furniture so the volunteers need to be relatively fit and able. Please call us on 603 389 006 if you would like to help "Make a Difference".

This number is also used for any large items you wish to donate to us and need to be collected from you.

Thank you to all our supporters and volunteers who help "Make a Difference" to many people in our area.

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Home&Living MAGAZINE

Small Steps Towards A Healthier Life

World Diabetes Day, marked on 14th November, shines a spotlight on one of the world's most significant health challenges. It is an opportunity to raise awareness, encourage early diagnosis and remind people that understanding their health can make a real difference to their future wellbeing.

The theme for the 2026–27 World Diabetes Day campaign is "Early Action on Diabetes", highlighting the importance of recognising warning signs, identifying diabetes promptly and reducing the risk of developing type 2 diabetes. The message is simple: do not wait until something feels wrong before paying attention to your health.

Understanding Diabetes

Diabetes is a condition in which the level of glucose, or sugar, in the blood becomes too high. This happens when the body does not produce enough insulin, or when insulin does not work effectively. Insulin is the hormone that helps glucose move from the bloodstream into the body's cells, where it can be used for energy. There are several types of diabetes, but the two most widely recognised are type 1 and type 2. Type 1 diabetes is an autoimmune condition in which the body attacks the cells that produce insulin. It can develop at any age and is not caused by eating too much sugar or leading an unhealthy lifestyle. People with type 1 diabetes need insulin treatment to manage the condition.

Type 2 diabetes occurs when the body does not use insulin effectively or cannot produce enough to maintain healthy blood glucose levels. It is associated with a combination of factors, including age, family history, genetics and lifestyle. Being physically inactive or living with excess weight can increase the risk, although people at any weight can develop the condition. Type 2 diabetes can sometimes be prevented or delayed through lifestyle changes and appropriate medical support. However, neither type should be regarded as a personal failing. Diabetes is a medical condition that requires understanding, appropriate care and, in many cases, ongoing treatment.



Recognising The Warning Signs

One of the greatest challenges with diabetes is that symptoms can be easy to overlook, particularly in the early stages of type 2 diabetes. Some people have few noticeable symptoms and may not realise they have the condition until a routine blood test identifies a problem.



COMMON WARNING SIGNS INCLUDE:

- Feeling unusually thirsty.
- Passing urine more frequently than normal particularly at night.
- Persistent tiredness or lack of energy.
- Losing weight without trying.
- Blurred vision.
- Cuts or wounds that take longer than expected to heal.

These symptoms do not automatically mean someone has diabetes, but they should not be ignored. Anyone experiencing them should contact a healthcare professional for advice and appropriate testing. Type 1 diabetes can develop rapidly, sometimes over days or weeks. If symptoms develop quickly, particularly alongside vomiting, abdominal pain, deep or rapid breathing, drowsiness or confusion, seek emergency medical care. These can be signs of a potentially life-threatening complication.

Why Regular Health Checks Matter

As we get older, our routine health checks become an increasingly valuable part of maintaining our wellbeing. Blood glucose testing can help identify diabetes or raised blood sugar levels before more obvious symptoms appear. A healthcare professional may recommend a blood test known as HbA1c, which provides an indication of average blood glucose levels over approximately the previous two to three months. Other tests may also be appropriate, depending on individual circumstances. The need for testing depends on factors such as age, family history, previous medical results and other health conditions. Anyone concerned about their risk should speak to their doctor about whether screening is appropriate. Early diagnosis matters because consistently high blood glucose levels can damage blood vessels and nerves over time, increasing the risk of complications affecting the heart, kidneys, eyes and feet. With appropriate treatment and monitoring, these risks can often be reduced.



Eating Well the Mediterranean Way

One of the pleasures of living in Spain is the abundance of fresh produce available throughout the year. Local markets offer colourful vegetables, seasonal fruit, pulses, fish, nuts and olive oil, providing plenty of inspiration for a balanced Mediterranean-style diet. Healthy eating does not mean giving up every favourite food or following an unnecessarily restrictive diet. Instead, it is about building sustainable habits and finding a balance that works for everyday life. Try filling a good proportion of your plate with vegetables, choosing wholegrain foods where practical and including sources of protein such as fish, eggs, beans or lentils. Unsalted nuts and modest amounts of olive oil can also form part of a balanced diet. Sugary drinks are worth limiting, while water is generally a good everyday choice. Whole fruit is usually preferable to fruit juice because it contains fibre. It is also helpful to be aware of portion sizes and how frequently foods high in added sugar are eaten.

Keep Moving, Whatever Your Age

Physical activity is another important part of looking after your health. Regular movement can help the body use insulin more effectively, support cardiovascular health and improve mood, mobility and sleep. Fortunately, exercise does not have to mean joining a gym or following an intensive fitness programme. Spain's outdoor lifestyle offers plenty of opportunities to incorporate movement into the day. A brisk walk along the promenade, gardening on the patio, cycling to the shops or swimming at a local pool can all contribute to a more active routine. For those who spend long periods sitting, getting up regularly and moving around is a useful place to start.



Living Well With Diabetes

A diagnosis of diabetes can feel overwhelming, but it does not mean that an enjoyable, active and fulfilling life is out of reach. Many people manage the condition successfully through a combination of medication, dietary adjustments, physical activity and regular medical reviews. Depending on the type of diabetes and individual circumstances, treatment may involve insulin, other medicines or lifestyle changes. Following the agreed treatment plan is important, and medication should never be stopped or adjusted without appropriate medical advice. Regular monitoring also helps identify potential problems early. People with diabetes may need periodic checks of their blood pressure, cholesterol, kidney function, eyesight and feet, alongside their blood glucose levels. Emotional wellbeing matters too. Managing a long-term condition can sometimes feel tiring or frustrating, so support from family, friends and healthcare professionals can make a considerable difference.



November Pet Care

November brings a welcome change to Spain after the long, hot summer. Temperatures begin to fall and the evenings draw in and the occasional rainy day reminds us that winter is on its way. For pet owners, the changing season is an ideal time to adjust routines and make sure our four-legged friends remain happy, healthy and comfortable.



Adjusting To Cooler Temperatures

Although southern Spain enjoys a relatively mild climate, November mornings and evenings can be surprisingly chilly, particularly inland and in elevated areas. Smaller dogs, elderly pets and short-haired breeds may feel the cold more than others. IIf your dog needs a little extra warmth, consider a lightweight coat for walks, especially during early mornings and after sunset. Cats that spend time outdoors should always have access to a warm, dry shelter and somewhere safe to retreat when the weather turns wet or windy. Remember that tiled floors can become cold, so providing a cosy bed and a blanket will help keep pets comfortable indoors.

Keep Up With Exercise

With the worst of the summer heat behind us, November is an excellent time to enjoy longer walks and outdoor adventures. Dogs can explore local walking trails, beaches where dogs are permitted and the countryside without the intense temperatures of July and August. However, shorter daylight hours mean visibility becomes more important. If you walk your dog early in the morning or in the evening, use reflective leads, collars or flashing lights to make sure both you and your dog you can be seen by motorists. Always check local beach regulations, as restrictions on dogs may vary depending on the municipality and season. For cats that enjoy outdoor adventures, keep an eye on them during wet weather and make sure they can return home easily.

Watch Out For Seasonal Hazards

Autumn brings fallen leaves, mushrooms, acorns and other natural debris that curious pets may investigate. Some wild mushrooms and plants can be toxic, so discourage dogs from eating anything unfamiliar during walks. Be particularly careful around areas where pesticides, slug pellets or other garden chemicals may have been used. Rain can also leave puddles and stagnant water that may contain harmful bacteria or parasites. Carry fresh water on longer walks and discourage pets from drinking from questionable sources. As the weather cools, fleas and ticks can remain active in Spain. Continue using suitable preventative treatments recommended by your vet rather than assuming that parasites disappear with the summer heat.

Prepare Your Home For Winter

November is a good time to check your home and garden for potential hazards. Ensure fences and gates are secure, outdoor shelters are weatherproof and pets cannot access antifreeze, cleaning products or other dangerous substances. Antifreeze is particularly hazardous to cats and dogs, even in small quantities. If you use portable heaters or fireplaces, provide a safe distance between the heat source and your pet's bed, and never leave animals unattended around open flames.

Don't Forget Routine Health Checks

Seasonal changes can sometimes aggravate arthritis in older dogs and cats. Watch for stiffness, reluctance to climb stairs or changes in behaviour, and consult your vet if you notice anything unusual. November is also a useful time to review vaccinations, dental care, parasite prevention and microchip details. Above all, remember that every pet is different. By adapting exercise, providing a warm and secure environment and remaining alert to seasonal hazards, you can help your beloved companions enjoy everything a Spanish November has to offer.



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HUGO



HUGO is around five months old, with the sweetest nature and a heart full of love. Sadly, he is another puppy who found himself in rescue after being dumped, and when he first arrived, he was understandably confused by everything that had happened to him. Thankfully, Hugo is now settling in beautifully and showing us what a happy, loving boy he really is. He is still just a baby, with so much growing and learning ahead of him. Hugo is going to be a big boy, so he will need a home with plenty of space and a family who understand the needs of a large-breed dog. In return, they will have the joy of watching this gorgeous puppy grow into the wonderful dog he is meant to be. All Hugo needs now is a family who will love him for life and never let him down.

JOJO



JOJO has had a very sad start to life. Dumped in Spain when he was just five months old, he spent around six weeks trying to survive near a school. Thankfully, the children there showed him kindness, sharing their sandwiches and leftovers with this little puppy who had been left to fend for himself. Sadly, Jojo's troubles did not end there. He was hit by a car and suffered broken ribs, but thankfully he has now made a full recovery. Despite everything he has been through, Jojo is a lovely, kind-natured boy who is good with both people and other dogs. It is heartbreaking to think of all he has already endured at such a young age. Now Jojo deserves his chance to leave his difficult past behind and discover what it means to have a family of his own, one who will keep him safe, love him unconditionally and never let him down again.

COLIN



COLIN is approximately two years old and yet another lovely boy who found himself wandering alone, with nobody coming forward to claim him or look for him. We can only wonder how he ended up on his own, especially as someone has clearly taken the time to teach him a couple of little tricks, including sit and paw. He is a typical Collie, an intelligent, active boy who will thrive with a family who understands the breed. Ideally, we would love to find him a home with people who have had Collies before and appreciate their need for mental stimulation, exercise and having a purpose.



GUS



GUS is just a baby, around four to five months old, who has recently found himself in our care after being dumped on the streets. It is so sad that such a young puppy has already experienced this, through no fault of his own. Gus can be a little shy at first, but in the sweetest, wiggliest way. Once he starts to feel comfortable, all he really wants is cuddles and affection. He has a beautiful nature and needs someone to make him feel safe and show him that the world can be a kind place. Gus deserves a forever home filled with love, patience and kindness, where he can grow in confidence and never have to worry about being abandoned again



DONATE ♥

ALL THE ABOVE DOGS HAVE BEEN ABANDONED AND LET DOWN BADLY BY HUMANS, BUT 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 OR VISIT OUR FACEBOOK PAGE NOAHSARC MAZARRON FOR LOTS OF INFORMATION

WE AS A CHARITY RELY SOLELY ON DONATIONS WHETHER IT IS MONEY OR GOODS TO SELL IN OUR SHOPS AND WE ARE ALWAYS VERY GRATEFUL. IF YOU HAVE ANY ITEMS OF CLOTHING, BRIC A BRAC, OR FURNITURE WE WILL BE GRATEFUL FOR YOUR DONATIONS. WE ARE ALSO HAPPY TO COLLECT LARGER ITEMS OF FURNITURE, JUST CALL OUR SHOP FOR COLLECTION ON 711 016 236. WE ALSO STOP AT MAZARRÓN COUNTRY CLUB ON TUESDAYS BETWEEN 10AM AND 12PM FOR DONATIONS, OUTSIDE THE SPAR SHOP

WE ARE ALWAYS LOOKING FOR MORE VOLUNTEERS TO WALK THE DOGS AT THE KENNELS, SO IF YOU LOVE DOGS AND ARE LOOKING FOR SOME EXERCISE THIS WILL COVER BOTH. IT IS A GREAT MORNING STARTING AT 9AM AND FINISHING WITH A NICE CUPPA. PLEASE CALL PAUL ON 604 172 627 FOR FURTHER INFORMATION.

EVENTS FOR YOUR CALENDAR

14th November Christmas Fayre at Mariano's, Camposol A between 10.30am and 2.30pm €1 entry

26th November Fashion show at Casa Golf Club, Camposol C. From 12.30pm €5 including a gift. Food available and raffle

11th December Christmas Party at Mariano's with DJ Wozza 7pm til late €15 including food (€10 without)

Tickets for the above can be obtained from our shops in Camposol and Pto de Mazarrón.

We also have calendars for sale in both shops featuring some of our beautiful dogs

Experts In Administrative Legal And Judicial Advice



Buying or selling a home in Spain, or dealing with an inheritance, is rarely just a property matter. Behind every transaction there are people with their own circumstances: where they live, where they pay taxes, their family situation, their plans for the future. That is why it matters to have a legal adviser who looks at the whole picture, not just the paperwork. Comprehensive legal support for international clients tailored to you.

A property sale can affect your tax residence. An inheritance can involve heirs living in different countries, foreign wills or assets in more than one jurisdiction. A purchase may be the first step towards settling in Spain. Dealing with each of these issues separately often leads to delays, extra costs and avoidable mistakes. We handle them together, so every decision fits your overall situation.

Property purchases & sales

✔ Land Registry, ownership and debt checks before you commit
✔ Review and drafting of deposit (arras) and sale contracts
✔ NIE applications and Spanish bank account set-up
✔ Notary signing and registration of the property
✔ Taxes and costs of the transaction, including the 3% withholding for non-resident sellers
✔ Utilities, community of owners and post-sale formalities

Inheritance

✔ Spanish and international wills
✔ Declaration of heirs and application of the EU Succession Regulation
✔ Acceptance and distribution of the estate, including assets abroad
✔ Inheritance tax and municipal capital gains tax (plusvalía)
✔ Sale or transfer of inherited property

Your personal matters, also

Residency and visa questions, tax residence, powers of attorney, family and matrimonial property issues, or updating your will after buying in Spain: whatever your personal situation requires, we take it into account and deal with it as part of the same process.

A standard process and a personal approach

While the legal steps are broadly the same for everyone, no two clients are alike. We start by understanding your circumstances and goals, and then adapt our advice and our work to your specific case. You will always know where your file stands, what comes next and what it will cost.

✔ We speak English, French and Dutch
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A Taste Of Home



A Little Taste of England in the Sunshine. The Snug, Mojácar-where a warm welcome comes with every plate. Traditional British favourites, home-cooked comforts and a genuine family welcome bring a big taste of home to Spain.

There's something wonderfully comforting about finding a little piece of England when you are living in, or visiting, Spain. It might be the familiar smell of freshly baked and home made pastries, the sight of a traditional pork pie, or the promise of a proper English breakfast. At The Snug these simple pleasures come together with something just as important: a genuinely warm welcome. The Snug is a family business owned and run by Jim and Vicky, offering customers the chance to enjoy familiar favourites while soaking up the sunshine and Mediterranean surroundings, just metres from the sea.

Whether you're looking to eat there or take away, be prepared to be tempted by golden sausage rolls, scotch eggs, pork pies, homemade quiches and a choice of jumbo pies. But for those who simply can't resist a full English breakfast, The Snug has that covered, too, available all day with last orders at 3.15pm. A huge selection of freshly made sandwiches, including monthly specials, croissants, salads and jacket potatoes also feature on their extensive menu, making The Snug a place to visit throughout the day.

In addition, their home made frozen meals have also proved a real hit with the regulars – ideal for those days when you really can't be bothered to cook after a long day, or you simply want to enjoy a nutritional and tasty dish that someone else has prepared for you. Perhaps you're planning a celebration? Look no further! The Snug also offer private catering and you won't get a better traditional English buffet locally than one offered by Jim and Vicky.



Food Is Only Half The Story

They are dedicated to the area where they live and support a local animal charity, PAWS-PATAS, providing a fun few hours the first Thursday of the month with a Bingo Lunch Club. It's always a sell out so ensure you book well in advance to avoid disappointment. There are so many things that gives The Snug its character including the welcome. Jim and Vicky have created a place where friendliness comes naturally, conversations flow and customers feel comfortable settling in for a chat as well as a meal.

After all, a taste of home is even better when it is served with a smile.

The Snug





- Freshly Made Sandwiches
- Breakfasts
- Snacks
- Pastries
- Homemade Frozen Takeaway Meals

DON'T FORGET TO PLACE YOUR CHRISTMAS ORDERS BEFORE MIDDAY ON 16TH DECEMBER
of sausage rolls, scotch eggs, pork pies, pasties, slices and quiches. Collection up to and including 24th December. Closing on 17th December and re-opening on 3rd January (except for pre-order collection)

Mon-Thur: 9am-4pm. Fri & Sat: Closed
Sun: 10am-4pm. Kitchen closes: 3.15pm

BINGO LUNCH CLUB first Thursday of each month in aid of PAWS-PATAS. Email: events@paws-patas.org for further info/bookings

663 583 164
THE SNUG MOJACAR

Recipes

Pastel Carne [Meat Pie]

Traditional Spanish meat pie is a delicious, hearty pastry filled with tender, savoury meat and a blend of flavours that reflect Spain's love for rustic, homemade cooking. Wrapped in a golden, crispy crust, each bite offers a satisfying combination of flaky pastry and a juicy, flavourful filling, often made with minced pork or beef, onions, garlic. Loved for its comforting taste and versatility, this classic dish is perfect whether enjoyed as a quick snack, a tasty tapa or part of a traditional Spanish meal. It is a true celebration of Spain's rich culinary heritage, bringing warmth, flavour, and tradition to every bite.

WHAT YOU NEED

- 1 onion, chopped
- 2 cloves garlic, grated
- 1 green cooking pepper, chopped
- Olive oil for frying
- ½ kilo minced pork or beef
- 2 eggs, hard boiled and chopped
- 4 dessertspoons of plain flour
- ½ litre of milk
- 2 sheets of prepared bought puff pastry (masa hojaldre)
- Salt and pepper to taste

LETS COOK!

Fry the onion, garlic and green pepper in a pan with a little oil over a medium heat, stirring to avoid the ingredients sticking to the pan. Cook until soft then add the pork mince and salt and pepper, to taste. Continue to fry until the pork is no longer pink. Add the flour and milk, followed by the eggs, then remove the pan from the heat . When the mixture is cool, lay one sheet of puff pastry on to a baking tray lined with baking parchment and cover with the meat and vegetable mixture. Cover the mixture with the other pastry sheet and seal the edges. Brush the pastry with a little beaten egg or milk and bake at 180°/ for around 20 minutes until the pastry is nice and brown.

Fabulous served with carrots and a green vegetable (and a lovely thick gravy for those who like pie and gravy!). Our recipe of fried kale goes particularly well with this dish (but you may want to hang fire with gravy on the kale!)







Recipes

Acelgas [Swiss Chard]

Acelgas (Swiss Chard) is a much-loved vegetable in Spain, particularly in Mediterranean regions, where fresh, seasonal vegetables are an important part of everyday cooking. Spaniards appreciate this simple, wholesome recipe for its delicious flavour, affordability, and connection to traditional home cooking. Acelgas is gently fried with olive oil and garlic, and is extremely adaptable to the addition of other ingredients. Those cooking it put their own "stamp" on the finished dish. Not only does it accompany our meat pie recipe wonderfully, it is pairs beautifully with grilled meat, roast chicken, pork, or fresh fish. It is also commonly served alongside fried eggs and potatoes for a simple, satisfying meal.

WHAT YOU NEED

- 1 onion, chopped
- ½ kilo of alcegas, blanched for just 1 minute in boiling water and drained
- 2 garlic cloves, minced
- Handful of pine nuts
- Salt and black pepper to taste
- Pinch of oregano fresh if possible but if not available dried will suffice
- Olive oil, to fry

LETS COOK!

Wash the chard thoroughly and chop the leaves and stems into bite-sized pieces. Separate the stems from the leaves, as the stems take slightly longer to cook. Put the stems in to boiling water for 2-3 minutes then add the leaves for 1-2 minutes more. Drain thoroughly under cold running water to stop the chard cooking further. Fry the onion, garlic and a pinch of salt in a pan coated with a little oil over a medium heat until soft. Be careful not to burn the garlic! When cooked, add the acelgas, pine nuts, black pepper to taste and the oregano. Stir well and enjoy.



Café Culture





For many people living in Spain, enjoying a coffee is far more than a morning caffeine fix. It is a daily ritual, a chance to catch up with friends or a welcome excuse to pause during a busy day. Whether sitting at a pavement café in Alicante, enjoying the sunshine in Mojácar or stopping at a traditional village bar, coffee is an important part of Spanish life.

However, if you have ever stood at the counter wondering what to order, you are not alone. Spain has its own coffee vocabulary, and knowing the difference between the various options will help you order exactly what you fancy.

Café Solo

If you enjoy a strong coffee, café solo is the Spanish equivalent of an espresso. Served in a small cup, it is rich, concentrated and usually enjoyed after a meal or as a quick pick-me-up during the day.

Café Con Leche

Perhaps the most popular choice for breakfast, café con leche combines espresso with roughly equal parts hot milk. It is milder than a café solo and is traditionally served in a medium-sized cup. Pair it with a croissant or a slice of toast with tomato and olive oil for a typically Spanish start to the day.

Cortado

The word cortado means 'cut', referring to espresso that has been softened with a small amount of warm milk. It is stronger than a café con leche but less intense than a café solo, making it a favourite for those who enjoy a balanced coffee without too much milk.

Café Americano

Prefer a longer, less intense drink? A café americano is espresso diluted with hot water. It is a good option if you like to sip your coffee slowly, although it may not always be served in the large mug familiar to coffee drinkers from the UK.

Café Bombón

Those with a sweet tooth should try a café bombón. This indulgent drink combines espresso with sweetened condensed milk, creating distinctive layers of dark coffee and creamy sweetness. Particularly popular in the Valencia region, it is almost a dessert in a glass.

Carajillo

For something a little different, order a carajillo. This traditional Spanish drink combines coffee with a measure of spirits, commonly brandy, rum or whisky. It is often enjoyed after lunch or dinner.

Leche Manchada

If you prefer plenty of milk and only a hint of coffee, ask for a leche manchada. Literally meaning 'stained milk', it contains mostly hot milk with just a small amount of coffee. Remember, too, that coffee habits vary between regions, and local bars may have their own specialities.











Cosy-Up For The Changing Season



The long, hot days of summer are beginning to feel like a distant memory. The evenings are growing cooler, and as the light becomes softer, outdoor living gradually gives way to a little more time spent indoors. Although southern Spain may still enjoy plenty of sunshine, the change in season is noticeable, particularly after sunset.



For those who have grown accustomed to living with doors open and spending most of their time on the terrace, November is the perfect opportunity to make a few simple changes around the home and garden. There is no need for a complete makeover or expensive renovations. With warmer textures, inviting lighting and a little seasonal gardening, you can create a comfortable retreat that feels welcoming throughout the cooler months.

Bring Warmth Into Your Living Space

One of the easiest ways to make a home feel cosier is to introduce layers of texture. During summer, lightweight fabrics and uncluttered spaces help keep rooms feeling cool. As temperatures fall, heavier cushions, soft throws and textured rugs can make a noticeable difference. Choose fabrics such as cotton, wool blends, velvet or chunky knits in warm, natural shades. Terracotta, caramel, olive green, deep red and cream work particularly well with the traditional Mediterranean colours found in many Spanish homes.

Adding rugs to living rooms and bedrooms help soften the appearance of a space and make it more comfortable underfoot on chilly mornings. A rug beneath a coffee table or beside the bed can add warmth without covering the attractive flooring that makes Spanish properties distinctive. Curtains can also help a room feel more inviting. Lightweight summer blinds may still be useful during sunny days, but thicker curtains can provide an additional layer around windows when evenings become cooler. Choose fabrics and colours that complement your existing décor rather than making the room feel heavy. The secret is to create a balance between comfort and the light, airy character that makes Mediterranean homes so appealing.

Let There Be Light

Lighting has a significant influence on the atmosphere of a room. As the days shorten, switching on a single bright ceiling light can make a living space feel rather stark. Instead, introduce several smaller sources of light to create a softer, more relaxing environment. Table lamps, floor lamps and wall lights help produce gentle pools of light around the room. Warm-white bulbs can make a living room or bedroom feel more inviting, while adjustable lamps are useful for reading or working.

Candles can also add a seasonal touch. Arrange a few on a coffee table or dining table, or choose battery-operated versions if you have pets, young children or prefer a flame-free option. Never leave burning candles unattended. For a simple finishing touch, add a string of warm fairy lights to a bookshelf, display cabinet or covered terrace. Used sparingly, they create a welcoming glow without overwhelming the space.

Make The Most Of Your Fireplace

Some Spanish homes have traditional fireplaces, wood-burning stoves or pellet burners, while others rely on electric heating or air conditioning with a heating function. Whatever your arrangement, November is a good time to check that everything is ready for cooler weather. If you have a fireplace or wood burner, arrange for appropriate inspection and cleaning before regular use. Make sure chimneys and flues are clear, follow the manufacturer's instructions and install working carbon monoxide alarms where appropriate. For homes without a fireplace, an attractive basket of logs, a collection of lanterns or a well-arranged seating area can still create a cosy focal point.





Give The Bedroom A Seasonal Refresh

As temperatures drop, the bedroom becomes an especially important place to create a sense of comfort. Replace lightweight summer bedding with a warmer duvet or add an extra blanket that can be removed when the weather turns mild again. CConsider adding a soft bedside rug, a warmer-toned lampshade or a few cushions in seasonal colours. Keep bedside tables uncluttered, leaving space for a book, a glass of water and a reading lamp.

Give The Garden Some Autumn Attention

Although November may signal the end of summer gardening, outdoor spaces in Spain can remain attractive and productive throughout the cooler months. Start by clearing away dead leaves, removing faded summer plants and tidying pots and borders. Check that drainage holes are clear, particularly if heavy autumn rain is expected, as waterlogged containers can damage roots. This is also a good time to introduce seasonal colour. Depending on your local climate, pansies, violas, cyclamen and ornamental cabbages can brighten pots and borders. Choose plants suited to your area's conditions, as inland areas may experience colder nights than coastal locations.

Mediterranean herbs such as rosemary, thyme and sage can provide greenery and fragrance, while some varieties of lavender may continue to offer interest. In suitable areas, November can also be a useful time to plant certain trees, shrubs and spring-flowering bulbs. Grouping pots of different heights together creates a more established appearance, while terracotta containers complement the architecture of many Spanish homes.

Create A Cosy Outdoor Corner

There is no need to abandon the terrace or patio simply because summer has ended. On sunny November afternoons, outdoor spaces can still be wonderful places to relax with a coffee, read a book or enjoy lunch. Move comfortable seating to a sheltered corner and add outdoor cushions and washable throws that can be brought inside when not in use. An outdoor rug designed for changing weather can help define the seating area, while lanterns and warm lighting create an inviting atmosphere after sunset. For exposed terraces, consider windbreaks or suitable outdoor screens, ensuring they are securely installed and comply with any community rules.

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6	4	3	8	1	9	2	5	7
5	1	9	2	6	7	3	4	8
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Driving in Spain

For many expats living in Spain, having a car is essential. Whether you are commuting to work, shopping at your local mercado or exploring the beautiful coastal roads, driving offers freedom and flexibility. However, motoring in Spain can take some getting used to, particularly if you have moved from the UK or another country with different road rules.

Understanding The Rules Of The Road

Spain drives on the right-hand side of the road, with overtaking generally taking place on the left. If you are accustomed to driving in the UK, this may feel unfamiliar at first, especially when negotiating roundabouts or turning into side streets. Take your time, pay attention to road signs and allow yourself a little extra concentration until driving becomes second nature. Speed limits depend on the type of road and vehicle. For standard passenger cars, the general limits are 120 km/h on motorways and dual carriageways, 90 km/h on conventional roads and typically 20, 30 or 50 km/h on urban roads, depending on the road layout. Always follow posted signs, as limits can vary. Seat belts are compulsory, and drivers must not use handheld mobile phones while driving. Spain also has strict drink-driving laws, so the safest approach is simple: if you are driving, do not drink alcohol.

Documents And Essential Equipment

Drivers should carry the appropriate driving licence, vehicle registration documentation and proof of valid insurance. If you are living in Spain permanently, check whether your licence needs to be exchanged or registered under the rules applicable to your country of issue. Vehicles must also meet Spanish roadworthiness requirements. The Inspección Técnica de Vehículos (ITV) is the compulsory vehicle inspection, similar to an MOT in the UK. Keep track of your inspection date and ensure your car is properly maintained. Since 2026, Spain has been transitioning to the connected V16 emergency beacon as the required warning device for most Spanish-registered cars. Check current DGT guidance and ensure you have a compliant model rather than relying solely on traditional warning triangles.

Be Prepared For Changing Conditions

Driving in Spain presents different challenges throughout the year. Summer brings intense heat, busy coastal roads and increased traffic around tourist hotspots. In autumn and winter, sudden downpours can make roads slippery, while reduced visibility and strong winds require extra care.

Before longer journeys, check your tyres, oil, coolant and screen wash. Air conditioning is particularly useful during hot weather, while sunglasses and plenty of drinking water are sensible essentials.

Parking And Environmental Restrictions

Pay attention to parking signs and coloured road markings, as restrictions vary between municipalities. Larger cities may also operate low-emission zones, known as Zonas de Bajas Emisiones (ZBE), with access rules based on vehicle emissions and local regulations.

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What Are Essential Oils Reallu?



My name is Beryl Aschmann, and I was born 78 years ago in Rhodesia, now Zimbabwe. I grew up when family doctors still made house calls and natural remedies were often tried alongside conventional medicines. This gave me an early appreciation of nature and the ways plants have traditionally supported well-being.

I hold a Bachelor of Education degree and have 50 years of continued learning and training in natural wellness. My qualifications include certifications in Aromatherapy as an Essential Oil Specialist, as well as certificates and training in a range of other complementary therapies. My background as an educator has taught me to ask not only what works, but why. That curiosity has stayed with me throughout life, along with a desire to help people make informed choices and explore ways to live with greater vitality. So, I invite you to be curious and to join me on this journey through the fascinating world of essential oils - with one guiding thought: Live Longer Whilst Living Better!

What Are Essential Oils?

Imagine walking through a beautiful rose garden and taking a deep breath. That delicate, distinctive fragrance is part of the plant's aromatic character, its essence. Certain plants produce aromatic substances that can be captured and concentrated into what we know as essential oils. But what exactly are they? Essential oils are concentrated, volatile aromatic substances produced by certain plants. They may be obtained from flowers, leaves, stems, bark, roots, seeds or fruit peel. These compounds can help plants interact in various ways with their environment, including attracting pollinators or repelling pests.





Volatile simply means that a substance evaporates readily. When you open a bottle of essential oil, tiny amounts of its aromatic compounds disperse into the air and reach your nose. That is how you experience its distinctive scent.

How Do We Obtain Them?

Two common extraction methods are steam distillation and mechanical expression, often called cold pressing, which is widely used for citrus peels. During steam distillation, steam passes through aromatic plant material, carrying the volatile compounds with it. The vapour is cooled, and the essential oil is separated from the water. Skill and care are essential and the plant variety, growing conditions and timing of harvest can all affect the final quality of the oil. Citrus oils offer a familiar example of cold pressing. If you have squeezed a piece of orange or lemon peel between your fingers you will have noticed the fragrant droplets released. This liquid contains the essential oil expressed from the peel. Commercial equipment is used to express this in bulk.

What Essential Oils Are Not?

Essential oils are not the same as olive, almond or coconut oil, which are fatty, or fixed oils; essential oils are lighter, volatile, aromatic mixtures and many of their individual constituents can penetrate the skin, making them useful in topical applications. Common oils such as sweet almond or coconut oil are sometimes used as carrier oils. This helps to disperse the concentrated essential oil over the skin to enhance the release and absorption of the active constituents.

Nor are essential oils simply perfumes in a bottle. A perfume may contain synthetic fragrance ingredients, natural extracts, essential oils or a combination of these. Its smell alone cannot tell you what it contains. And, natural does not automatically mean safe: essential oils are concentrated and need to be used appropriately. They are not a substitute for prescribed medicines or professional medical advice.

What About Purity And Quality?

A label saying "100% pure" is not, by itself, proof of quality. Look for clear information about the botanical name, the plant part used, its origin and extraction method. Appropriate test results and batch documentation offer further reassurance, if available.



Price can also prompt useful questions. Some plants yield very little oil, even when large quantities of plant material are carefully harvested and processed. Rose essential oil, for example, can require several tonnes of rose petals, harvested by hand, before dawn, to produce one kilogram of oil. A surprisingly cheap bottle deserves closer investigation. Price alone cannot prove purity, but it can be a reason to look more closely at what we are buying.

In forthcoming editions of Home & Living, we will begin to explore the many characteristics of essential oils, their potential uses and how to choose and use them wisely. Join me here as we uncover more about these fascinating gifts of nature and how they may find a place in our everyday lives.

The content in this article is provided for educational and informational purposes only and is not intended as medical advice.

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Beryl Aschmann

Want to know more? I am available to answer your questions or you can book a free consultation:

WhatsApp: +34 62760202
Email: beryl@purearomasolutions.com



TV News

All is well in the Rainbow household. Animals and plants all surviving although we have still had no significant rain and a weekly soaking is still keeping the water bills high! The charity we sponsor – Friends of Mazarrón Animals – has lots of events coming up. Find the Facebook page and book one of the events. While you are there find a dog you like in the adoption album and give them a share – you may just find a dog a home.



TV NEWS

We still get asked to go and fix someone's satellite dish which for 24/7 all channel TV is not possible anymore. Going through autumn and into the winter the UK satellite signals get weaker and channels start to drop away. There really is no magic trick. Reliable satellite signals for UK TV are just not available.

As much as some TV viewers resist going the internet route it is the only reliable way to view UK TV now. Many have had bad experiences in the early days of IPTV with both the TV systems and the internet supply really not up to live TV, but things in this technical world have moved one normously. Internet supply is generally hugely improved with the likes of fibre and Starlink and the TV systems have moved on technically beyond anything like the originals.

If you had bad experiences in the past or have never tried internet TV ask us at Rainbow to give you a free no obligation demonstration and loan of a box for a week so that you can see what 2026 TV is all about. If your internet is not so good we can advise on improving it.

You do not need a computer to watch all the English TV channels (and more). Neither do you need be a technical geek as the systems are as easy to use as any TV digibox you may be used to using.

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We at Rainbow can usually help all nationalities get their own language 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 November – more TV information in December 2026 (when we will be able to say the C word and look at the seasons TV listings!)

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R	S	A	O	Q	E	G	H	S	N	O	P	E	N	T	G	J	U	Y	U
U	U	E	I	L	W	V	D	I	O	U	O	O	M	R	D	G	A	Y	V
W	G	O	S	A	V	C	F	A	Q	S	I	X	H	L	H	D	M	Q	Q
W	A	Y	L	U	D	J	O	T	B	Z	C	G	U	S	I	X	V	U	F
D	R	J	U	O	O	F	M	F	S	S	I	Z	O	L	K	I	I	M	T
D	D	E	Y	S	C	H	V	I	N	X	F	N	O	G	O	O	M	S	L
U	E	B	L	L	R	R	S	Z	E	A	F	H	I	Y	O	J	O	Y	N
D	N	W	H	E	D	E	E	P	K	K	A	R	E	K	P	Q	K	B	K
B	Y	H	Y	L	R	P	W	T	W	C	R	E	K	P	S	E	Q	M	H
T	Y	C	Y	N	F	F	Q	I	A	Q	T	L	G	L	U	O	U	D	B
R	C	L	Q	R	E	B	F	U	F	W	X	Z	L	A	G	H	M	Q	C
O	D	R	U	L	I	W	Y	T	G	Q	A	Z	P	N	H	I	B	U	X
M	V	Z	V	I	L	H	S	L	L	U	N	U	B	T	H	J	R	O	J
F	Z	R	M	Q	T	N	A	P	P	L	U	P	Y	W	X	Q	E	V	T
B	U	F	O	X	Q	S	C	Q	A	R	U	Q	D	J	J	A	L	T	K
M	P	P	Y	R	S	P	N	D	B	P	S	S	I	J	D	R	L	P	W
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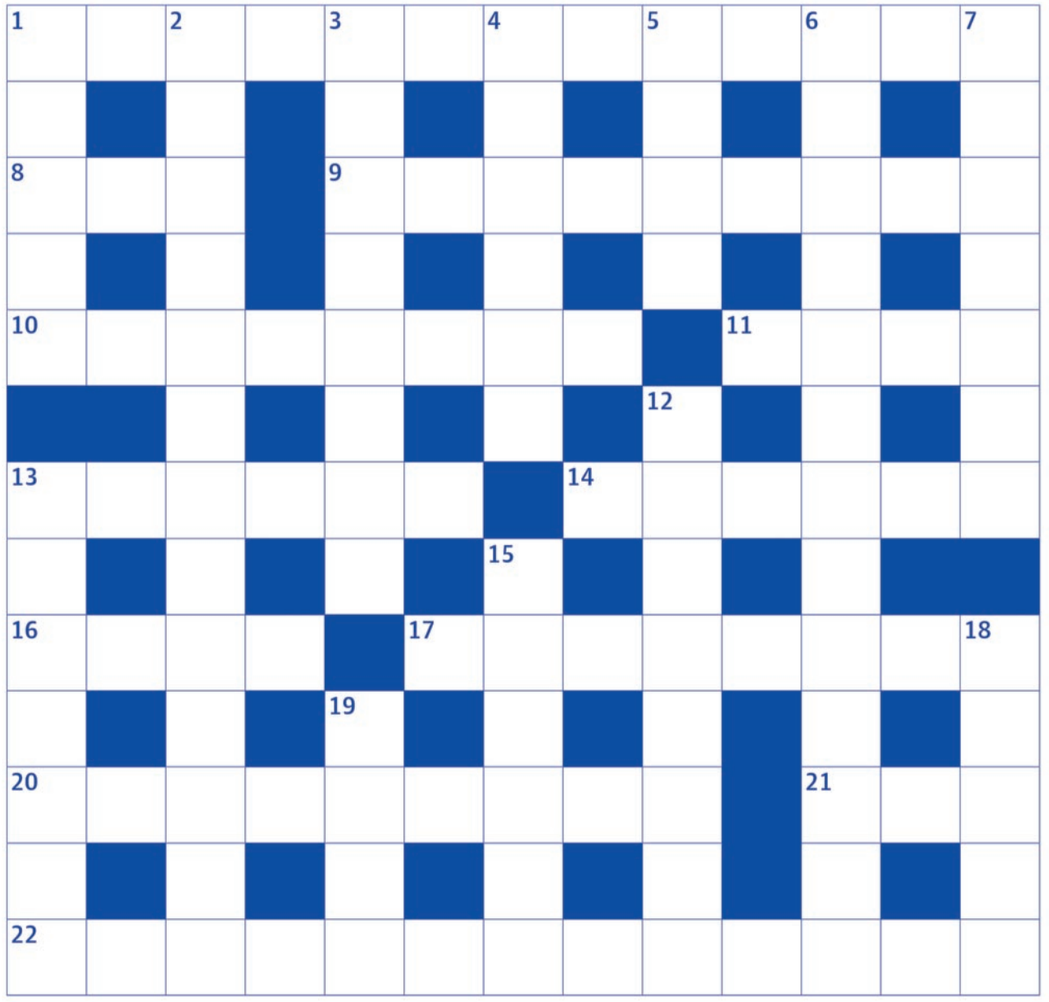
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BOOKSHOP
HOLIDAY
TRAFFIC
GARDEN
MIRROR
PUZZLE
PLANT
HOUSE
GLASS

For Sudoku And The Crossword Solutions See Page 28

Sudoku

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

Crossword



ACROSS CLUES

1 'Weapon' in a cyberattack (8,5)
8 (The) small screen (3)
9 Wader, for example (9)
10 Jeopardise (8)
11 Competent (4)
13 One rambles (6)
14 I Am The _____, 1967 Beatles song (6)
16 Piece of work (4)
17 Disperses (8)
20 Outer skin (9)
21 Get something wrong (3)
22 In a meaningful way (13)

DOWN CLUES

1 Strong rope (5)
2 It has pros and cons – mild sex binges (anag) (5,8)
3 Remarkable (8)
4 One or other (6)
5 Change (4)
6 It compensates (13)
7 Gloom (7)
12 1940 Walt Disney film (8)
13 Horse back (7)
15 Seafood dish (6)
18 Apologetic (5)
19 Fancy food shop (4)

November *horoscopes....*

November invites us to slow down, reflect and embrace fresh opportunities. As autumn deepens, relationships, personal ambitions and wellbeing come into focus. Trust your instincts, welcome change and make time for the people and experiences that truly matter.

Aries:

An unexpected opportunity could inspire a fresh direction. Stay open-minded, manage your spending carefully and make time for someone whose encouragement means more than you realise. In relationships, listening carefully can prevent misunderstandings and strengthen important bonds.

Taurus:

November is your opportunity to create greater comfort and stability. You may feel inspired to refresh your surroundings, organise your finances or reconnect with loved ones. Small, practical steps will help you feel more settled and confident about the future.

Gemini:

A conversation sparks an exciting idea. Say yes to a new experience but check the details before committing to plans involving money, travel or important deadlines. Your curiosity is particularly strong this month, making November ideal for meeting people, discovering new places and learning something different.

Cancer:

You may feel drawn to create a cosier atmosphere, revisit cherished traditions or spend more quality time with those closest to you. Remember that looking after yourself matters just as much as caring for others. A family matter reaches a happier understanding. Welcome an invitation that brings laughter, companionship and renewed confidence.

Leo:

Recognition arrives when you least expect it. A creative project gains momentum, while an honest conversation helps bring greater warmth and understanding to an important relationship.

Virgo:

This month favours practical decisions, thoughtful planning and everyday improvements. November is an excellent time to review routines, tackle lingering jobs and make your home work better for you. Avoid expecting perfection; progress is what counts.

Libra:

An invitation brings an unexpected connection. A little extra attention to your finances helps restore balance, while romance benefits from honesty, patience and shared plans.

Scorpio:

November is a powerful month for reflection and renewal, particularly around your birthday. You may recognise which habits or commitments no longer serve you. Trust your ability to make meaningful changes, but allow important decisions the time they need. New possibilities emerge when you release an old worry and allow someone trustworthy to offer support.

Sagittarius:

Your adventurous spirit is ready for a change of scenery. Be encouraged to explore, plan future travels or try something outside your usual routine. Before the festive season begins, make space for reflection as well as excitement.

Capricorn:

November rewards your determination, especially when you focus on realistic goals. Progress at work or with personal projects may be gradual but satisfying. Remember to celebrate small achievements and make time for friends who help you unwind.

Aquarius:

An unusual idea develops into something promising. A new friendship or shared interest brings inspiration, while flexibility helps you navigate a change of plans with ease. You may be inspired to rethink a routine, embrace a creative interest or become involved in a local activity.

Pisces:

A quiet moment brings surprising clarity. Follow your creative instincts, nurture a meaningful friendship and make one small change that supports your happiness and peace of mind.

The Spiritual Art Of Letting Go



Now is the perfect time to turn our attention inwards, reflect on the months behind us and consider what we are ready to leave behind. The spiritual art of letting go is not about forgetting the past or pretending that difficult experiences never happened. Instead, it is about acknowledging what we have been through, earning from it and choosing not to carry unnecessary emotional weight into the future.

Making Space For Something New

We all accumulate emotional baggage. It might be an old disagreement that continues to trouble us, disappointment over something that did not go to plan, or the habit of worrying about circumstances beyond our control. Over time, these feelings can become familiar, even when they no longer serve us. Letting go begins with awareness. Recognising a negative thought pattern or an unhealthy habit is an important first step towards changing it. Rather than criticising ourselves for past mistakes, we can choose to view them as opportunities for growth. The aim is not to achieve perfection, but to move forward with greater understanding and self-compassion.

The Healing Power Of Journalling

One of the easiest ways to begin this process is through journalling. Set aside ten minutes in a quiet corner of your home and write honestly about whatever is occupying your mind. There is no need to worry about grammar, structure or finding the perfect words. The purpose is simply to give your thoughts somewhere to go. Try asking yourself three questions: What has been weighing me down? What have I learnt from this experience? What am I ready to release? Writing your feelings down can help you recognise patterns and see situations from a different perspective.

Creating A Moment Of Calm

Meditation provides another gentle way to release tension and reconnect with the present moment. Find a comfortable place to sit, close your eyes if you wish, and breathe slowly and naturally. Allow thoughts to come and go without feeling that you must solve every problem immediately. Even five minutes can offer a welcome pause in a busy day. When worries arise, acknowledge them without judgement before bringing your attention back to your breathing.

With practice, this can help you respond to difficult thoughts more calmly rather than becoming caught up in them. You can make this ritual feel more special by lighting a candle. As the flame flickers, allow it to represent clarity, hope and the possibility of a fresh beginning. Spend a few quiet moments considering what you wish to release. The candle is a symbolic reminder of your intention, rather than a solution in itself, but the simple act of pausing can help create a sense of peace.

Setting Intentions For The Months Ahead

Letting go becomes more meaningful when we also consider what we want to welcome into our lives. Instead of making a long list of ambitious resolutions, choose two or three gentle intentions for the coming months. Perhaps you want to spend more time outdoors, nurture friendships, establish healthier routines or stop allowing other people's opinions to dictate your happiness. Your intentions should feel realistic and personally meaningful. Write them down somewhere you can revisit regularly. Small actions, repeated consistently, can help turn an intention into a lasting change.

'Spend a few quiet moments considering what you wish to release'

What's On



YOUR WEEKLY GUIDE TO EVENTS & ACTIVITIES

Every Day	• Noah's ARC Dog Walking @ Mazarrón
Every Mon	• Market @ Alhama & Huercal Overa • 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 • HELP MMM Coffee & Company @ Calle Helena, Los Alcazares 11am-12.30pm (2nd Mon) • Andrea's Animal Rescue Collection @ Camposol B Car Park 11am-1pm • Bereavement Café, Mazarrón @ Casa Club, Camposol 3-5pm (1st Mon)
Every Tue	• Market @ Alhama & Los Gallardos • Volunteering with cats & dogs @ Mazarrón Perrera 9am • Making a Difference available for donations @ Camposol A (1st Tues) • Qi Gong & Tai Chi on the beach. Meet at Samsara, Mojácar Playa 11am. Proceeds to PAWS-PATAS • Los Bandidos Cycle Ride from Mojácar Playa.See their FB page for times • Noah's ARC available for donations @ Spar, Mazarrón Country Club 10am-12pm • PAWS-PATAS Book Sale @ Scottys, Mojácar Playa 10.30am-1pm (2nd Tues) • Monthly 'B' Clean Meeting @ Camposol B 4pm (1st Tues)
Every Wed	• Market @ Guardamar, La Mata, San Miguel del Salinas, 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 • St Nicholas Church Coffee Morning @ Camposol D20 C/Sobrija 9.30am-12pm (11th and 25th) • Victory Churches Spain Prayer Meeting @ Calle Villaricos de la Alumbres 17, Mazarrón 4pm
Every Thur	• Market @ Lorca • Los Bandidos Cycle Ride from Mojácar. See their FB page for times • Forget Me Not Respite Care @ The Social Centre, Camposol B 10.15am • Friends of Mazarrón Animals available for donations @ Pto de Mazarrón 10-10.30am • Qi Gong & Tai Chi on the beach. Meet at Samsara, Mojácar Playa 11am. Proceeds to PAWS-PATAS • PAWS-PATAS Bingo Lunch Club @ The Snug, Mojácar Playa 1.30pm (1st Thurs) • PAWS-PATAS Quiz @ Valery, Mojácar Playa 1.30pm (3rd Thurs) • Over 60's Memory Workshop @ Centro de Usos Multiples, Mojácar Pueblo 5pm • Mazarrón AA Meeting @ Cañadas de Gallego 5.30pm (646 290 420)
Every Fri	• Market @ El Pareton, Garrucha, Los Montesinos, Puerto Lumbreras & Torrevieja • Volunteering with the cats and dogs @ Mazarrón Perrera 9am • Noah's ARC Stall @ Camposol B Commercial Centre 9.30am-1pm • Camposol D Bucket Collection @ The Hut, Camposol D 9.30am-12pm • Los Palacios Gardening Group Library @ Camposol A 10am-12.30pm • Friends of Mazarrón Animals Collection @ Isla Plana Social Centre 1-1.30pm • Line Dancing @ Centro de Usos Multiples, Mojácar €5 4-8pm. Proceeds to Charity (648 217 503)
Every Sat	• Market @ Aguilas, Almoradi, Fuente Alamo, Mazarrón, Playa Flamenca & Vera • Los Bandidos Run/Walk/Jog from Mojacár. See their FB page for times • Qi Gong & Tai Chi on the beach. Meet at Samsara, Mojácar Playa 11am. Proceeds to PAWS-PATAS • Harlequin Rock Choir Rehearsals @ The Social Centre, Camposol B 1.30pm
Every Sun	• Market @ Campoamar & Pto de Mazarrón • Antique and Second Hand Market @ Cañadas del Romero 8am-1pm • Rastro Market @ Centro de Usos Multiples, Mojácar Pueblo • Beach Dog Club Meeting @ Bolnuevo Beach 8am • Beach Dog Club Meeting opposite Pueblo Best Indalo, Mojácar 9.30am • Los Bandidos Cycle Ride from Mojácar. See their FB page for times • Victory Churches Spain Sunday Service @ Calle Villaricos de la Alumbres 17, Mazarrón 11am • St Nicholas Church Service @ Camposol D20 C/Sobrija 11am (634 143 260) • Dog Walking/Socialisation from Plaza Constitucíon, Turre 11am • JUKEBOX DJ Zeppelins, Mojácar Playa 9pm, €1 a song, all proceeds to PAWS-PATAS

All Saints' Day

Every year on 1st November, Spain observes Día de Todos los Santos (All Saints' Day), a traditional public holiday dedicated to remembering loved ones who have passed away. It is a day of reflection, family gatherings and cherished customs, offering a fascinating insight into Spanish culture and the importance placed on family and remembrance.



Unlike Halloween, with its costumes and celebrations, All Saints' Day is a quieter, more reflective occasion. Families across the country visit cemeteries to pay their respects to deceased relatives, cleaning and decorating graves with fresh flowers. Chrysanthemums are particularly popular, and cemeteries become colourful displays of floral tributes. For many families, the day is an opportunity to come together, share memories and ensure that loved ones are not forgotten.

Although the tradition is observed throughout Spain, local customs vary. In some regions, families attend religious services, while others combine the day with visits to ancestral villages and family homes. In parts of northern Spain, the changing season brings its own traditions, including gatherings to enjoy roasted chestnuts and other autumnal treats.

Food plays an important role in the festivities. Traditional sweets associated with the occasion include huesos de santo, or 'saints' bones'. These small, marzipan-based pastries are typically filled with sweet egg yolk and are often displayed in Spanish bakeries in the weeks leading up to the holiday. Another favourite is buñuelos de viento, light, fried dough balls that may be filled with cream, custard or chocolate.

For expats living in Spain, All Saints' Day offers a meaningful opportunity to learn more about the country's traditions and experience a different approach to remembering those who have died. It is also worth remembering that 1 November is a national public holiday, so shops, businesses and public services may operate reduced hours or close altogether.



Living In The Light

In Spain, light is a luxury in itself. It defines the architecture, shapes the landscape, and sets the rhythm of daily life-from soft, golden mornings to evenings that seem to linger endlessly. It is this natural abundance that has long drawn people here.

And now, increasingly, it is becoming part of how homes are designed to function as well as feel. Solar panels, once considered purely functional, are being reimagined within the context of modern Mediterraneanl living. Integrated seamlessly into rooftops and terraces, they. no longer disrupt the aesthetic of a property but enhance its quiet sophistication. These are homes that do more than simply exist within their environment-they respond to it. In sought-after coastal enclaves such as Alicante, Mazarrón, and Mojácar, this evolution feels particularly at home. Here, villas open effortlessly onto sea views, terraces are designed for both shade and sun, and outdoor living is not seasonal but instinctive.

Solar energy becomes part of this lifestyle-quietly powering climate control, lighting, and the comforts that define contemporary living, without ever drawing attention to itself.There is, too, an understated elegance in self-sufficiency. The ability to harness the day's light and carry it into the evening brings a sense of calm control and independence that feels both modern and timeless. It is sustainability, not as a state-ment, but as an expectation.

Importantly, nothing is lost in the process. The view still remains uninterrupted, the architecture uncompromised The softwhite facades, natural stone, and open spaces continue to take centre stage. Solar panels simply sit within this composition-discreet, efficient, and entirely in keeping with the surroundings.What is emerging across Spain's most desirable regions is a new standard of living.

One where luxury is no longer defined solely by location or design, but by how intelligently a home interacts with its environment. In this sense, solar energy feels less like an addition and more like a natural progression. A considered choice that reflects both awareness and refinement. Because in a place where sunlight is one of life's greatest pleasures, it seems only fitting that it should also become one of its most valuable resources.

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