



Monthly Magazine

SEPTEMBER 2011

Office

968 570 059

(Emergency 654 632 077)

Honorary Patron **Lady Elisabeth Hebdige**

Our Patron **Sheila Merrett**
 sheilamerrett@yahoo.com

Your committee members are:

President **Elaine Dale** **968 17 06 06**
 elaineandbrian@live.com **608 41 37 44**

Vice President **Pat Massingham** **968 60 78 79**
 massinpm@yahoo.com **669 52 61 32**

Treasurer **Robin Bayliss** **968 58 90 89**
 robbayl@aol.com **679 00 01 75**

Secretary **Cynthia Sherry** **968 37 10 91**

Membership & **Chris Hulme** **968 58 21 45**

Manager (Staff) **christopherhulme@hotmail.com** **661 25 74 84**

Caring Services **Sue Bayliss** **968 58 09 89**

susanblss65@gmail.com **697 60 75 99**

Fundraising **Joan Mitchell** **968 18 19 43**

(Car boot) **joanmitchell2007@yahoo.co.uk** **678 13 54 67**

Administration **June Barrie**

Press & Publicity **Gerry Sherry** **968 37 10 91**

gerrysherry@gmail.com

Other members for contact:

Translator **Audrey Haigh** **968 17 81 74**

Meet & Greet **Pat Massingham** **See above**

Manager

Co-ordinator

(Hospital Rota) **Thelma Manning** **968 58 26 05**

Co-ordinator **thelmainspain@hotmail.com** **636 03 92 39**

Friendship **Gerry and Cynthia Sherry** **See above**

Group

Diabetic Group **Silvia Bergamasco** **685 36 15 19**

Cancer Support **Margaret Milne** **868 00 00 78**

Group **imargaretmilne@hotmail.com** **605 44 12 86**

Magazine **Lynda Buck** **968 60 89 83**

lyndabuck@hotmail.com **628 14 77 66**

A WORD FROM YOUR PRESIDENT

Welcome back after the summer break. Obviously the work of HELP MMM has continued throughout the summer and thanks are due to all those who have not only continued as normal but in many cases have covered for absent colleagues. At our last meeting Pat mentioned a way of thanking our volunteers by a loyalty scheme whereby hours worked are logged and rewarded. This is now in operation but it is necessary for volunteers to tell Pat when and for how many hours they have worked.

In the office June is still working on the website but it is operational for things like events and useful information, look at it and you will see how well it has been updated. Minutes and magazines will be there in future also. Training of office volunteers is also still ongoing, the next part is to do with mobility equipment. There have been several changes made to the process of loaning out equipment and a regular system of cleaning the equipment has re-started. We are grateful for the patience and support shown by the volunteers throughout the training. The loan of equipment has been quite slow but is nevertheless an important part of our work.

Another important part is fundraising, the car booters have been making well over 250 euros each week which is wonderful considering how hot it has been. The barbecue/dance was a success although numbers were small, the Night at the Proms tickets are a sell out and tickets for the Quiz with a Difference will be on sale at the meeting in September. Social events have also continued through the work of the Friendship Group. On 29th July 23 members attended a barbecue at Café Golf in San Javier and on 26th August a quiz was organised by Bernard at the same venue. Watch for future events in the magazine or web page.

Hospital visiting has also continued throughout the summer. Not everything in Spain stops in August as operations and accidents are still being treated and patients are always glad to see a friendly face. We will be passing on information with regard to parking charges at Los Arcos elsewhere and at the meeting.

There have been no new members in the summer but on three Thursdays over the next three months we will be trying to attract new members through coffee mornings (see events lists) and we would be grateful for anyone who would like to help by making coffee, washing up or talking to visitors about our work. You may realise from this report that we do need more volunteers for all aspects of our work. Perhaps you do not want to commit yourself

on a regular basis but could you consider helping to cover in case of emergency or for holiday absences?

Elaine Dale



FUNDRAISING REPORT **SEPTEMBER 2011**



With very many thanks to the car boot team for surviving the very hot summer and turning up every Sunday. We have made a lot of money over the summer for which we are grateful to the people who have donated the goods.

The Summer Dance on Friday 19th August at the Port restaurant in Los Urrutias was a great success even though only 39 people attended. The barbecue was excellent, the lovely breeze from the Mar Menor was welcome and the music was great.

We also attended a Community day at the Mar Menor Golf Resort and raised 181.23 euros on the tombola. It was a very hot day, but Brian, Janice, Tricia, Gerry and Cynthia all enjoyed it. Many thanks to Pat Massingham for organising the excellent tombola.

There will be an International Fair on Saturday 17th September at Las Claras. We will be having our usual tombola and fashion show by Ziggi. We hope you will come along and support us. It starts at 6.00pm this year as there are going to be more acts on the stage.

On Thursday 29th September we are holding a Night at the Proms at the Olympia restaurant in Mil Palmares. We only have a few tickets left as people have been buying them throughout the summer. The tickets are 12.50, which, includes a meal of chicken and chips with a salad starter and wine.

Elaine's Quiz with a Difference will be held in the El Carmoli restaurant on Thursday 20th October. Tickets will be 12 euros, including a meal. We are trying to hold our fund raising events in various locations as we are all scattered along the Mar Menor and beyond. I am taking names at the meeting.

We have booked our Christmas meal for Tuesday 13th December at the Oasis restaurant in Los Belones at a cost of 22.50 euros. We thought we would try somewhere different this year at a reasonable cost.

**JOAN MITCHELL
FUNDRAISING CHAIRMAN**



FRIENDSHIP GROUP REPORT **SEPTEMBER 2011**



The Friendship Group was formed in 2006 as an offshoot of HELP Murcia Mar Menor. Its aim is to promote friendship amongst newcomers to Spain or to people who have been recently bereaved or just lonely. We are a friendly bunch and welcome newcomers. We have interesting speakers or sometimes there is a quiz which does not tax the brain cells too much. We pay 1 Euro to attend the group on the last Friday of each month, and also have a raffle. All this raises money so that twice a year we have a free lunch. Who said that there is no such thing as a free lunch! There is with us. When the weather has cooled down we will be thinking about where to go on a bus trip.

On 29 July we had a barbecue at Café Golf in San Javier and a good time was had by all. In June we had a demonstration by Zumba fitness and everyone was tapping their toes and itching to get up there and try the moves. We are meeting at the Café Golf, San Javier on August 26th when there will be a quiz and a raffle. Come and join us. You do not have to be a member of HELP Murcia Mar Menor to be a member of the Friendship Group.

Ring Cynthia Sherry on 968371091, or ring the office on 968570059 to find out about the Friendship Group and our other activities and events.

The HELP office is holding coffee mornings at its office at Calle Penelope 11, Los Narejos, Urbanizacion Oasis, Los Alcazares just behind the Deutsch Bank, on 22 September, 20 October and 17 November between 10.30 and 1 p.m. Come along and have a look at what we do.

Cynthia Sherry

Time for a bad joke!!

My mate's missus left him last Thursday, she said she was going out for a pint of milk and never came back!

I asked him how he was coping and he said, "Not bad, I've been using that powdered stuff."





CARING SERVICES REPORT **SEPTEMBER 2011**



It has certainly been a long hot summer but Mobility Equipment loans have been slow. It seems that the many visitors to the Mar Menor this year are fit and well and not in need of our services. I suppose it is possible that they are unaware of our new location. In September I am hoping to advertise the mobility equipment that we have for loan in order to boost our profile in this area.

Meanwhile I have instigated a regular cleaning and checking programme of the equipment about which I feel strongly. Most times when the equipment is returned it is just put back in the store cupboard and brought out when it is sent out on loan again. We really need to do a thorough check of the item and ensure that it is clean for the next person who is going to use it. I think it is very important that any equipment we send out on loan is SAFE and CLEAN, not only for the people who are going to be using it but also for the reputation of HELP.

There have been a several changes to the process of loaning out the Mobility Equipment and I appreciate it has been difficult for the volunteers. On the whole though the comments I have received are very positive and I would like to thank all the office volunteers for their patience and support.

**Sue Bayliss
Caring Services Officer**

Hospital Visiting Report

We trust that everyone enjoyed the summer holidays and, those of us that remained in Spain, managed to survive the extreme heat that prevailed!

The Help Vega Baja Hospital Volunteers had to postpone visiting at their Hospital as they found it necessary to enforce the 'Patient Rights and Data Prevention Law' which meant that they were prevented from disclosing names of english speaking patients. They are trying to find a solution to this valuable service.

We as Help Murcia Mar Menor Hospital Volunteers have a Certificate officially signed and stamped by the Director of

Los Arcos Hospital so, if we do happen to be challenged on our weekly visits, we can produce the necessary paperwork giving us permission to ensure that all English speaking patients receive a visit and have a listening ear or shoulder to lean on where necessary.

Our Volunteers have continued Hospital visiting throughout the summer but problems are arising with the cost of parking at the Hospital. Parking a car for the day costs €9.40 (which the doctors and nurses also have to pay)! One of our members had occasion to take her neighbour to A & E and parked in the A & E car park for almost 7 hours. On departing, the cost was €38 plus! The answer, if you have reason to go to A & E with a patient, drop them off at the entrance and park in the main car park before walking back to the A & E department thus preventing exorbitant charges OR catch the Bus! From Los Narejos opposite the taxi rank the buses run to Los Arcos Hospital at 9.30 - 13.30 - 15.30 and 19.00 and return at 10.15 - 14.00 - 16.15 and 20.00 and the cost is €1.05 for each journey. The bus comes from Torre Pacheco then on to the Town Hall so times for these stops obviously depend on traffic etc.

Finally, the loss of a loved one is likely to be the worst experience we ever face - and it happens to all of us. Some acts of kindness towards others can help you feel good. If you know of someone who has recently lost a loved one and would like to "have a cup of tea and a friendly chat" we now have a group of Help Volunteers happy to oblige so please do telephone me, Thelma Manning of your Help office for more information.

As usual, a very big "thank you" goes to all our caring and dedicated Hospital Volunteers - they do a great job.

Thelma Manning



For Sale

**Wedding Dress, Size 8
Worn once.....by mistake!!!**



CANCER SUPPORT GROUP



PREVENTION IS BETTER THAN CURE

ACT NOW

The Help Murcia Mar Menor Cancer Support Group wishes to advise the men and women who live in the MURCIA REGION that the AECC have kindly offered screening for breast and cervical cancer for women.

The normal cost is 120 euro but the AECC are asking for a donation of only 60 euro.

This procedure is carried out at the AECC clinic in Alicante.

For men a blood test and screening is offered by an urologist specializing in cancer of the prostate at a clinic in Torrevieja.

The normal cost is 90 euro but the AECC are asking for a donation of only 45 euro.

People wishing to take part in this programme do not require to be in possession of a medical card but have to register beforehand with Megan Johnston, pay the donation, give name and address, date of birth and NIE number.

Please call Megan on 680 39 32 57 Monday to Friday 10am until 5pm

HELP MURCIA MAR MENOR CANCER SUPPORT GROUP

The next open meeting will be held on 28th September, 2011
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



No meeting this month. See next months magazine for further details

For more information contact Silvia Bergamasco Tel: 656 621 167

DRAIN **force**

Blockages Cleared
Drain Camera Inspections
Urbanisation Contracts
High Pressure Jetting
No Chemicals Used
Drain Repairs &
Installation



637 290 149

email: drainforceinfo@gmail.com

The No.1 COMPANY in The No. 2 BUSINESS

“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

EVENTS CALENDAR 2011

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

SEPTEMBER

HELP MMM GENERAL MEETING

Tuesday 13th September, 2011 11.30am first calling,
12 noon second calling
Las Claras,
Los Alcazares.

INTERNATIONAL FAIR

Saturday 17th September, 6.00pm
at Las Claras, Los Alcazares.
We will be having our usual tombola and fashion show by Ziggi.

COFFE MORNING

Thursday 22nd September between 10.30 a.m. and 1 p.m.
Outside the HELP Office,
Coffee and biscuits will be free of charge
Christmas cards, calendars and diaries will be on sale.



HELP MMM CANCER SUPPORT GROUP

Wednesday 28th September, 2011, 11.30am start
El Puerta Restaurante, Biblioteca,
CISSMU, Los Narejos

DIABETIC SUPPORT GROUP

No meeting this month



NIGHT AT THE PROMS.

Thursday 29th September, 2011
The Olympia Restaurant, Mil Palmeras
12.50 euro including Chicken and Chip Supper,
Salad starter and Wine



FRIENDSHIP GROUP

Friday 30th September, 2011, 12 noon
Café Golf, San Javier



OCTOBER

HELP MMM GENERAL MEETING

Tuesday 11th October, 2011 11.30am first calling,
12 noon second calling
Las Claras,
Los Alcazares.

E@5 = B 9 Ñ G ` E I = N ` K = H < ` 5 ` 8 = : : 9 F 9 B 7 9
Thursday, 20th October, 2011 7pm for 7.30pm
El Carmoli Restaurant, El Carmoli
12 Euro including meal



COFFE MORNING

Thursday 20th October between 10.30 a.m. and 1 p.m.
Outside the HELP Office,
Coffee and biscuits will be free of charge
Christmas cards, calendars and diaries will be on sale.



FRIENDSHIP GROUP

Friday 28th October, 2011, 12 noon
Café Golf, San Javier



NOVEMBER

HELP MMM GENERAL MEETING

Tuesday 8th November, 2011 11.30am first calling,
12 noon second calling
Las Claras,
Los Alcazares.

COFFE MORNING

Thursday 17th November between 10.30 a.m. and 1 p.m.
Outside the HELP Office,
Coffee and biscuits will be free of charge
Christmas cards, calendars and diaries will be on sale.



AUTUMN FAIR

DECEMBER

HELP ANNUAL CHRISTMAS LUNCH

Tuesday 13th December, 2011
at the Oasis restaurant in Los Belones
Cost 22.50 euros.



FORTHCOMING EVENTS

JANUARY 2012

A Variety Show

D @ 9 5 G 9 ' D I F 7 < 5 G 9 ' M C I F ' H = 7 ? 9 C H G ' ' 6 8 M 5 A S < 9 ' Î 7 I
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 U j U] ` U V ` Y ' U Z \ b X Z ĩ h X Ø h Ý W c Ø ' h
event, but you will need to confirm this with our ticket co-ordinator
Joan Mitchell or with the Help MMM Office.

Tickets and information available from: -

JOAN MITCHELL	968 18 19 43
HELP MMM OFFICE	968 57 00 59

(between 10.00 a.m. & 1.30 p.m. Monday to Friday)

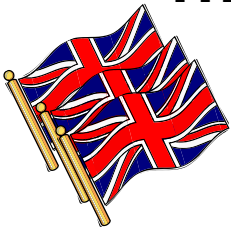
NEXT EVENT FOR HELP MURCIA MAR MENOR



HELP MURCIA MAR MENOR INVITE YOU TO JOIN THEM AT A **NIGHT AT THE PROMS**

LIVE MUSIC BY AL JARREL

THURSDAY 29TH SEPTEMBER, 2011



AT



**THE OLYMPIA RESTAURANT,
MIL PALMARES**

CHICKEN AND CHIP SUPPER

TICKETS 12.50 EUROS

RAFFLE

TICKETS AVAILABLE FROM:-

JOAN MITCHELL 968 181 943

Think FURNITURE Think

DFS

NEW STORE NOW OPEN



Large FREE Carpark

Kids Zone

Baby Change Facilities

Real Sized Room Settings

DFS Spain has recently moved to a new store. It is now 1000m further along the same road as the old store. Between **ICELAND** and **DECATHLON** on the outskirts of **SAN JAVIER**. 2km from the **DOS MARES** shopping centre. Opening Times are 09.30—17.30 Monday to Friday, and 10—13.00 on Saturdays. Other than local holidays.

0034-968-334-194 mail@dfsspain.com

www.dfsspain.com/offers

DFS Spain. Direct Furniture In Spain. CIF B-73251977.

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

NEW FRIENDS OF HELP MURCIA MAR **MENOR**



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

Our venue is
Las Claras,
Los Alcazares



21 AGAIN !!!!!

Very Happy Birthday to you all

SEPTEMBER:-

- 5th Ken Sharp**
- 9th Alan Trafford**
- 10th Megan Johnston**
- 15th Janneke Chambers, Linda Donnelly**
- 16th Yvonne Smith**
- 19th Norman Youngs**
- 25th Vic Hibbs**
- 28th Margaret Milne**

OCTOBER:-

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

SIXTY USES OF BAKING SODA

Bicarbonate of soda or baking soda has many different uses in the household.

Although much more expensive products have been developed over the years to do the same jobs, baking soda can work for you just as well, if not better. Use it in the following ways:

1. To make your own baking powder, stir and sift together 2 parts of Cream of Tartar to 1 part baking soda and 1 part cornstarch.
2. Be sure to keep an extra box of baking soda by your stove in case of grease or electrical fire. Scatter the powder by the handful to safely put it out.
3. Keep a container of baking soda in your garage as well as in your car to put out a fire. It won't damage anything it touches.
4. Baking soda will also put out fires in clothing, fuel, wood, upholstery and rugs.
5. Clean vegetables and fruit with baking soda. Sprinkle in water, soak and rise the produce.
6. Wash garbage cans with baking soda.
7. Soak and wash diapers with baking soda.
8. Oil and grease - stained clothing washes out better with soda added to the washing water.
9. Clean your fridge and freezer with dry soda sprinkled on a damp cloth. rinse with clear water.
10. Deodorize your fridge and freezer by putting in an open container of baking soda to absorb odors. Stir and turn over the soda from time to time. Replace every 2 months.
11. Soda absorbs kitty litter odors. Cover the bottom of the kitty box with 1 part soda; then add a layer of 3 parts kitty litter on top.
12. Always add 1/2 cup soda to your washing machine load.
13. Clean combs and brushes in a soda solution.
14. Wash food and drink containers with soda and water.
15. Wash marble-topped furniture with a solution of 3 tablespoons of soda in 1 quart of warm water. Let stand awhile,

More next month

SODOKU

H \] g ` a c b h \ Ñ g ` d i n n ` Y "

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 to 9. Plus each row across and each row down must also contain the numbers 1 to 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			

SOLUTION TO JULY'S SUDOKU PUZZLE.

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

MAGAZINE CUT-OFF DATE:

Monday 5 September 26th, 2011 (for October Publication)

Monday 5 October 24th, 2011 (for November Publication)

Monday 5 December 26th, 2011 (for January 2012 Publication)

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



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.

Otherwise our rates are: _____ -	Yearly	Monthly
<u>Full Page</u> Back or first & last inside pages	Negotiable	Negotiable
Not back or first & last inside pages	500 Euros	60Euros
<u>½ Page</u> Back or first & last inside pages	Negotiable	Negotiable
Not back or first & last inside pages	250 Euros	30Euros
<u>¼ Page</u> Back or first & last inside pages	Negotiable	Negotiable
Not back or first & last inside pages	125 Euros	15Euro s

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 MENO R

OUR NEW OFFICE
(as from November 2010)

Calle Penélope N°11
Urbanización Oasis
Los Narejos
30710 Los Alcázares
MURCIA

Phone/Fax: 968 570 059
EMERGENCY No: 654 632 077
email: helpmmm@gmail.com
www.helpmurciamarmenor.org

DIRECTIONS TO OUR OFFICE

- ◁ From the AP7 motorway, take exit 786 signposted Los Alcázares norte
- ◁ At the roundabout opposite are decorative arches, proceed through the arch passing the Robleamar Restaurante
- ◁ Take the first turning on the right into Calle Penélope
- ◁ Second right (alongside the Tourist Information Office)
- ◁ Right again onto the service road
- ◁ We are directly behind the Deutsch Bank