



# Monthly Magazine

**OCTOBER 2010**

## **A WORD FROM YOUR PRESIDENT**

Thank goodness I am not quite so busy now. Gradually the Committee are coming back, Eileen is recovering and has been back in the office which means I will soon have no excuse for things left undone as she is brilliant at keeping me up to scratch. Eric is still having physio and will have had an appointment with his consultant by the time you read this. Let's hope he has good news. Gerry is still unable to do many things as he waits for his next operation and tells me he is bored but he can still put things in the press for us if we give him the info. Chris is back from his hols. and will be working with Ruth to get the new Membership system up and running.

The sad part is that Barbara is not recovering as well as she had hoped and therefore has had to resign as Secretary. As she has been a very active member of the Association since it was first founded we are very sorry to see her go but would not want her to upset herself because she would feel she is letting us all down by doing a less than perfect job. I know you will all join me in hoping for a speedy return to her old self and in expressing our heartfelt gratitude for all she has done in the past.

Meanwhile, the work in the new office is progressing well, everyone who has called in have been very impressed and excited by the ideas as much as by the effort which is going in to this. We are all looking forward to moving in to what will be a modern and professional environment. The intention is to move in sometime this month and then when we are settled and have ironed out any hiccups that crop up we want to have a Grand Opening. Having excited your curiosity I will say no more now but **WATCH THIS SPACE!!!!**

Elaine



## **FUNDRAISING REPORT** **OCTOBER 2010**



**Many of you will be aware that we have purchased a van and in the two weeks we have had it, it has proved invaluable in that we have been able to pick up goods that we might not been able to before the purchase. The car boot revenue is therefore increasing. All we need now is another car boot day!**

**Elaine's Quiz with a difference was very successful and raised 438 euros. We think everyone enjoyed it even though it was quite difficult. Well done the Tartan Army, i.e. Ken Dann and his team. Commiseration' to Shelagh Hall and her team who won the booby.**

**The International Fair on the 18<sup>th</sup> was also lucrative; with the tombola and nearly new clothes we raised 235 Euros. All in all we have had a busy and successful September.**

**Our next event is the Beetle Drive at the Caravan Club in San Javier, which I will report on at the meeting on the 11<sup>th</sup> October.**

**Hopefully by then I will have details of other fund raising events we are planning for November.**

**JOAN MITCHELL**

**Fundraising Chairman**



**Bingo at Fat Catz,  
Santiago de la Ribera,  
Every Wednesday at 4.00pm.  
Proceeds to go to HELP MMM.**



**FRIENDSHIP GROUP REPORT**  
**OCTOBER 2010**



**We met on 24<sup>th</sup> September at Café Golf in San Javier, where we all enjoyed a chat about the summer. Unfortunately, our speaker Barry was not back from the UK, hopefully we will be able to arrange a talk from him for a future meeting, possibly in October.**

**There has been a very good response to the Beetle Drive on 6<sup>th</sup> October, so it seems likely that we will have a full house.**

**Dorothy is coming to hold her ceramic days at Janice's house in Los Urrutias. The dates are 12<sup>th</sup>, 13<sup>th</sup> and 14<sup>th</sup> October. If you wish to attend, please contact Janice on 968 13 43 55 as places are limited due to space.**

**We have not arranged any other events at the present time, but always welcome suggestions from members.**

**The next Friendship Group Meeting will be on Friday 29<sup>th</sup> October when we will be returning to the Biblioteca.**

**Everyone is welcome to attend the meetings and we look forward to seeing you there.**

**Pat Massingham**

## **HAVING A PARTY?**

**We have various items of catering equipment  
E.g. plates, knives, forks and spoons, which  
are available for loan, to use for your parties  
etc. for only a small donation.  
Please contact the office for further details.**



## **CARING SERVICES REPORT OCTOBER 2010**



**Hospital Visitors Report.**

**According to reports in the Spanish press, the new Hospital, that will eventually replace Los Arcos, will open its doors on the 9<sup>th</sup> December 2010. We hope to get a team of Hospital Volunteers together to view the areas that we shall have access to when we go to see English speaking patients and we shall of course keep you informed of our findings.**

**The weekly visits to Los Arcos Hospital have and are continuing, many of the patients being here in Spain are holidaymakers. All have been most complimentary and grateful for the treatment they have received, even the food!**

**We are having a lunch and get-together at International Novo Carthago in Los Urrutias on Tuesday 19<sup>th</sup> October at 1.30pm for 2pm. This lunch is an opportunity for the Hospital Volunteers to meet up and exchange ideas and for new Volunteers to introduce themselves. We would like some new faces to join us, including gentlemen, so please give some thought as to this and either contact me or telephone the Help Office for more information.**

**Jackie continues to be busy in the Office making sure the mobility equipment for loan is maintained and serviced and ready at a moment's notice for anyone who needs assistance. Well done Jackie and many thanks go to her for the 100% commitment she puts in as Caring Services Officer.**

**Note for Hospital Volunteers - please check your Help Membership Cards to make sure they are up to date as obviously you will not be able to visit the Hospital if you are not a fully paid up member.**

**Meanwhile, grateful thanks go to all the Volunteers, they do a great job.**

**Thelma Manning**



**CANCER SUPPORT GROUP**  
**OCTOBER 2010**



**This month we had our Fun Afternoon at Rita & John Keeligan's house. The food was fantastic as usual, the weather was kind to us, and everybody had a lovely time.**

The icing on the cake was that we raised 834e.

A date to remember is Wednesday, 20th October, 2010 for the Auction. This is to be held at the New York Bar, viewing 2-3 and hammer down at 3pm.

Pam Clough

-----

**HELP MURCIA MAR MENOR CANCER SUPPORT GROUP**

The next open meeting will be held on 27<sup>th</sup> October 2010,  
11.30 am at Biblioteca, Los Narejos



Screenings for Prostate, Cervical and Breast Cancer can be arranged through the  
Support Group 680 39 32 57

**HELP MURCIA MAR MENOR DIABETIC SUPPORT GROUP**



The next meeting will be held on 28<sup>th</sup> October, 2010,  
11.00 am at Biblioteca, Los Narejos.

For more information contact Mike Buck on 628 92 45 59 or  
Laurence Tysoe on 968 17 10 96

Please Note that there will be no meeting in August

**NEW FRIENDS OF HELP MURCIA MAR  
MENOR**



**DENISE MILLER  
MARGARET RIMMER**

**CELIA RYN  
KATIE LEWIS  
MR. AINSWORTH  
CAROL ANN AVISS  
PAM PRINCE  
SUE THORNEYCROFT  
KATRINA MCDONALD  
SAMANTHA CHAPLIN  
MICHAEL DONNELLY  
PAT ASPERY**



**21 AGAIN !!!!!**

**NOVEMBER:-**

**2<sup>nd</sup> Bernard Ash  
3<sup>rd</sup> Chris Kerton  
5<sup>th</sup> Barbara Scott & Sheila Merrett  
25<sup>th</sup> Diane Dutton**

**Very Happy Birthday to you all**

## **SNIPPETS FROM THE PAST**

**As part of the sorting out in preparation for our move I have been looking at our old Day Books, intending to see if we need to keep them or not. I have come to the conclusion that they are a bit like History archives and therefore should**

**be preserved but also thought some of you might be interested in some of the more interesting bits.**

**Starting when we had short-lived quarters in Los Urrutias:- 24<sup>th</sup> November 2004. Telefonica engineer called to install phone. Will come back when he can get access to the back of the premises. When he does please ask him to call next door as he has disconnected their FAX. (I could write many pages concerning future mishaps with the phones – perhaps in another edition)**

**In these premises there were a few sales, such as a pair of sunglasses, some casserole dishes and lace curtains. On November 26<sup>th</sup> they were told that a receipt HAD to be given for all items sold and the total sales for the week 29 Nov to 3<sup>rd</sup> Dec were €76.70. EAT YOUR HEART OUT CAR BOOTERS!!!!**

**No entries were made from 17<sup>th</sup> Dec to 11 April as the frantic search for new premises and subsequent removal to Villademar took place.**

**Just a few gems to conclude.**

**Tuesday 8<sup>th</sup> November. Page headed 10.00 Lynda in. Bottom of page 5.15 Lynda out with Maggie. In between this one very heartfelt comment "Did a lot" (Anyone else know that feeling?)**

**6<sup>th</sup> March. Megan requests TIPPEX please**

**18<sup>th</sup> March Caller wanting wheelchair – the comment from the office volunteer "lady is size 18 (whatever that means)**

**13<sup>th</sup> April Cash box balances. Hurrah!!!**

**8<sup>th</sup> August (written in black felt pen) Mrs Ede needs left leg (after which in ordinary Biro was added the word support.**

**26<sup>th</sup> October 1.30 pm Phones don't work, printer don't work, computers hate me. Now I don't work!! Elaine leaving in search of large G&T**

**ELAINE DALE**

## **MONTHLY MEETINGS 2010**

**HELP MMM** welcomes new members and invites old and new members, as well as guests, to a luncheon held immediately after our monthly open meeting. These are held on the second Tuesday of each month (except August and December).

Our venue is  
La Biblioteca,  
CISSMU,  
Los Narejos.  
Los Alcazares.

Our luncheon will be held in the restaurant La Puerta at the same site as the meeting.

### **Why not bring a guest and stay for a casual lunch with us all?**



Luncheon Arrangements for  
9<sup>th</sup> November, 2010



Venue: La Puerta at the same site as the meeting.

Your choice of the menu del dia, 3 courses plus drink for 10 euros.

---

## **Latex Gloves**

A dentist noticed that his next patient, an elderly lady, was looking very nervous so he decided to tell her a little joke as he put on his gloves.

"Do you know how they make these gloves?" he asked. "No, I don't" she replied.

"There's a building in China with a big tank of latex, and workers of all hand sizes walk up to the tank, dip in their hands, let them dry, then peel off the gloves and throw them into boxes of the right size."

She didn't even crack a smile. "Oh, well. I tried," he thought.

But five minutes later during a delicate portion of the dental procedure, she burst out laughing.

"What's so funny?" he asked. "I was just picturing how condoms are made!" she said.

## “Life in Murcia, in English!”

### ❖ **The AngloFILE Business Directory**

A comprehensive and easy-to-use directory of local English-speaking businesses and services

### ❖ **What's On Guide**

Hundreds of events and activities for English-speakers across the region

### ❖ **English-Language Cinema Guide**

What's on locally at the movies

### ❖ **INFORMATION Page Reference Library**

Relevant, dependable and practical help essential to life in another country

### ❖ **Classifieds & Discussions**

Buying and selling, accommodation and jobs, advice and answers: your local meeting-place in cyberspace

### ❖ *News, weather and much, much more...*

**Find it fast on:**

**[www.AngloINFO.com](http://www.AngloINFO.com)**

# GRANDPARENTS.

Grandma was in the bathroom, putting on her makeup, under the watchful eyes of her young granddaughter, as she'd done many times before. After she applied her lipstick and started to leave, the little one said, "But Grandma, you forgot to kiss the toilet paper good-bye!"

My young grandson called the other day to wish me Happy Birthday. He asked me how old I was, and I told him, 62. My grandson was quiet for a moment, and then he asked, "Did you start at 1?"

After putting her grandchildren to bed, a grandmother changed into old slacks and a droopy blouse and proceeded to wash her hair. As she heard the children getting more and more noisy, her patience grew thin. Finally, she threw a towel around her head and stormed into their room, putting them back to bed with stern warnings. As she left the room, she heard the three-year-old say with a trembling voice, "Who was THAT?"

A grandmother was telling her little granddaughter what her own childhood was like: "We used to skate outside on a pond I had a swing made from a tyre; it hung from a tree in our garden. We rode our pony. We picked wild raspberries in the woods." The little girl was wide-eyed, taking this all in. At last she said, "I sure wish I'd gotten to know you sooner!"

My grandson was visiting one day when he asked, "Grandma, do you know how you and God are like?" I mentally polished my halo and I said, "No, how are we alike?" "You're both old," he replied.

A little girl was diligently pounding away on her grandfather's computer. She told him she was writing a story. "What's it about?" he asked. "I don't know," she replied. "I can't read."

I didn't know if my granddaughter had learned her colours yet, so I decided to test her. I would point out something and ask what colour it was. She would tell me and was always correct. It was fun for me, so I continued. At last, she headed for the door, saying, "Grandma, I think you should try to figure out some of these, yourself!"

When my grandson asked me how old I was, I teasingly replied, "I'm not sure." "Look in your underwear, Grandpa," he advised, "mine says I'm 4 to 6."

My Grandparents are funny, when they bend over; you hear gas leaks, and they blame their dog.

# EVENTS CALENDAR 2010

**Why not add these events to your diary today.  
Please remove these centre pages for your future  
reminder**

## OCTOBER

### HELP MMM GENERAL MEETING

Monday 11th October, 2010, 11.30 first calling, second calling noon.

Followed by E.G.M. Approval of new HELP Murcia Mar Menor Constitution

Biblioteca, Los Narejos.

followed by lunch in El Torreon Restaurante

### CERAMIC DAYS

12<sup>th</sup>, 13<sup>th</sup> and 14<sup>th</sup> October, 2010

at Janice's house in Los Urrutias.

### AUCTION

20th October, 2010.

to be held at the New York Bar, Valle de Sol  
viewing 2-3 and hammer down at 3pm.

### HELP MMM CANCER SUPPORT GROUP

Wednesday 27<sup>th</sup> October, 2010, 11.30 start

EL Torreon Restaurante, Biblioteca,  
CISSMU, Los Narejos



### HELP MMM DIABETIC GROUP

Thursday 28<sup>th</sup> October, 2010, 11-12 noon

EL Torreon Restaurante, Biblioteca,  
CISSMU, Los Narejos

### FRIENDSHIP GROUP

Friday 29<sup>th</sup> October, 2010, 12 noon

EL Torreon Restaurante, Biblioteca,  
CISSMU, Los Narejos



## NOVEMBER

### HELP MMM GENERAL MEETING

Tuesday 9th November, 2010, 11.30 first calling, second calling noon.

Biblioteca, Los Narejos.

followed by lunch in El Torreon Restaurante

**HELP MMM CANCER SUPPORT GROUP**  
Wednesday 24<sup>th</sup> November, 2010, 11.30 start  
EL Torreon Restaurante, Biblioteca,  
CISSMU, Los Narejos



**HELP MMM DIABETIC GROUP**  
Thursday 25<sup>th</sup> November, 2010, 11-12 noon  
EL Torreon Restaurante, Biblioteca,  
CISSMU, Los Narejos

**FRIENDSHIP GROUP**  
Friday 26<sup>th</sup> November, 2010, 12 noon  
EL Torreon Restaurante, Biblioteca,  
CISSMU, Los Narejos



## **FORTHCOMING EVENTS**

28<sup>th</sup> May 2011  
HELP Gala Ball "A Celebration of HELP"  
Prince Felipe Hotel, La Manga  
Cost €65 per person.

**The HELP MMM Car Boot Stall is now on the Sunday Market at the Autocine, Los Narejos**

**PLEASE PURCHASE YOUR TICKETS BY THE "CUT-OFF DATE" AS NUMBERS HAVE TO BE CONFIRMED PRIOR TO THE EVENT. TICKETS WILL NOT BE CLASSED AS SOLD UNTIL PAYMENT HAS BEEN RECEIVED. IF YOU WISH TO CANCEL YOUR TICKETS AFTER THIS DATE THERE WILL BE NO REFUND UNLESS THE TICKETS CAN BE RESOLD**

Returned tickets may be available after the "cut-off" date of the event, but you will need to confirm this with our ticket co-ordinator Joan Mitchell or with the Help MMM Office.

The following people have kindly agreed to be "HELP" ticket holders for our forthcoming events. Please contact these people at sensible times so as not to intrude into their private time

➤ JOAN MITCHELL 968 18 19 43

Or contact the HELP MMM OFFICE 968 57 00 59  
(between 10.00 a.m. & 1.30 p.m. Monday to Friday)

# **Luis's Lounge**

## **Camping La Encina´ San Javier**

**“All Day” Breakfast**

**Quiz Night Monday &  
Wednesday**

**Darts & Poker**

**“Special” Food Evenings**

**Sunday Lunches**

**BOOKINGS TAKEN FOR**

**FUNCTIONS**

**Tel: 966 189 262**



Over 20 years in the Furniture industry in the UK and SPAIN.

Single items or complete **FURNITURE PACKAGES**

All individually styled including



- Garden Furniture
- Lighting
- Textiles + Rugs
- Housewares
- Bathroom Fittings
- Shower and Bath Screens
- Electrical items
- Air Conditioning



**FREE** Furniture installation and delivery up to 70km from San Javier.

(over 70km by arrangement)



Advice given by experienced **English** personnel



We only sell good quality furniture from mainly Spanish suppliers giving you the guarantee of quality and continuity of supply.



Need **FURNITURE** Need **DFS**

[www.dfsspain.com](http://www.dfsspain.com) e-mail [mail@dfsspain.com](mailto:mail@dfsspain.com) tel 968-334-194

**HELP MMM is also extremely fortunate in receiving donations and special support from the following companies. Without this sponsorship we could not provide this essential service to the community of the Costa Calida.**

**DFS**  
**Financial Support**

**ANGLO INFO**  
**Web Site Maintenance &  
Forum**

**BARCLAYS BANK**  
**Financial Support**

**Maria Carrasco**  
**M C Consulting services**  
**Legal Services**

**We would also like to thank the following for their continued support:-**

**Yolanda Stemmet of Paradise Properties**  
**Translation Work**

# NEXT EVENTS FOR HELP MURCIA MAR MENOR

# AUCTION

**WEDNESDAY 20<sup>th</sup> OCTOBER, 2010**

**AT NEW YORK BAR,  
EL TRAMPOLIN,  
VALLE DEL SOL**

**Viewing from 2 pm.  
Hammer down 3 p.m.**



**Collectables, china, toys, pictures,  
jewellery, small furniture and  
any good clean bric-a-brac**



**Buyers: 10% of hammer price**

**PROCEEDS IN AID OF  
HELP MMM CANCER SUPPORT GROUP**



# ***CERAMICS WITH DOROTHY***



**THE FRIENDSHIP GROUP  
would like to invite you to  
come and join them at their  
Ceramic Days  
at Janice's house  
Los Urrutias**

**12<sup>th</sup>, 13<sup>th</sup> and 14<sup>th</sup> October, 2010.**

**For more information or  
if you wish to attend,  
contact Janice on 968 13 43 55  
Places are limited due to space.**

## **THAT WAS THE MONTH THAT WAS!**

A steady rather than a busy month. 5 wheelchairs out (3 at once) over 46 days. 2 scooters for 17 days. 3 crutches out for 70 days. Toilet equipment and car seats were 4 items for 34 days and 3 seats (2 at once) for 28 days respectively. Bookings ahead for October are only for a few items. Perhaps when the new office is ready some rationalisation of equipment will occur.

This is my last separate report as it now makes more sense for the monthly usage to be incorporated in Jackie's Caring services report – Aaah did I hear you all say!

**K. W. Dann 24/09/10**

## **INFORMATION YOU MAY FIND USEFUL.**

A British gentleman, living in Los Alcazares, with Spanish Residencia and a Spanish-registered vehicle, was stopped by the police. When it was discovered that he held a British driving licence his vehicle was impounded **and a €500.00 fine imposed.** He has since had his vehicle returned to him but with the proviso that it would only be driven by a person holding a valid Spanish driving licence.

I was told of the above by a friend of mine who was acting as translator when the gentleman went to Trafico to change his licence. Because she had not heard of this happening in the past she questioned the person dealing with the matter. Not happy with the explanation she then asked to see another person and was given a different reason for the action taken. Still not quite sure, she asked to see a superior officer who explained that a new law was passed approximately two months ago (New Driving Regulations) which apparently states that one is obliged to change a British driving licence for a Spanish driving licence within two years of being granted Residencia.

Any HELP MMM members driving on a British licence might consider seeking advice from their legal advisor or, better still, from Trafico themselves as it is possible that not all the legal advisors are au fait with the new regulations.

Since writing the above I have been advised that the reason for the new regulation is that, in the event of a traffic violation when both a fine and points have been imposed, Trafico has only been able to collect the fine.

**Angela Carmichael**

The Thalassia Hotel and Spa are giving substantial reductions to HELP MMM members on production of their Membership card. We do not have full details at present but we do know that there is 20% off Spa treatments. Further details can be obtained from the office.

Elaine Dale

---

### *Stars in Our Midst*



*We would like to nominate Neil and Norman Young. Neil for working extremely hard to get our new premises in shape and negotiating discounts for us and all TOTALLY FREE OF LABOUR CHARGE.*

*Norman for helping Neil despite going for Radiotherapy every day.*

*Please let us know if you wish to nominate a fellow member for Star in our Midst.*

---

MAGAZINE CUT-OFF DATE:

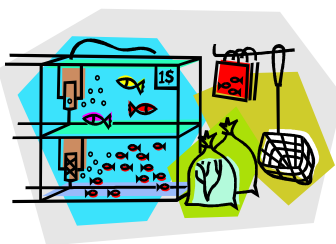
Monday – October 25<sup>th</sup>, 2010 (for November Publication)

Monday – December 27<sup>th</sup>, 2010 (for January 2011 Publication)

Any reports, articles advertisements etc. received after these dates will not be included until the next issue.

---

### **ONELINERS!!**



I went into a pet shop. I said "Can I buy a goldfish?"

The guy said "Do you want an aquarium?"  
I said "I don't care what star sign it is."

# SUDOKU

## This month's puzzle.

Are you playing Sudoku yet!

Here is one for you to try. All you have to do is fill the empty squares so that each smaller block contains all the numbers from 1 - 9. Plus each row across and each row down must also contain the numbers 1 - 9. Have a pencil and an eraser close at hand. We hope you enjoy these number puzzles. Good Luck!

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

Sudoku puzzles provided by [www.sudokuoftheday.com](http://www.sudokuoftheday.com)

## SOLUTION TO SEPTEMBER'S SUDOKU PUZZLE.

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



## **FOR SALE**

**Timber car port. Free standing.  
Approx 4m x 3m with sloping roof.  
Easily converted to Pâgoda.  
€100. Buyer to dismantle.  
Contact Pete 634 322 904**



## **Why not advertise in our monthly magazine or become a sponsor?**

**We publish 10 Issues yearly, which is available to all our members**

**Sponsors, depending on their level of donation, will be given free or reduced advertising.**

<b><u>Otherwise our rates are:-</u></b>	<b>Yearly</b>	<b>Monthly</b>
<b><u>Full Page</u></b>		
<b>Back or first &amp; last inside pages</b>	<b>Negotiable</b>	<b>Negotiable</b>
<b>Not back or first &amp; last inside pages</b>	<b>500 Euros</b>	<b>60Euros</b>
<b><u>1/2 Page</u></b>		
<b>Back or first &amp; last inside pages</b>	<b>Negotiable</b>	<b>Negotiable</b>
<b>Not back or first &amp; last inside pages</b>	<b>250 Euros</b>	<b>30Euros</b>
<b><u>1/4 Page</u></b>		
<b>Back or first &amp; last inside pages</b>	<b>Negotiable</b>	<b>Negotiable</b>
<b>Not back or first &amp; last inside pages</b>	<b>125 Euros</b>	<b>15Euros</b>

## **OTHER IMPORTANT NUMBERS FOR YOU TO KEEP**

Emergency .....	112
Ambulance .....	112
Fire Brigade.....	112
Guardia Civil.....	062
National Police.....	091
Local Police .....	092

Murcia Local police force places a new service at the disposal of citizens with hearing and language problems.

It is as easy as sending an SMS to the number 606 023 092 or sending a fax to 968 358 774. The local police will respond immediately by sending a message of confirmation and then set the process in motion.

Through this simple system persons with this type of disability will be able to contact the police immediately.

Remember, this service is restricted to persons who are deaf, mute, stutter or have been subjected to a laryngectomy. Other citizens should continue to call 092 to raise the alarm about any problem.

### **NOTICES FROM THE OFFICE.**

Please remember the Office is only open 10.00- 11.00am on the second Tuesday of the month (General Meeting Day)

To operate the office daily we need more volunteers. You do not need to be able to use a computer, if you can answer a telephone and help clients with queries, your help would be gratefully received.

Please ring the office on 968 570 059.

# **HELP MURCIA MAR MENOR**

## **OFFICE INFORMATION:-**

**HELP Murcia Mar Menor Office:-**

**C/CONDE CAMPILLO 15, BAJO**

**SANTIAGO DE LA RIBERA,**

**30720 MURCIA**

**[www.helpmurciamarmenor.org](http://www.helpmurciamarmenor.org)**

**email: [info@helpmurciamarmenor.org](mailto:info@helpmurciamarmenor.org)**



**968 570 059**

**634 310 605 Emergency Out of Hours**

## **OFFICE HOURS:**

**MONDAY – FRIDAY 10:00AM – 1:30PM**

**2ND Tuesday of the month 10.00am-11.00am (General Meeting Day)**

## **DIRECTIONS:-**

**From San Javier, follow directions towards Santiago de La Ribera. Go straight on at the set of traffic lights marked right for the airport, coming onto a big roundabout near filling station, bear right following directions for “playas” (beaches) and head down the dual carriageway in the direction of the beach. It is necessary to drive to the end and then back up the other side. Take the 1<sup>st</sup> turning on the right, then first left, cross one crossroad and we are on the left, opposite some recycling bins. There is now Disabled parking outside the office**

## **Alternatively:-**

**From the roundabout bear left, again sign posted “playas”, take Avda. Virgin del Loreto which runs parallel to back of Wednesday market, first turning right, signposted CONSULTAS EXTERNAS, will eventually lead to small car park on left. From the entrance to the car park, turn left walk down the road, then turn right at the first junction, almost opposite the car park (one way for cars).**

**Take the first left and opposite some re-  
now Disabled parking**



**we are on the right,  
cycling bins. There is  
outside the office.**