



# Monthly Magazine

SEPTEMBER 2010

## **A WORD FROM YOUR PRESIDENT**

What a month it has been!! . By the time you read this we should have the keys to our new property and be well on the way to organising the decorating and renewal. I would like to thank all those who have helped in so many different ways to enable us to reach our goal and to all of you who voted to agree to the purchase. All those who have suffered our previous upheavals are extremely grateful that we will not have to go through that again.

I have said to you previously that once we no longer have to pay rent we will be able to spend more in helping others. In fact this is going to happen sooner than expected. At the September meeting you will hear details of a new group being set up under the HELP umbrella, called HELP AT HOME (HAH for short)., the intention being to provide help to anyone who needs it (subject to assessment), nursing care provided by trained nurses, other home care by volunteer carers, cleaning by people paid by those receiving the care etc. Although under our umbrella the group will be self supporting but will co ordinate with our Fundraising team, our caring services team and the office workers. I feel sure that when you have full information you will be as pleased as we are that Lesley and her team are starting this group.

I also want to express my gratitude to all those who have done extra work over the last few months while the Management team have been depleted. For those who did not know:- Eileen has had her gall bladder removed and at the time of writing is still unable to drive; Gerry has had a knee replacement and needs stents inserted into his arteries; Barbara is making a very slow recovery from her stroke; Eric still needs physiotherapy and will not know before November if he will need an operation or other treatment and Joan has been kept busy with her mother being very ill in Los Arcos. Add to this the visitors we all get and those of us who have had holidays leading to a shortage of volunteers in most areas you will understand how grateful we are to the ones who have picked up the pieces. I do hope next month may be easier.

**Elaine Dale**



# **FUNDRAISING REPORT** **SEPTEMBER 2010**



We continue to do well at the Sunday market car boot with many thanks not only to our volunteers who man the stall, but also to those who have kept us supplied with plenty of goods to sell. It has been very hot but we have soldiered on. We are still keeping our fingers crossed for another car boot day at the Autocine, but so far nothing to report.

On 24<sup>th</sup> August we were invited to have a stall at the Mar Menor Golf Resort Continental Hotel. We decided on a tombola, which was very successful, we collected 140.00 euros. Once again it was extremely hot, thank goodness Brian brought his Sun Umbrella. Many thanks to Brian, Pat Massingham, Jackie Ree, Barbara Scott and June Baker. Many thanks also to Eileen who supplied the much needed drinks. Pat's sister also helped out.

Although we have had a summer break from fundraising, we have been busy organising the Autumn Events. The first being Heather's buffet at the Culture Centre in Sucina, ABBRACADABRA are providing the entertainment. It's on Wednesday 1<sup>st</sup> September, the cost is 10 euros. The proceeds will be divided between HELP and PADS

Elaine's Quiz with a Difference is on Tuesday 14<sup>th</sup> September to be held at the Olympia restaurant in Mil Palmares. Usual price of 10 euros which, includes chicken and chips. The Quiz is the same day as our General meeting in September!

We have the International Fair on Saturday 18<sup>th</sup> September with the usual tombola and Ziggy's fashion show and our nearly new clothes rail. It starts at 4.00pm.

Although strictly a Friendship Group Event I am promoting the Beetle Drive on Wednesday 6<sup>th</sup> October at the Caravan Club in San Javier. The cost is 6 euros, which includes a lunch of either chicken and chips or pork chop and chips. There will also be a raffle. All proceeds to HELP. Thank you Friendship Group. Tickets will be available at the meeting.

We are hoping to have an Autumn Fayre in November but we are waiting to contact the new owners of the El Torreón restaurant.

**JOAN MITCHELL**

**Fundraising Chairman**



# FRIENDSHIP GROUP REPORT SEPTEMBER 2010



As everyone is aware it has been a very quiet summer - only seven people attended the July meeting at the restaurant at La Biblioteca which, unfortunately, has now closed until further notice so as from the August meeting when Bernard did a quiz, we will be getting together at Cafe Golf in San Javier.

Make a note in your diaries that on Wednesday 6 October we are holding a Beetle Drive at the camp site in San Javier. Lunch is at 12.00 for 12.30 and the menu will be either chicken or pork chop and chips, with a vegetarian option at €6.00 per person. If you would like tickets please contact Janice on 968 134355 and let her know your choice of menu.

Look forward to seeing you at the September meeting at Cafe Golf when we hope to have a speaker.

As a footnote, we have donated €100.00 towards the purchase of a van for HELP Mar Menor which will, of course, be refunded when funds are available.

## **Pat Massingham**



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

## **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** **SEPTEMBER 2010**



I would like to thank Audrey Haigh for meeting with the Director of Los Arcos Hospital to discuss forms being printed in English. He has assured her that he will be doing this when the new hospital opens, possibly by the end of the year.

**Jackie Ree**

## **Hospital Visitors Report.**

I am sure that we all looked forward to the break during the hotter months of July and August and, although many of us did depart to the U.K., we have now returned refreshed - that's the theory anyway!

The weekly visiting of English-speaking patients in Los Arcos Hospital continued throughout the summer and, on one occasion, extended to Santa Maria del Rossell in Cartagena. Ken Dann, whilst working the Help office, received a call from the British Consulate informing him of a young lady on holiday here with her mother, who was seriously ill in that Hospital. Ken immediately set the wheels in motion. Audrey and Jackie responded promptly to the request for help and Audrey particularly was able, with her excellent knowledge of the Spanish language, to assess the situation and determine what was necessary to assist this patient.

Thanks must go to Ken, Elaine, Janice, Audrey, Jackie and Maureen. A special 'thank you' goes to Mick and Linda who are not Help members but friends of Janice' who drove Lady Elisabeth to the Hospital and she too was a comfort to the patient, who we understand is now recovering at home.

You may have noticed that many Consultants will not speak English on their consultations. Obviously this is not only to protect themselves from any misunderstandings but also possible legal action being taken against them. To avoid this situation, we do have a list of Interpreters in the office so please use this facility or contact Audrey Haigh who, for a small fee, will only be too willing to accompany anyone to an appointment.

We do need more Volunteers to assist with visiting patients in Hospital so please, if you are interested, contact me or the Help office for more information.

Finally, the posters advertising Help's services are still in place on all floors in Los Arcos Hospital so Hoorah!

**Thelma Manning**



## **CANCER SUPPORT GROUP** **SEPTEMBER 2010**



On Saturday 14th August, 2010 the Cancer Support Group arranged a Hog Roast at the New York Bar, El Trampolin. This function was very well supported and the entertainment was enjoyed by all. The evening made 711.80 euros.

**A reminder to members.** The Cancer Support "Fun Afternoon" is on Sunday 19th September, 2010. For €12 for adults and €6 for children there will be lots of different food, wine, beer and soft drinks. Games such as swimming competition, dominos, 'the wobbler' etc .all add to the fun. The people that went last year will tell you what a fantastic time was had by all.

Tickets available from Maggie Milne and Pam Clough.

**Pam Clough**

### **HELP MURCIA MAR MENOR CANCER SUPPORT GROUP**

The next open meeting will be held on 29<sup>th</sup> September 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 30<sup>th</sup> September, 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**



**Samantha Chaplin**



**21 AGAIN !!!!!**

## **SEPTEMBER**

**5<sup>th</sup> Ken Sharp**  
**9<sup>th</sup> Alan Trafford**  
**10<sup>th</sup> Megan Johnston, Francis Brydges**  
**16<sup>th</sup> Yvonne Smith**  
**18<sup>th</sup> Liz brown**  
**19<sup>th</sup> Norman Young**  
**25<sup>th</sup> Vic Hibbs,**  
**28<sup>th</sup> Margaret Milne**

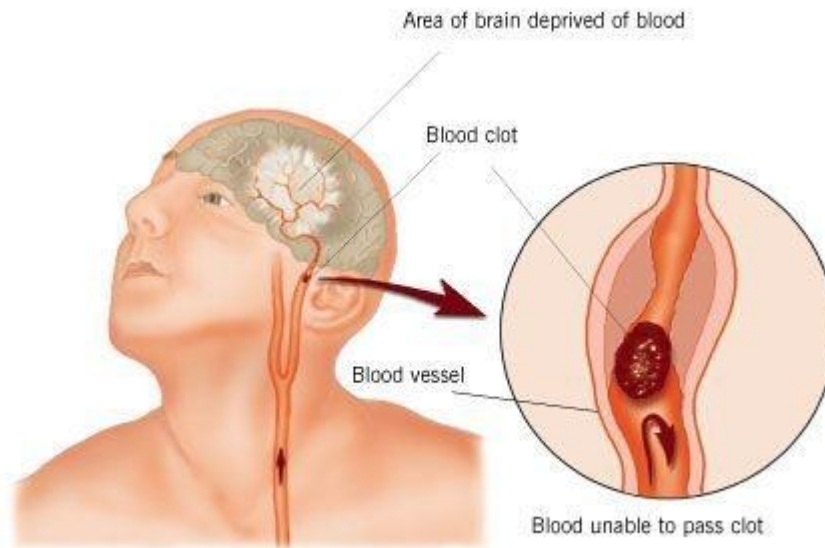
## **OCTOBER:-**

**4<sup>th</sup> Robin Bayliss, Iris Withers, Irene Woolcock**  
**5<sup>th</sup> Mary Christopher**  
**6<sup>th</sup> Ken Dann**  
**9<sup>th</sup> Catherine Weaving**  
**10<sup>th</sup> Joan Smith**  
**11<sup>th</sup> Lesley Eburne**

**Very Happy Birthday to you all**

# Blood Clots/Stroke

They Now Have a Fourth Indicator - The Tongue



## STROKE IDENTIFICATION:

A neurologist says that if he can get to a stroke victim within 3 hours he can totally reverse the effects of a stroke...totally. He said that the trick was getting a stroke recognized, diagnosed and then getting the patient medically cared for within 3 hours, which is tough.

Sometimes symptoms of a stroke are difficult to identify. Unfortunately, the lack of awareness spells disaster. The stroke victim may suffer severe brain damage when people nearby fail to recognise the symptoms of a stroke.

## RECOGNIZING A STROKE

Thank God for the sense to remember the '3' steps, STR. Read and Learn! Now doctors say a bystander can recognize a stroke by asking FOUR simple questions:

**S** \* Ask the individual to SMILE.

**T** \* Ask the person to TALK and SPEAK A SIMPLE SENTENCE (Coherently)  
(ie. It is sunny out today.)

**R** \* Ask him or her to RAISE BOTH ARMS.

**T** \* Ask him or her to 'STICK' OUT THEIR TONGUE...

If the tongue goes to one side or the other, that is also an indication of a stroke.

If he or she has trouble with ANY ONE of these tasks, call emergency number immediately and describe the symptoms to the operator.

# **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 El Torreón at the same site as the meeting.

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



Luncheon Arrangements for  
11<sup>th</sup> October, 2010



Venue: Bar El Torreón at the same site as the meeting.

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

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## **EXERCISE FOR PEOPLE OVER 50.**

Begin by standing on a comfortable surface, where you have plenty of room at each side. With a 5-lb potato bag in each hand, extend your arms straight out from your sides and hold them there as long as you can. Try to reach a full minute, and then relax.



Each day you'll find that you can hold this position for just a bit longer. After a couple of weeks, move up to 10-lb potato bags. Then Try 50-lb potato bags and then eventually try to get to where you can lift a 100-lb potato bag in each hand and hold your arms straight for more than a full minute. (I'm at this level.)

After you feel confident at that level, put a potato in each bag.

## “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)**

# RETIRED?????

Question: How many days in a week?

Answer: 6 Saturdays, 1 Sunday

Question: When is a retiree's bedtime?

Answer: Three hours after he falls asleep on the couch.

Question: How many retirees to change a light bulb?

Answer: Only one, but it might take all day.

Question: What's the biggest gripe of retirees?

Answer: There is not enough time to get everything done.

Question: Why don't retirees mind being called Seniors?

Answer: The term comes with a 10% discount.

Question: Among retirees what is considered formal attire?

Answer: Tied shoes.

Question: Why do retirees count pennies?

Answer: They are the only ones who have the time.

Question: What is the common term for someone who enjoys work and refuses to retire?

Answer: NUTS!

Question: Why are retirees so slow to clean out the cellar, attic or garage?

Answer: They know that as soon as they do, one of their adult kids will want to store stuff there.

Question: What do retirees call a long lunch?

Answer: Normal.

Question: What is the best way to describe retirement?

Answer: The never ending Tea Break.

Question: What's the biggest advantage of going back to school as a retiree?

Answer: If you skip classes, no one calls your parents.

Question: Why does a retiree often say he doesn't miss work, but misses the people he used to work with?

Answer: He is too polite to tell the whole truth.

QUESTION: What do you do all week?

Answer: Monday through Friday, NOTHING..... Saturday & Sunday, I rest

# EVENTS CALENDAR 2010

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

## SEPTEMBER

### HELP MMM GENERAL MEETING

Tuesday 14th September, 2010, 11.30 first calling, second calling noon.

Speaker - To be advised

Biblioteca, Los Narejos.

followed by lunch in El Torreón Restaurante

### QUIZ WITH A DIFFERENCE

Tuesday 14th September, 2010.

Olympia Restaurant, Mil Palmeras

Cost of €10, including Chicken and chip supper

### INTERNATIONAL MARKET

Saturday 18<sup>th</sup> September 4pm

Details to follow

### CANCER SUPPORT GROUP FUN DAY

Sunday 19th September, 2010

at Rita & John Keeligan's house.

Cost of €12 per person

### FRIENDSHIP GROUP

Friday 24<sup>th</sup> September, 2010, 12 noon

EL Torreón Restaurante, Biblioteca,

CISSMU, Los Narejos



### HELP MMM CANCER SUPPORT GROUP

Wednesday 29th September, 2010, 11.30 start

EL Torreón Restaurante, Biblioteca,

CISSMU, Los Narejos



### HELP MMM DIABETIC GROUP

Thursday 30<sup>th</sup> September, 2010, 11-12 noon

EL Torreón Restaurante, Biblioteca,

CISSMU, Los Narejos

## OCTOBER

### BEETLE DRIVE

Wednesday 6<sup>th</sup> October, 2010

Caravan Club in San Javier start 12.00 for 12.30

Cost is €6 incl a lunch of either chicken and chips or pork chop and chips.

### **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 Torreón Restaurante**

### **HELP MMM CANCER SUPPORT GROUP**

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

**EL Torreón Restaurante, Biblioteca,**

**CISSMU, Los Narejos**



### **HELP MMM DIABETIC GROUP**

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

**EL Torreón Restaurante, Biblioteca,**

**CISSMU, Los Narejos**

### **FRIENDSHIP GROUP**

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

**EL Torreón 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 Torreón Restaurante**

### **HELP MMM CANCER SUPPORT GROUP**

**Wednesday 24<sup>th</sup> November, 2010, 11.30 start**

**EL Torreón Restaurante, Biblioteca,**

**CISSMU, Los Narejos**



### **HELP MMM DIABETIC GROUP**

**Thursday 25<sup>th</sup> November, 2010, 11-12 noon**

**EL Torreón Restaurante, Biblioteca,**

**CISSMU, Los Narejos**

### **FRIENDSHIP GROUP**

**Friday 26<sup>th</sup> November, 2010, 12 noon**

**EL Torreón Restaurante, Biblioteca,**

**CISSMU, Los Narejos**



## FORTHCOMING EVENTS

28<sup>th</sup> May 2011

HELP Gala Ball "A Celebration of HELP"

Prince Phillippe 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)

# **Lui'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**



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Shower and  
Bath Screens  
Electrical items  
Air Conditioning

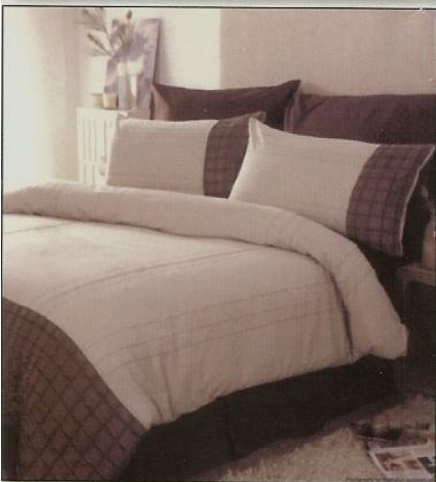


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**HELP MMM is also extremely fortunate in receiving donations and special support from the following companies. Without this sponsorship we could not provide this essential service to the community of the Costa Calida.**

**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



## **Quiz with a Difference**



**When? Tuesday 14<sup>th</sup> September, 2010  
7.00 for 7.30pm start**

**Where? Olympia Restaurante  
Mil Palmeras**

**Cost? €10 Chicken and Chips Supper**

## **Raffle**



**Prizes for the winning team**

**Bring your friends along and make up a team**



**Tickets available from:**

**Joan Mitchell 968 181 943**

**Office – 968 57 00 59**

**Joan Mitchell at the  
Sunday Market - Autocine**

**ALL PROCEEDS IN AID OF  
HELP MURCIA MAR MENOR**

# HELP MURCIA MAR MENOR FRIENDSHIP GROUP

are holding a Beetle Drive

at the Caravan Club,  
San Javier



on Wednesday  
6<sup>th</sup> October, 2010



starting at  
12.30pm

including a Chicken and chip or  
Pork Chop and chip lunch

Cost 6 euros.

A raffle will also be held with all proceeds going  
to **HELP**.

Tickets available from:-  
Joan Mitchell on 968 18 19 43 or  
Janice Clark on 968 13 43 55.

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

## **HOW HOT WAS THAT ?**

The hottest August for 30 years apparently. As far as the office is concerned, not so hot, but warmish. We had a maximum of 4 scooters out at once but only for 40 days. A maximum of 6 wheelchairs were out for 90 days. Crutches (3 of) Toilet equipment (3 of) Baby equipment (3 of) and Bath equipment (1 of) were out for 35, 59, 31 and 24 days respectively. September bookings at this point look light but we will wait and see.

The main highlight stories from the daybook have been stolen by others and appear in the magazine elsewhere but one issue which is becoming more and more obvious is the help people need in terms of aftercare support, not provided by the healthcare system. In some cases we are able to be supportive but in extreme cases where financial issues are vitally important we are unable to provide anything meaningful !

Ken Dann 31/08/10

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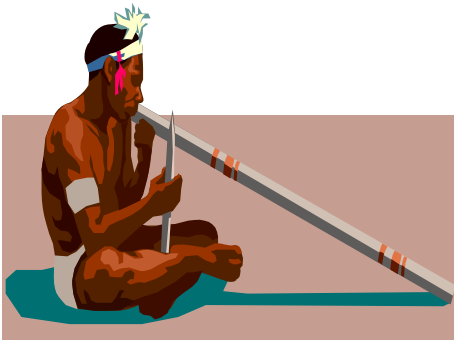
### **MAGAZINE CUT-OFF DATE:**

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.

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## **ONELINERS!!**

I met this bloke with a didgeridoo and he was playing Dancing Queen on it. I thought.....  
"That's Aboriginal."

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

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

## **All about Cholesterol**

Cholesterol is a fatty substance known as a lipid. It is mostly made by the liver from the fatty foods we eat and is vital for the normal functioning of the body.

Having an excessively high level of lipids in your blood can have a serious effect on your health as it increases your risk of having a heart attack or stroke.

### **Risks of high cholesterol**

Evidence strongly indicates that high cholesterol levels can cause narrowing of the arteries (atherosclerosis), heart attack and stroke.

This is because cholesterol can build up in the artery wall, restricting the flow of blood to your heart, brain and the rest of your body. It also increases the chance of a blood clot developing.

Your risk of coronary heart disease (when your heart's blood supply is blocked or disrupted) rises as your blood's cholesterol level increases. Other factors, such as high blood pressure and smoking, increase this risk even more.

### **Preventing high cholesterol**

You can help prevent getting high blood cholesterol by eating a healthy, balanced diet that is low in saturated fat.

Including a small amount of unsaturated fat in your diet can be healthy as this type of fat can reduce cholesterol levels. It is thought that the traditional Mediterranean diet, with plenty of olive oil and low animal-fat content, is good for cardiovascular health (the health of the heart and blood circulation).

Foods high in unsaturated fats include:

- oily fish,
- avocados,
- nuts and seeds,
- sunflower, rapeseed and olive oil, and
- vegetable oils.

If you are overweight, losing weight should help reduce your cholesterol level. Regular exercise can help you lose weight.

### **Treating high cholesterol**

If you have been diagnosed with high cholesterol, the first method will be making changes to your lifestyle, by adopting a low-fat diet and doing plenty of regular exercise with a qualified fitness instructor, who can also monitor your progress on a regular basis. If after a few months, your cholesterol level has not dropped, you will be advised by your fitness instructor to take cholesterol-lowering medication which you will have to see your GP for.

Paul Morris  
The BodyCare Clinic  
Tel: 679621563

## SOLUTION TO JULY'S SUDOKU PUZZLE.

#

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



### **Absolutely Brilliant Household Tip**

**Always keep several Get Well cards  
On the mantelpiece.....  
So if unexpected guests arrive, they  
They will think you've been sick and  
unable to clean!**



## **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.**