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July in Spain

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LETTER FROM THE EDITOR

As July arrives, Spain settles into its most iconic seasons - summer. The days are longer, the evenings stretch lazily into the night, and communities come alive with fiestas, outdoor dining, and the unmistakable rhythm of summer living. For many of us who have chosen to make Spain our home, this is the time of year when we are reminded exactly why we fell in love with the country in the first place.

Whether this is your first summer as an expat or your twentieth, July offers endless opportunities to embrace the lifestyle that makes Spain so special. From coastal escapes and village celebrations to shaded terraces and family gatherings, there is a sense of connection and enjoyment that defines these warmer months. It is also a wonderful time to take stock of our homes and outdoor spaces, making them more comfortable, sustainable, and enjoyable for the season ahead.

In this edition, we celebrate the very best of summer living. You'll find inspiration for creating inviting outdoor areas, practical ideas for keeping your home cool during the hottest days, and design trends that bring both style and functionality to Mediterranean living. We also explore ways to make the most of local produce, support community businesses, and enjoy the simple pleasures that are often at the heart of life in Spain.

With this in mind, we welcome new businesses to our family of advertisers. Please remember when contacting them to mention you saw their advert in Home & Living .

For many expats, home is more than just a place; it is the bridge between our past and present, a reflection of where we came from and where we have chosen to build our future. Your presence, your interaction and your friendships are what help shape the vibrant international communities that thrive across Spain.

As always, our aim is to provide practical advice, fresh ideas, and engaging articles that are useful in everyday life. Whether you are planning a renovation, seeking local recommendations, entertaining guests, or simply enjoying a quiet moment with a coffee and this magazine, we hope these pages offer both inspiration and enjoyment.

On behalf of the entire editorial team, thank you for being part of our community. We wish you a wonderful July filled with sunshine, laughter, new discoveries, and memorable moments with family and friends.

Happy reading and enjoy the summer.

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The Art of Travel: Discovering the World Your Way

Travel has never been more personal. For some, it's the elegance of a luxury cruise gliding through historic waters; for others, it's the rhythm of a river journey through vineyard-lined valleys, or the simple pleasure of waking up to Caribbean sunshine.

Wherever your dreams take you, the beauty of travel today lies in choice—and in creating a journey that feels entirely your own.

At Worldwide Horizons Travel Agency, we specialise in curating tailor-made holidays with a particular focus on departures from Spain. Whether it's a seamless fly-cruise from Madrid, Alicante, or beyond, or a carefully crafted land and sea itinerary, we bring together the world's leading cruise lines and destinations to create something truly unique for every traveller

Mediterranean Moments: Culture, Coastlines and Timeless Beauty

Few regions rival the sheer diversity of the Mediterranean, where history, culture, and breathtaking coastlines come together in one unforgettable journey. From the vibrant energy of Istanbul, where East meets West, to the ancient wonders of Athens, this is a region steeped in stories waiting to be discovered. Sail further and you'll uncover the sun-drenched beauty of the Greek Islands, the dramatic coastlines of the Adriatic, and the timeless charm of ports like Dubrovnik and Kotor.

Cruising the Eastern Mediterranean offers a seamless way to experience it all. One day you could be exploring centuries-old ruins or bustling bazaars, the next relaxing in a secluded island cove, followed by an evening arriving into another stunning harbour as the sun sets. It's this effortless blend of discovery and relaxation that makes the Mediterranean so captivating. Whether you're drawn to intimate, ultra-luxury voyages or vibrant, all-inclusive escapes, there's a journey here to suit every traveller—and every dream.

Winter Sun and Festive Escapes

For many travellers, the idea of escaping the colder months has become more appealing than ever. Swapping winter coats for warm sunshine is not just a luxury—it's a way to completely reimagine the festive season. Destinations like Asia, the Caribbean or the Canary Islands offer welcoming warmth in the winter months, offering dramatic volcanic landscapes, and the perfect balance of relaxation and exploration. Celebrating Christmas or New Year at sea or by the ocean brings a sense of freedom—no routines, no stress, just time to enjoy. It's a different kind of festive experience, and one that more and more travellers are choosing each year.

Slow Travel, Deep Experiences: The Rise of River Cruising

If ocean cruising is about breadth, river cruising is about depth. These journeys take you into the heart of Europe, where life unfolds along scenic waterways lined with castles, vineyards, and historic towns. River cruises are ideal for those

who appreciate a slower pace, immersive culture, and a more intimate atmosphere. From wine regions to musical heritage, many itineraries focus on themes that enrich the journey even further—turning a holiday into a true experience. With seamless connections from Spain and thoughtfully designed itineraries, river cruising continues to grow in popularity for travellers looking for something a little different.

Beyond Europe: Tropical Shores and Total Relaxation

Of course, sometimes the perfect holiday means switching off completely. The Caribbean remains one of the world's most sought-after destinations for good reason—powder-soft beaches, turquoise waters, and a climate designed for relaxation. Mexico's Caribbean coast, in particular, offers an appealing blend of luxury resorts, vibrant culture, and natural beauty. Whether it's a romantic escape, a winter getaway, or simply a chance to recharge, these destinations deliver a sense of total escape.

And with departures easily arranged from Spain, long-haul travel can feel surprisingly effortless.

For the Ultimate Traveller: Journeys Without Limits

For those who dream bigger, travel can go far beyond the traditional holiday. Extended voyages—whether multi-week explorations or even journeys around the world—are becoming increasingly popular with travellers who want to fully immerse themselves in the experience. These extraordinary itineraries offer the chance to see multiple continents, cultures, and landscapes in a single seamless journey. They are not just trips—they are milestones, designed for those who want to turn a passion for travel into something truly unforgettable.

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The magic number for financial contentment

We all know money cannot buy happiness. But most of us would quietly admit that having enough of it makes life considerably easier. Now, someone has actually tried to put a figure on exactly how much “enough” looks like in Spain, and the answer is both fascinating and, for most people, a little sobering.

Researchers at Purdue University in the United States identified what they call an “income saturation point,” the salary level beyond which earning more no longer makes a meaningful difference to how happy you feel. Think of it as the point where the financial worries finally go quiet. Below that threshold, more money genuinely improves your sense of wellbeing. Above it, the effect fades and life doesn’t get noticeably better, however much more you earn.

That research was then adjusted to give the figures for the cost of living in different countries and cities. For Spain, the number they arrived at is €77,192 a year. That is what it apparently takes for money to stop being a source of stress while we are living the dream. It is an interesting figure to consider alongside research showing that some of the happiest places in Spain, from Chipiona on the Cádiz coast to the coastal areas of Almeria and Alicante, consistently score highly not because of wealth, but because of sunshine, community and quality of life.

The problem is that the average gross salary in Spain sits at around €29,540 a year, according to official statistics. Even on more generous estimates, most workers earn around €40,000. Which means the typical Spaniard is less than half-way to the happiness threshold, and the gap is not a small one.

And perhaps the most human detail in the whole study: those living in Spain say they would willingly trade away 21% of their salary for a more relaxed pace of work. So even if the money were there, what many people really seem to want is a bit more time to enjoy it.



Have you found your perfect property in Spain?

Before signing a reservation agreement and paying a deposit, it is important to fully understand the commitments you are making.

Many foreign buyers view a reservation contract as a simple formality to secure a property. However, this document may contain clauses that affect your rights, set important deadlines, or determine the conditions under which your deposit can be refunded if any issues arise during the purchasing process.

The excitement of finding your ideal home can sometimes cause important details to be overlooked. However, carrying out a thorough review beforehand can help you avoid unnecessary risks and make informed decisions with greater confidence.

Before buying a property in Spain, it is essential to ensure that all documentation is in order and that the terms of the contract adequately protect your interests. What may appear to be a simple administrative step can make a significant difference to the outcome of the transaction.

At Gestoria Carvajal Solicitors & Lawyers, we support international buyers throughout the entire property purchase process in Spain. We review contracts, analyse the legal status of the property, and explain every stage of the process clearly and in a personalised manner. Buying a property should be an exciting experience, not a source of stress and uncertainty.

Before signing a reservation agreement, make sure you have the right professional advice. Contact us today and protect your investment from the very beginning.



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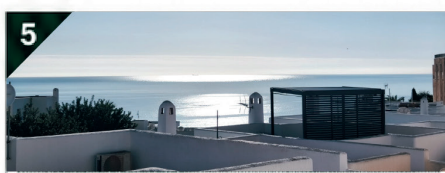
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Running with the Bulls:

Pamplona's Thrilling July Tradition

Every July, the northern Spanish city of Pamplona becomes the focus of global attention as thousands of people gather for one of the world's most famous and controversial festivals: the Running of the Bulls. Part of the annual San Fermín Festival, the event combines centuries-old tradition, religious celebration, adrenaline-fuelled spectacle, and a vibrant street party that attracts visitors from across the globe.

Held from 6th July to 14th July, the San Fermín Festival honours Saint Fermin, the patron saint of Navarre. While the religious roots of the celebration stretch back hundreds of years, it is the daily bull runs, known in Spanish as the *encierro*, that have made Pamplona internationally famous.

Each morning at exactly 8am, six fighting bulls and several steers are released onto a narrow, winding 875-metre course through the old streets of Pamplona. The animals race from their holding pens to the city's bullring, while runners attempt to stay ahead of them. The run lasts only two to four minutes, but the excitement, danger and unpredictability have captivated audiences for generations.

Participants line the route dressed in the festival's traditional white clothing with red scarves and sashes. Before the run begins, many gather to sing a short prayer to Saint Fermin, asking for protection. Moments later, a rocket signals the opening of the pens and the bulls thunder into the streets. What follows is a dramatic mix of courage, skill and chaos as runners dodge horns, weave through crowds and try to maintain their footing on the cobblestones.

The event is not without risk. Every year, dozens of runners suffer injuries ranging from bruises and broken bones to more serious wounds caused by falls or goring. Since record-keeping began in the early twentieth century, several participants have lost their lives. Despite the dangers, thou-

sands continue to take part, drawn by the unique challenge and the chance to experience one of Spain's most iconic traditions firsthand.

The festival's global reputation owes much to American writer Ernest Hemingway. After attending the San Fermín Festival in the 1920s, Hemingway immortalised it in his 1926 novel *The Sun Also Rises*. His vivid descriptions introduced generations of readers to Pamplona and helped transform the festival into an international attraction.

Yet the Running of the Bulls represents only one aspect of the celebrations. Throughout the week, the city hosts parades, traditional music, folk dancing, fireworks displays, giant puppet processions and round-the-clock street festivities. Residents and visitors alike fill the plazas and narrow lanes, creating an atmosphere that is equal parts cultural celebration and communal party.

In recent years, the festival has faced growing scrutiny from animal welfare groups, who argue that the use of bulls for entertainment is outdated and cruel. Defenders of the tradition counter that it forms an important part of Spain's cultural heritage and local identity. The debate reflects wider discussions about the balance between preserving historic customs and evolving social attitudes.

Whatever your view, there is little doubt about the event's enduring appeal. The sight of charging bulls racing through ancient streets remains one of the most recognisable images synonymous with Spain. For participants, spectators and residents, the Running of the Bulls is a living tradition that continues to define Pamplona every summer.



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The Spanish summer is stretching ahead of us once more, with days made for sunbathing and refreshing dips in the ocean and long, balmy evenings, perfect for catching up outdoors with friends and loved ones. But there is one blight on the horizon that can often make the season tiresome: mosquitoes.



As the temperature rises, these annoying critters seem to appear out of thin air, and as soon as the mercury hits 28 or 29 degrees, they begin to multiply at an alarming rate. Not only can mosquitoes cause irritating bites, but these tiny insects can also carry a multitude of diseases.



It's important to protect yourself against mosquitos, and supermarkets and pharmacies across Spain carry a plethora of sprays, creams and even repellent bracelets to keep them at bay. However, it's also possible to arm your garden with a number of plants that will drive the pests away and bring the pleasure back to outdoor dining.

Extra tips for a mosquito-free patio



ELIMINATE STANDING WATER

Mosquitoes breed in stagnant water. Empty plant saucers, buckets, and containers regularly.



USE FANS

Mosquitoes are weak flyers. A gentle breeze from a fan can help keep them away.



DIY REPELLENT CANDLES

Make your own using essential oils like citronella, eucalyptus, lavender or peppermint.



CHOOSE THE RIGHT LIGHTING

Use warm yellow or LED lights, as mosquitoes are more attracted to bright white lights.



1 Citronella

Probably the best known of all natural mosquito repellents, the insects can't stand the strong odour of the citronella plant. As well as keeping your garden clear of buzzing pests, citronella has many other uses, such as for scented moisturiser, essential oils and candles and contains many antiseptic properties.



2 Lemon basil

Most people are probably more familiar with its use in pesto rather than against pests, but lemon basil shares the same deep citrus scent as citronella, which will keep mosquitos away. It's also useful to use on bites to take the sting away and is toxic to larvae, so really helps to keep the mosquito population down.



3 Sage

Sage is another plant which carries citronellol, a natural repellent, but to be effective, the leaves of the plant have to be burned since sage only releases this scent when exposed to high temperatures.



4 Lemon geranium

This citrus variety of geranium gives off an intense scent similar to citronella and lemon that keeps mosquitos and flies away. It can also be used to make repellent oils if mixed with almond oil.



5 Rosemary

This aromatic plant can also help repel various insect species, including mosquitos, thanks to its geraniol content. Once again, the use of this plant can be maximised by burning its leaves, since the smoke it generates will scatter any lingering pests.

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Golden Leaves International has built its reputation by offering precisely that peace of mind.

Importantly, the company has reassured all existing clients that there have been absolutely no changes to funeral plans, payment structures, or terms and conditions, with all customer funds continuing to remain securely protected in trust under strict UK regulation.

For many clients, the expansion sends a powerful message — that Golden Leaves International is not only growing but investing heavily in Spain for the long term. The company says its new Head Office represents a major investment into future expansion, customer care, and continued support for expatriate families across the country.

As demand for trusted funeral planning services continues to rise, Golden Leaves International is encouraging anyone who has not yet explored their options to speak confidentially with one of its experienced advisors. Planning ahead not only removes emotional and financial pressure from loved ones, but also ensures that personal wishes are clearly documented and protected.

The company is now welcoming both existing and new clients to its impressive new premises in Algofa.

Golden Leaves International Continues Major Expansion Across Spain

What began as an important operational move in March is now proving to be a major statement of confidence, growth, and long-term commitment to the expatriate community in Spain.

Golden Leaves International's decision to open its new flagship Head Office in Algofa was not simply about relocating premises — it marked the beginning of an exciting new phase for one of the most recognised and trusted funeral planning companies serving international residents across Spain.

Following a period of exceptional growth, the company's Spanish operation has expanded dramatically, with its team now ten times larger than before, reflecting the increasing number of expatriates and international families seeking security, reassurance, and professional guidance when planning for the future.

Since officially bringing all operations together under one roof at the impressive new La Finca headquarters on 31st March 2026, Golden Leaves International says the response from both existing and new clients has been overwhelmingly positive.

The modern centralised Head Office has allowed the company to further strengthen customer support, improve operational efficiency, and enhance the personal level of service that has become synonymous with the Golden Leaves name throughout Spain.

At a time when more international residents are choosing to make Spain their permanent home, many families are recognising the importance of having funeral plans properly organised, professionally managed, and safely protected for the future.



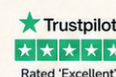
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Whether you are looking for reassurance, information, or simply peace of mind for the future, the Golden Leaves team says there has never been a better time to start the conversation.

Meditation *in motion*

Tai Chi is an ancient Chinese practice that combines gentle movement, controlled breathing and focused awareness to promote physical and mental wellbeing. Often described as "meditation in motion," Tai Chi is characterised by a series of slow, flowing movements that are performed with precision and grace. While it originated as a martial art several centuries ago, today it is widely practised around the world as a form of exercise, relaxation and stress management.

The practice is rooted in traditional Chinese philosophy, particularly the concept of balancing opposing forces known as yin and yang. Tai Chi aims to harmonise the body and mind by encouraging the smooth flow of energy, or *qi* (also spelled *chi*), throughout the body. Practitioners believe that cultivating this balance can improve health, vitality and overall quality of life.

One of Tai Chi's greatest attractions is its accessibility. The movements are low-impact and can be adapted to suit people of all ages and fitness levels. As a result, it is especially popular among older adults seeking to improve balance, flexibility and coordination. Research has also suggested that regular practice may help reduce stress, enhance mental focus and support cardiovascular health.

A typical Tai Chi session involves a sequence of carefully choreographed movements performed in a calm, deliberate manner. Rather than relying on strength or speed, the emphasis is placed on posture, breathing and mindful movement. This creates a sense of relaxation while simultaneously strengthening muscles and improving body awareness.

Whether practised in a park at sunrise, in a community class or at home, Tai Chi offers a gentle yet effective way to nurture both physical and emotional wellbeing. Its enduring popularity reflects its unique ability to bring together exercise, mindfulness and ancient wisdom in a single, harmonious practice.

Here are three basic Tai Chi movements that are commonly taught to beginners:

1 Commencement (Opening Form)



This is often the first movement in a Tai Chi sequence and helps practitioners settle into the practice.

- Stand with your feet shoulder-width apart.
- Relax your shoulders and keep your spine upright.
- Slowly raise your arms in front of you to shoulder height while inhaling.
- Gently lower them while exhaling.
- Focus on smooth, controlled movement and steady breathing.

The purpose of this movement is to calm the mind, improve posture and establish balance.

2 Parting the Wild Horse's Mane



One of the most recognisable Tai Chi movements, it teaches weight shifting and coordination.

- Step forward with one foot while transferring your weight smoothly.
- One hand pushes forward at chest height while the other sweeps downward near the hip.
- The movement resembles stroking or separating a horse's mane.
- Repeat on both sides.

This exercise helps develop balance, leg strength and body awareness.

3 Wave Hands Like Clouds



A graceful side-to-side movement that promotes relaxation and fluidity.

- Stand with knees slightly bent.
- Move sideways in a series of small steps.
- Circle your hands in front of your body, with one hand rising as the other descends.
- Keep the movements soft and continuous, as though your hands are drifting through clouds.

This movement improves coordination, flexibility and concentration while encouraging a calm, meditative state.



Together, these three movements introduce many of Tai Chi's core principles: relaxed posture, controlled breathing, smooth weight transfer and mindful movement. Once mastered, they provide a solid foundation for learning longer Tai Chi forms.

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With the arrival of summer, we all look for a place to switch off and leave our daily routines behind. **Ona Mar Menor Golf Resort & Spa** is the perfect destination for a luxury holiday in Murcia. Combining first-class services, the comforts of a five-star hotel and a privileged location close to La Manga del Mar Menor, the resort offers everything you need for an unforgettable stay.

Ona Mar Menor Golf Resort & Spa is the ideal destination for families. While parents enjoy a round of golf or indulge in treatments, sauna sessions and massages at the hotel's wellness facilities, younger guests can have fun at the Mini Club, an extensive entertainment programme open from 10 a.m. onwards. Guests can also enjoy the new themed events carefully prepared by the resort this season. From Ibiza-inspired celebrations at the White Party and vibrant Hawaiian-themed entertainment at the Hawaii Party, to energetic evenings filled with neon lights and fluorescent colours at the Neon Party. The

programme also includes authentic Flamenco Shows featuring talented performers, as well as DJ sessions that bring the resort's evenings to life, among many other exciting events.

Food lovers are spoilt for choice at **Ona Mar Menor Golf Resort & Spa**. The major culinary addition this summer is Kuro, a Peruvian-Japanese fusion restaurant where guests can savour starters such as sea bass ceviche or shiitake and tofu ceviche, alongside an outstanding selection of sashimi, maki and nigiri. The menu also features delicious hot dishes, including chicken and prawn gyozas and crispy crab tempura.

When dining at Kuro, be sure to try the restaurant's Nikkei comfort dishes, including spicy miso ramen, stir-fried beef udon noodles and beef tataki served with sriracha sauce and prawn chaufa rice. In addition to Kuro, guests can choose from Terraza Azul, serving Mediterranean cuisine, Club House, a gastrobar-style café, and Oasis, the resort's pool bar. For sports fans looking to enjoy live sporting events alongside a refreshing beer, The Clover Irish Pub is always a great choice.

If you are planning to visit the Region of Murcia this summer, **Ona Mar Menor Golf Resort & Spa** offers the perfect combination of sport, wellness and gastronomy in a single destination.

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July horoscopes....

July is a transformative month defined by Jupiter entering charismatic Leo and a shift away from earlier Mercury retrograde friction. As the Sun moves into Leo on 22nd July, themes of creativity and self-worth take centre stage, while certain signs navigate necessary career and emotional recalibration.



Aries:

Saturn retrograde in your sign pushes you to establish firm boundaries. Re-evaluate commitments and don't let a fast-paced environment lead to burnout.



Taurus:

Venus in Virgo highlights your romantic and creative sectors. Focus on building deeper, more authentic connections with those who truly value you.



Gemini:

Major shifts in your personal life are brewing. Uranus transiting your sign offers unexpected inspiration, while communicative endeavours finally take flight.



Cancer:

July brings a powerful period of emotional clearing. The July 14 New Moon in your sign encourages you to reset, rest, and set your intentions for personal growth.



Leo:

Your time to shine has arrived! Jupiter entering your sign illuminates your path forward, bringing an influx of luck, creativity, and vibrant energy.



Virgo:

A time for stepping back and reviewing your professional goals. Take time to recalibrate your finances and carefully plan your next career moves.



Libra:

Social gatherings and intellectual pursuits bring new opportunities your way. Expect to meet like-minded communities that spark fresh, exciting ideas.



Scorpio:

Hidden opportunities are surfacing for you, particularly in your professional life. Trust your instincts and lean into your methodical approach for financial success.



Sagittarius:

The cosmos invites you to expand your horizons. It's an ideal month for travel, education, or embracing new philosophical perspectives.



Capricorn:

With the Full Moon in your sign, you are wrapping up a major chapter. Focus on shedding old habits and building a stronger, more secure emotional foundation.



Aquarius:

Relationships take the spotlight as your community and partnerships are tested. Direct your focus toward meaningful collaboration and honest communication.



Pisces:

Luck and creativity are highly favoured as expansive planets support your social and romantic sectors. Enjoy a month of fun, self-expression, and joy.

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- New booking cut off times & improved messaging confirmation process
- In response to demand, 2 new stops are being introduced on the Roquetas route
- Services will no longer be available on 24th, 25th and 31st December, as well as 1st January
- Airport Buses will now operate all Murcia services, including transport from Mojácar & Vera areas, allowing greater efficiency and flexibility. If you have a Murcia-only reservation, please expect your existing booking to be cancelled. You will shortly receive a new confirmation email from Airport Buses with exactly the same travel details

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Home or away: SUNSCREEN IS NON-NEGOTIABLE

Summer is here and the sun is getting stronger, which means many of us are reaching for sunscreen more often. But are you really using enough to stay protected? Spanish dermatologist Ana Molina, who shares skincare advice on Instagram as @dr.anamolina, says that most people are applying far too little.

"The most common mistake is applying less than half of the right amount," she explains. In scientific terms, the ideal is 2 mg per cm² of skin. That might sound abstract, so she offers a simple trick: use the full length of two fingers' worth of product for the face and neck. "Since almost no one reaches that level, my advice as a dermatologist is to always opt for SPF 50+. That way, even if you apply less, you'll be more protected," she says.

She also wants to clear up a common misunderstanding about the number on the bottle. "It's not the number of minutes you can stay in the sun; it's a multiplier of your own natural resistance," she explains. So, for example, if it normally takes you 10 minutes to get sunburned, an SPF 30 would give you about 300 minutes of protection – but only if you use the correct amount. To protect your skin from sunburn, blemishes and even the long-term risk of skin cancer, reapplying sunscreen regularly and sticking to a high SPF makes a real difference.

She also points out that not all protection is about UVB. Look for the UVA mark on the packaging, as well as protection against blue light and infrared radiation, which can contribute to ageing. If your sunscreen has a tint, the pigments add an extra shield against spots and ageing as well.



Key Takeaways

- ✓ Use enough: Two fingers' length for face and neck.
- ✓ Always choose SPF 50+ for better protection.
- ✓ Look for broad-spectrum, UVA mark, and extra protection (blue light & infrared).
- ✓ Reapply every two hours and after swimming or sweating.
- ✓ Daily protection helps prevent sunburn, ageing, and skin cancer.



Healthy skin is protected skin.
Make sunscreen a daily habit, no matter where you are.



WHAT TO LOOK FOR ON SUNSCREEN LABELS

Choosing the right sunscreen can be confusing because labels contain many terms and numbers. Understanding a few key features can help you select a product that provides effective protection.

1 SPF (SUN PROTECTION FACTOR)



SPF measures protection against UVB rays, which are the primary cause of sunburn and contribute to skin cancer.

- SPF 15 blocks about 93% of UVB rays.
- SPF 30 blocks about 97% of UVB rays.
- SPF 50 blocks about 98% of UVB rays.

Most dermatologists recommend using SPF 30 or higher for daily use.

2 BROAD-SPECTRUM PROTECTION



Look for the words "Broad Spectrum" on the label. This means the sunscreen protects against both:

- UVA rays, which cause premature aging and wrinkles.
- UVB rays, which cause sunburn.

Without broad-spectrum protection, you may not be fully protected from sun damage.

3 WATER RESISTANCE



If you will be swimming, sweating, or exercising, choose a sunscreen labelled water resistant.

Labels typically indicate 40 minutes water resistant, or 80 minutes water resistant, but no sunscreen is completely waterproof, so reapplication is still necessary.

4 ACTIVE INGREDIENTS



Check the ingredient list to understand how the sunscreen works.

MINERAL (PHYSICAL) SUNSCREENS

Common ingredients:

- Zinc oxide
- Titanium dioxide

These sit on the skin's surface and reflect or scatter UV rays. They are often recommended for sensitive skin.

CHEMICAL SUNSCREENS

Common ingredients:

- Avobenzone
- Octocrylene
- Homosalate
- Octisalate

These absorb UV radiation before it damages the skin.

5 EXPIRATION DATE



Always check the expiration date. Sunscreen can lose effectiveness over time, especially if it has been exposed to heat or sunlight.

6 SKIN TYPE CONSIDERATIONS



Some labels indicate products designed for specific needs:

- Sensitive skin – fragrance-free and less irritating formulas.
- Non-comedogenic – less likely to clog pores.
- Oil-free – suitable for oily or acne-prone skin.
- Moisturizing – beneficial for dry skin.

7 APPLICATION INSTRUCTIONS



Read the directions carefully. Most adults need about one ounce (a shot-glass amount) to cover the entire body. Sunscreen should be applied 15–30 minutes before sun exposure and reapplied at least every two hours, or more often after swimming or sweating.



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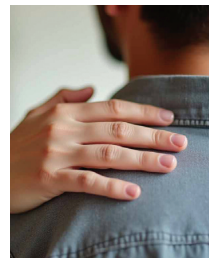


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MEN'S SUMMER SKINCARE:

KEEPING COOL, PROTECTED AND LOOKING YOUR BEST

Summer brings longer days, outdoor activities and plenty of opportunities to enjoy the sunshine. However, rising temperatures, increased humidity and stronger UV rays can present unique challenges for men's skin. Whether you're spending weekends at the beach, playing sports, dining outdoors or simply commuting to work, a few simple skincare adjustments can help keep your skin healthy and looking its best throughout the summer months.

For many men, skincare has traditionally meant little more than washing the face and applying aftershave. Yet modern skincare doesn't have to be complicated. In fact, a basic summer routine can deliver significant benefits while taking just a few minutes each day.



SUN PROTECTION IS ESSENTIAL

Excessive exposure to ultraviolet (UV) radiation is one of the leading causes of premature ageing, sunburn and skin damage. Dermatologists recommend using a broad-spectrum sunscreen with an SPF of at least 30 every day, even when it's cloudy. Many men mistakenly reserve sunscreen for beach trips, but UV rays can affect the skin during everyday activities such as driving, gardening, walking or sitting at an outdoor café.

Today's sunscreens are lighter and more user-friendly than ever. Non-greasy formulations designed specifically for the face absorb quickly and won't leave a noticeable white residue. For men with oily skin, gel-based or mattifying sunscreens can help reduce unwanted shine while providing effective protection.



CLEANSE DAILY

Heat and humidity increase sweat production, while sunscreen and outdoor pollution can accumulate on the skin throughout the day. Using a gentle facial cleanser morning and evening helps remove excess oil, dirt and impurities without stripping the skin of its natural moisture. Harsh soaps should generally be avoided, as they can leave skin feeling dry and irritated.



HYDRATE, DON'T SKIP MOISTURISER

Air conditioning, sun exposure and frequent washing can dehydrate the skin. Lightweight, oil-free moisturisers provide hydration without feeling heavy and can help maintain the skin's natural barrier. Products containing ingredients such as hyaluronic acid are particularly effective because they help retain moisture without clogging pores.



EXFOLIATE WITH CARE

Summer can increase the likelihood of breakouts. Sweat, oil and sunscreen may contribute to blocked pores, especially during periods of prolonged heat. Exfoliating once or twice a week can help remove dead skin cells and reduce congestion. However, over-exfoliation should be avoided, as it may cause irritation and make the skin more sensitive to sunlight.



SMARTER SHAVING HABITS

Increased perspiration can irritate freshly shaved skin, particularly around the neck and jawline. Using a quality shaving gel and a sharp razor can reduce friction and minimise redness. Applying a soothing, alcohol-free aftershave balm afterwards can help calm the skin and prevent dryness.



KEEP IT SIMPLE, STAY CONSISTENT

Ultimately, men's summer skincare is less about vanity and more about maintaining healthy skin. A simple routine consisting of cleansing, moisturising and daily sun protection can make a noticeable difference. By investing a few minutes each day, you can reduce the effects of sun damage, improve skin comfort and ensure you look and feel your best throughout the hottest months of the year.

DON'T FORGET THE DETAILS



PROTECT YOUR EYES

Wearing sunglasses not only protects vision but also helps prevent squinting, which can contribute to the development of fine lines around the eyes. Choose sunglasses with adequate UV protection.



HYDRATE FROM WITHIN

Drinking plenty of water supports hydration from within and helps keep your skin looking fresh and healthy.



EAT FOR HEALTHY SKIN

A diet rich in fruits, vegetables and healthy fats can help maintain a healthy complexion. Foods containing antioxidants, such as berries, tomatoes and leafy greens, may help combat environmental stressors associated with sun exposure.



EXTRA SUN DEFENCE

Wearing a hat and seeking shade during the peak sun hours can provide an additional layer of protection.





Gazpacho

This dish is the perfect antidote to sizzling summer days. It's the perfect lunch, accompanied by a good salad and crusty bakery bread, or as a starter for a lazy long evening meal. The secret to a really good Gazpacho is marinating ripe vegetables with vinegar, olive oil and garlic. Fabulous, refreshing summer food bursting with flavour. And the best bit no cooking!

Ingredients

Gazpacho:

- 1 kg / 2 lb ripe tomatoes (~7), cut into 8 wedges, core removed
- 1 cucumber (20cm/8" long), peeled and diced into 1cm / 1/2" cubes
- 1 red capsicum/bell pepper, cut into 1.5 cm / 1/2" cubes
- 2 garlic cloves, chopped
- 1/4 cup red onion, finely diced
- 1/4 cup extra virgin olive oil, + extra for serving
- 1 1/2 tbsp sherry vinegar (white wine or champagne vinegar)
- 3/4 tsp cooking salt
- 1/2 tsp black pepper

Serving:

- Crusty bread
- Cucumber, cut into small cubes (optional)

Instructions

Marinate – Toss all the gazpacho ingredients together in a large bowl. Cover then set aside to marinate, preferably 12 to 24 hours, or at least 3 hours.

Blitz – Transfer everything into a blender and blitz on high until smooth. (Or use a tall jug with a hand blender). For 100% perfectly smooth, pass through a fine mesh strainer or food mill and discard solids.

Serve – Pour into a bowl. Rest for 15 minutes to let the bubbles subside. Stir, then ladle into bowls.

Garnish – Top with diced cucumber, if using, and a swish of olive oil. Serve with crusty bread.

Quick Baked Salmon Fajitas



Here is a big Salmon Fajita spread that looks like you worked way harder than you actually did. Fajita seasoned salmon, vegetables and warmed tortillas all happen in the oven at the same time in 12 minutes flat. Great for al fresco summer dining with friends and family.

Ingredients

- 600g / 1.2lb skinless salmon fillets, cut into 2.5cm/1" cubes

Fajita seasoning:

- 1 1/2 tbsp extra virgin olive oil
- 2 tsp smoked paprika (or regular paprika)
- 1 tsp each of garlic, onion, cumin powder
- 1/2 tsp dried oregano
- 3/4 tsp cooking salt / kosher salt (halve for cooking salt, double for flakes)
- 1 tsp brown sugar (helps the salmon brown)
- 1/4 tsp cayenne pepper (optional)

Fajita Vegetables:

- 3 capsicums (1 each red, yellow, green), deseeded, cut into 0.75cm / 1/3" strips
- 1 red onion, cut into 0.75cm / 1/3" wedges
- 1 1/2 tbsp extra olive oil
- 1 garlic clove, minced using garlic press or knife
- 1/2 tsp cooking salt / kosher salt

Choose a fajita sauce:

- Creamy Jalapeno Sauce
- Pink Taco Sauce
- Sour cream

Serving:

- 12 – 16 taco-size tortillas, corn or flour (3 to 4 per person), wrapped in foil
- 1 avocado, sliced
- 2 tbsp roughly chopped coriander (cilantro)
- Lime wedges

Instructions

Preheat oven to 240°C/465°F (220°C fan-assisted).

Crinkled foil trick for baking fish – Lightly scrunch up foil, then gently unfold it so it stays wrinkled. The wrinkles lift the fish slightly, preventing sticking and soggy undersides. Place on one side of the tray and fold the edges over the rim to secure. Repeat with another sheet to cover the whole tray.

Fajita flavour fish – Mix the Fajita seasoning ingredients in a bowl, it should be like a thin paste. Add fish and toss to coat. Spread out on the foil so the salmon is not touching each other.

Toss veg – On a separate large tray, toss capsicum and onion with the oil, garlic and salt. Spread it out in a single layer.

Wrap stack of tortillas in foil (make 2 parcels).

Bake everything – Put the salmon on the top shelf, vegetables on the middle shelf and tortillas into the oven. Bake 12 minutes, or until the salmon flakes (don't turn or toss).

Sauce – Meanwhile, put the sauce ingredients in a small jug and blitz with stick blender until smooth.

SERVING

Lay everything out – Transfer the salmon and vegetable onto a serving platter, pour all tray juices over. Place warmed tortillas, sauce, avocado, lime wedges and coriander on the side.

Making a fajita – Take a warm tortilla. Stuff with a little veg, place 2 pieces of salmon on then flake into large chunks. Tuck in avocado, drizzle with sauce, lime juice, sprinkle with coriander....and eat.

STYLE *meets* COMFORT

IN SUMMER FASHIONS

As temperatures continue to rise, summer fashion in 2026 is embracing a simple philosophy: stay cool without compromising on style. From Mediterranean coastal towns to tropical cities and desert destinations, this season's trends focus on breathable fabrics, relaxed silhouettes and practical details designed to help people look and feel their best in extreme heat.



NATURAL FABRICS TAKE CENTRE STAGE

The biggest shift in summer fashion this year is the growing preference for natural fibres. Linen remains the undisputed star of hot-weather wardrobes, with designers offering everything from tailored linen trousers to oversized shirts and flowing dresses. Cotton and lightweight hemp are also gaining popularity, valued for their breathability and lower environmental impact. Rather than tightly fitted garments, consumers are increasingly choosing loose cuts that allow air to circulate and provide greater comfort throughout the day.

COLOURS THAT KEEP YOU COOL

Colour trends for July 2026 reflect a desire to stay fresh and sun-smart. Soft neutrals such as ivory, sand, stone and pale beige dominate many collections, helping to reflect sunlight rather than absorb it. Alongside these understated shades, pastel tones are making a strong appearance. Powder blue, sage green, lavender and pale peach offer a gentle splash of colour while maintaining a cool, relaxed aesthetic. For those who prefer bolder looks, tropical-inspired prints featuring oversized florals and botanical motifs remain popular, particularly in resort and holiday wear.



ACCESSORIES THAT WORK HARD

Accessories are becoming increasingly functional as consumers seek protection from intense sunshine. Wide-brimmed hats, lightweight scarves and oversized sunglasses are key pieces for July 2026. Many fashion brands are also incorporating ultraviolet protection into clothing and accessories, responding to growing awareness of skin health. Practicality is influencing footwear choices as well, with leather sandals, cushioned slides and breathable trainers proving popular for both everyday wear and travel.



SUSTAINABLE & TIMELESS

Sustainability remains an important influence on summer fashion. Consumers are showing greater interest in quality garments that can be worn for multiple seasons rather than disposable fast-fashion pieces. As a result, timeless designs in durable fabrics are attracting attention. Many shoppers are investing in versatile items that transition easily from daytime activities to evening occasions, reducing the need for large seasonal wardrobes.



TECHNOLOGY KEEPS YOU COOL

Technology is also playing a role in hot-climate dressing. Several brands are introducing advanced fabrics designed to whip moisture away from the body, regulate temperature and dry quickly. These innovations are particularly appealing in regions where high humidity can make traditional summer clothing feel uncomfortable.

THE RETURN OF COORDINATED SETS

One of the standout trends this season is the return of coordinated sets. Matching shorts and shirts, lightweight skirts and tops, and relaxed two-piece ensembles provide an effortless way to achieve a polished look. These sets are especially practical in hot climates because they can be worn together or mixed with other wardrobe staples to create multiple outfits. Their versatility appeals to travellers looking to pack light without sacrificing style.



WOMEN'S FASHION: AIRY & ELEGANT

For women, maxi dresses continue to dominate summer wardrobes. The latest designs feature airy fabrics, tiered skirts and subtle cut-out details that offer both elegance and ventilation. Wide-leg trousers paired with sleeveless tops provide another popular option, delivering comfort while protecting the skin from direct sunlight.

MEN'S FASHION: RELAXED TAILORING

Meanwhile, men's fashion is moving towards relaxed tailoring, with drawstring trousers, short-sleeved linen shirts and unstructured jackets replacing more formal summer attire.



Ultimately, summer fashion for July 2026 is about balancing style, comfort and practicality. Whether through breathable fabrics, relaxed silhouettes or sun-protective accessories, this season's trends acknowledge the realities of hotter weather while offering plenty of opportunities for self-expression.

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Heat *hacks*

For many of us deciding to make Spain our home, the sunshine is one of the country's biggest attractions. Long summers, blue skies and outdoor living are part of the lifestyle that draws people to the country each year.

However, when July and August arrive, temperatures in many parts of Spain can regularly exceed 35°C, and inland regions often experience prolonged heatwaves that push the mercury even higher.

For newcomers from northern Europe, the UK, Ireland, Scandinavia and other cooler climates, adapting to Spanish summers can take time. Fortunately, locals have spent generations perfecting the art of staying cool.



SIMPLE TIPS FOR STAYING COOL ALL SUMMER



ADAPT TO THE SPANISH RHYTHM

The hottest hours, typically between 2pm and 6pm, are best spent indoors. Use this time to relax, enjoy a leisurely lunch or complete indoor tasks before heading out again in the cooler evening hours.



KEEP YOUR HOME COOL

Close shutters during the day to block out direct sunlight and keep indoor temperatures lower. Avoid opening windows in the heat. Instead, ventilate early in the morning and late in the evening when it's cooler.



STAY HYDRATED

Drink plenty of water throughout the day. The dry heat can cause dehydration quickly. Carry a reusable water bottle and enjoy hydrating fruits like watermelon, melon, oranges and peaches.



DRESS FOR THE HEAT

Choose lightweight, breathable fabrics such as cotton and linen. Loose-fitting clothes, wide-brimmed hats and sunglasses help protect you from the sun. Don't forget sunscreen – every day, not just at the beach!



COOL OFF & EXPLORE

Beaches are popular, but there are many other ways to beat the heat. Use municipal pools, rivers, reservoirs and shaded parks to cool down and discover hidden gems in your area.



EAT LIGHT & FRESH

Summer is the perfect time for chilled soups like gazpacho and salmorejo, fresh salads, grilled fish and seasonal produce. These foods are light, nutritious and help keep you feeling energised in the heat.



USE TECHNOLOGY WISELY

Air conditioning can be a lifesaver, but use it strategically to keep energy costs under control. Fans, cooling mats and smart thermostats are great allies for staying comfortable at home.



SLOW DOWN & ENJOY

Spanish summer culture embraces a slower pace, especially during extreme heat. Plan activities for the early morning or late evening and enjoy the vibrant atmosphere when the sun goes down.



Embrace the Spanish summer ♥

Adjusting to the heat is all about adopting local habits and listening to your environment. By staying hydrated, protecting yourself from the sun and embracing a more relaxed rhythm, you can not only survive the summer – you'll truly enjoy one of the most vibrant and beautiful seasons of the Spanish year.



Keeping your vehicle roadworthy: in the Spanish heat

Spain's summer months bring sunshine, blue skies and the promise of road trips, beach days and weekend escapes. However, while drivers may enjoy the warm weather, extreme temperatures can place significant strain on vehicles. With temperatures regularly exceeding 35°C in many parts of the country, taking a few simple precautions can help prevent breakdowns and keep your car running smoothly throughout the season.

One of the most important areas to check before summer is the cooling system. Your engine generates considerable heat even under normal driving conditions, and high ambient temperatures increase the risk of overheating. Drivers should ensure coolant levels are correct and inspect hoses and connections for signs of wear or leaks. If your vehicle has not been serviced recently, a professional inspection can identify potential problems before they become costly repairs.

Tyres also deserve special attention during hot weather. As temperatures rise, the air inside tyres expands, affecting pressure levels and overall performance. Underinflated tyres can increase fuel consumption and wear, while overinflated tyres may reduce grip and handling. Checking tyre pressure regularly, especially before long journeys, is one of the simplest and most effective ways to improve safety. Drivers should also inspect tyre tread and sidewalls for signs of damage or excessive wear.

Battery problems are often associated with winter, but Spain's

intense summer heat can be equally damaging. High temperatures can accelerate battery fluid evaporation and shorten battery life. If your battery is several years old or has shown signs of weakness, such as slow engine starts, it may be worth having it tested before the peak holiday season.

Air conditioning becomes more than a luxury during a Spanish summer—it is often essential. A poorly functioning system can make journeys uncomfortable and may indicate a refrigerant leak or blocked filter. Ensuring the system is serviced regularly will improve performance and help maintain good air quality inside the vehicle.

Visibility is another important consideration. Bright sunshine can quickly reveal dirty windscreens and worn wiper blades. Keeping washer fluid topped up and replacing damaged wipers will ensure clear vision when driving. Sunshades can also help protect dashboards and interiors from UV damage while keeping cabin temperatures more manageable.

Finally, every vehicle should carry a summer emergency kit. Bottled water, a phone charger, sunglasses and a reflective sunshade can prove invaluable if you experience a delay or breakdown.

By taking a proactive approach to maintenance, drivers can enjoy Spain's summer roads with confidence. A few routine checks now could make the difference between a carefree holiday journey and an unwelcome roadside stop in the middle of a heatwave.

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Raise a glass to the *flavours* of the season

Nothing captures the spirit of summer quite like a refreshing cocktail enjoyed on a warm evening. Whether sipped beside a pool, shared at a garden party or enjoyed during a seaside sunset, summer cocktails have become an essential part of seasonal entertaining. This month, bartenders and home mixologists alike are embracing fresh ingredients, lighter flavours and creative twists on classic favourites.



The defining characteristic of a great summer cocktail is refreshment. As temperatures rise, drinkers are moving away from heavy, spirit-forward concoctions in favour of lighter beverages that showcase fruit, herbs and sparkling mixers. Citrus remains a cornerstone of summer mixology, with lemon, lime, grapefruit and orange providing the bright acidity that helps cocktails feel crisp and invigorating.



Among the perennial favourites is the **Mojito**, a Cuban classic that combines white rum, fresh mint, lime juice, sugar and soda water. Its cooling mint flavour makes it particularly appealing during hot weather, while its simple ingredients allow for endless variations. Watermelon, strawberry and passion fruit versions have become increasingly popular, adding a seasonal twist to an already beloved drink.



Another cocktail enjoying a resurgence is the **Spritz**. Traditionally associated with Italy, the Spritz has evolved far beyond its original recipe. While the iconic Aperol Spritz remains a staple on summer menus, cocktail lovers are experimenting with elderflower liqueurs, blood orange aperitifs and botanical spirits. Served over ice and topped with sparkling wine and soda water, these drinks offer a lower-alcohol alternative for those seeking a more leisurely drinking experience.



Tropical flavours continue to influence cocktail trends in 2026. Pineapple, mango, coconut and passion fruit are appearing in everything from frozen drinks to sophisticated signature serves. The Piña Colada, once viewed as a retro holiday drink, has undergone a stylish makeover in many cocktail bars. Modern interpretations often feature premium rum, fresh pineapple juice and house-made coconut cream, creating a more refined version of the classic.



Fresh herbs are also playing a significant role in summer cocktail creation. Basil, rosemary, thyme and lavender are being paired with fruit and spirits to create complex flavour profiles. A gin and tonic infused with rosemary, for example, offers a fragrant alternative to traditional garnishes, while basil complements strawberries and citrus beautifully in vodka-based cocktails.



This season's must drink ♥ cocktail is the Hugo

a light, refreshing cocktail that originated in the Alpine regions of northern Italy.



For those entertaining at home, simplicity is often the secret to summer cocktail success. Large-batch punches, sangrias and pitchers of fruit-infused drinks allow you to spend less time mixing individual servings and more time with your guests. Seasonal fruits such as peaches, berries and melons can easily transform familiar recipes into crowd-pleasing summer favourites.



Ultimately, summer cocktails are about more than just the ingredients in the glass. They evoke a sense of **relaxation**, **celebration** and **connection**. Whether it's a classic Mojito enjoyed on a sunny terrace, a sparkling Spritz shared with friends or an innovative alcohol-free creation at a family gathering, the best summer cocktails capture **the essence of the season**.

Cheers! ♥



Hugo Cocktail Recipe

INGREDIENTS

- 150 ml Prosecco
- 30 ml elderflower syrup (or elderflower liqueur such as St-Germain)
- 20 ml soda water
- Fresh mint leaves
- 1 lime, sliced
- Ice cubes



METHOD

- 1 Fill a large wine glass with ice cubes.
- 2 Add 2-3 slices of lime and a small handful of fresh mint leaves.
- 3 Pour in the elderflower syrup.
- 4 Add the Prosecco.
- 5 Top up with soda water.
- 6 Stir gently to combine.
- 7 Garnish with an extra sprig of mint and a lime wheel.



Making A Difference

As we are now going into the hottest months, we are looking forward to a break, as we close our shop situated in Pto de Mazarron for the month of August. Although a team of our volunteers will take this opportunity to re-vamp the shop whilst it is closed to the public. Last day of opening is Thursday 30th July and we re-open on Tuesday 1st September.

We have recently donated 2000€ to the Spanish charity ASPEDEM. This charity has a social centre in Pto de Mazarron and caters for children and young adults with learning and physical disabilities. We have been donating to this charity for a number of years and will continue to do so.

We have also been liaising with Mazarron Town Hall to arrange for a defibrillator to be placed on Pto de Mazarron paseo near to the Fisherman's Association meeting place. By the time this article goes to print we hope to have this defibrillator in-situ. A representative of the First Responders was also present during these meetings and they are responsible for the training of a group of volunteers who are employed in the restaurants and bars in the immediate vicinity on how to use this device correctly in the event of an emergency.

We have approached several schools in our area, as we have in the past, to see if they need any help with funding on Projects they would like to do but are unable to get funding from local or regional governments. Therefore, we are waiting for

their response and will hopefully be able to help them achieve these when the children return in September.

We are continuing to present food to the San José Church in Pto de Mazarron for use in their Food Bank. They operate in conjunction with Social Services to make sure this food aid goes to the most vulnerable families in our area.

All these donations are only possible with the continued support of our team of volunteers who give their time and effort, our many supporters who come and spend their money in our shop and to the kind and generous people who donate items to us enabling us to raise much needed funds to Make A Difference in our community.

If you would like to donate any items to us our van and Pop-Up Shop is on Sector A Camposol on the 1st Tuesday of every month (excluding August), or any large items can be picked up if you call us on 603 389 006.

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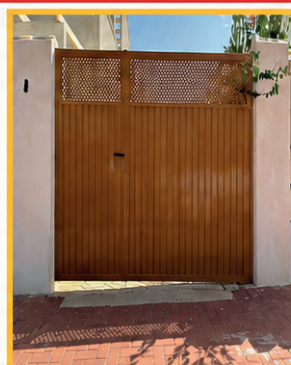
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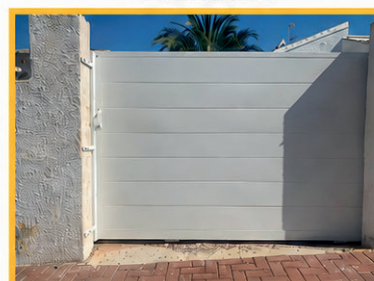


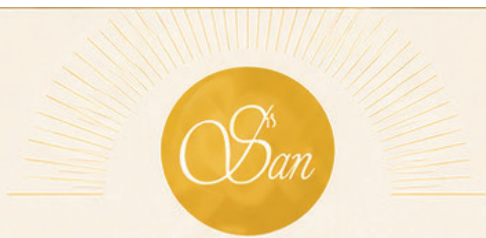
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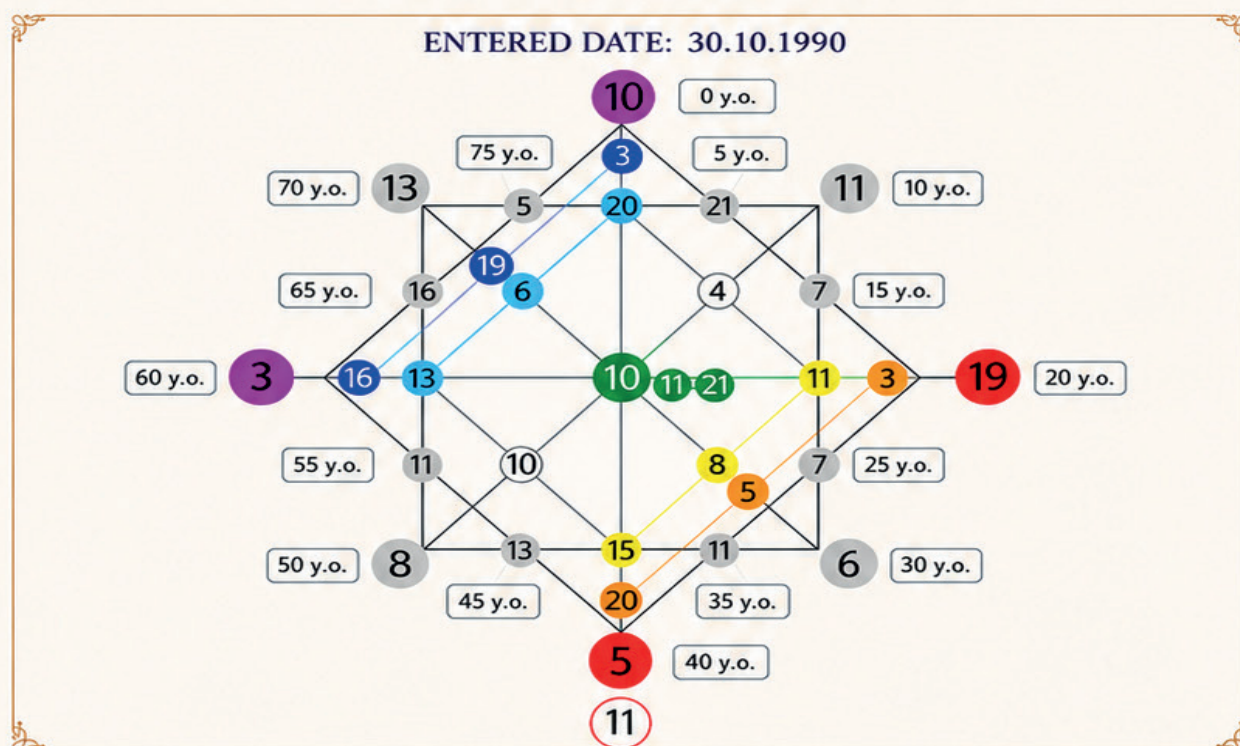


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Everyone can enter the gates of heaven; God wants no one to perish. There will be no discrimination in heaven. Rich will stand beside poor, young beside old, black beside white. But the question is will you be there? There is one way and one way only into heaven and that is by having a relationship with the lord.

Jesus answered, "I am the way and the truth and the life. No one comes to the Father except through me. (John 14:6 NIV)

This verse explains clearly that no matter what good works we do here on earth, no matter how good we have been, giving to the poor, helping those in need, or generally being a nice person, we will not enter the gates of heaven without knowing Jesus.

Being a Christian isn't about being religious, it's about having a relationship. A relationship with the maker of heaven and earth. He already knows who you are, but what He wants is for you to know Him, and the only way to do that is to read His word and live in His ways. He has a purpose and a plan for us all.

When we enter into a relationship with Jesus, He will show us the way, and as we surrender to His ways, He will bless us abundantly.

God wants us to come as we are, He doesn't say get your act together then come to me. He simply says "come as you are" so if you are doubting your worth and thinking you are not good enough to be in church because of a less desirable past or a wrong decision that marred your character, then please be assured that there is nothing you have done that Jesus doesn't already know. You won't come as a shock; you will come as you are.

The majority of people on the earth today do not believe they need a Saviour. They say, "I'm a good person, so I have nothing to worry about, right?" Unfortunately, they have everything to worry about. Just as much as those who say, "I've been a bad person I will not be accepted".

When we realise we need a saviour we will graduate to heaven regardless of whether we have been a good person or not. Secure your place in heaven by building a relationship with Jesus who is the only way to heaven.



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TV NEWS

It's July and half way through the year the temperature is rising and the whole Spanish nation is heading for Mazarrón – well it feels that way, but they are all heading for the coastal areas. Packed beaches and restaurants, along with impossible traffic! Hey it's just for six weeks – businesses make 90% of their annual profit at this time and come the first week of September they will all be gone and us coastal residents will have it all back for ourselves. Just allow double the time to do anything!

TV NEWS With IPTV being the way to watch UK TV (Satellite is generally finished) we are often being asked which is the best ISP (internet service provider), one of the fibre companies or Starlink?

Starlink is really good stable relatively fast internet and we have no hesitation to say use it where "good" fibre is not available. It can be used in any location – way out in the countryside, up a mountain or in the city centre – antenna location is critical but generally a position can be found. If you are using an over the air system (an antenna on your roof with a wire coming down to the router) and fibre is not available then swap to Starlink – probably a bit more expensive but infinitely better internet.

Then we have fibre and the choice of a number of providers which most urban locations will now have. Fibre is not simply fibre with equal technical specifications – it can vary. As with, it seems, everything these days fibre adverts are price led but the old saying "you get what you pay for" really does apply. The cheaper end of the market use cheap convoluted routings and cheap equipment, resulting in poor stability. Watching TV by internet is hugely demanding on it; far more than emailing, shopping or general surfing – if you have to wait a millisecond for, say, Ryanair to respond, so what, but when watching TV that will result in a blip and several blips will result in unwatchable TV. The big three suppliers – Mo-

vistar, Vodafone and Orange generally are not price led but quality led so they are not the cheapest, but they are the best quality internet providers – it really is worth the little extra. Remember that your local supplier pushing their low prices cannot get you to, say London, where the website you are trying to look at is based – they have to feed into the infrastructure that is run by the big three.

For internet don't be led by just price – quality is important – not all are the same.

Running out of space for the newsletter this month, but TV services have exactly the same criteria as internet – it really is not all about price. We at Rainbow are one of the best – have a free, no obligation demonstration and loan a box for a week to test us out.

That's it for July – more TV information in August 2026.

Article sponsored by RAINBOW SATELLITES SL – the TV company for ALL your TV and Radio needs in the region of Murcia.

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What's On

YOUR WEEKLY GUIDE TO EVENTS & ACTIVITIES



Every Day



- Noah's ARC Dog Walking @ Mazarrón

Every Mon



- Market @ Alhama & Huercal Overa
- Camposol Walking Football Club @ Pto de Mazarrón 10am-11am
- Forget Me Not Respite Care @ The Social Centre, Camposol B 10.15am
- Friends of Mazarrón Animals Collection @ Camposol B Lower Car Park 10.30am-11am
- Andrea's Animal Rescue Collection @ Camposol B Car Park 11am-1pm

Every Tues



- Market @ Alhama & Los Gallardos
 - Los Bandidos Cycle Ride from Mojácar Playa. See their FB page for times
 - Volunteering with cats & dogs @ Mazarrón Perrera 9am
 - Noah's ARC available for donations @ Spar, Mazarrón Country Club 10am-12pm
 - Qi Gong & Tai Chi on the beach. Meet at Samsara, Mojácar Playa 11am
- Proceeds to PAWS-PATAS*

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
- Victory Churches Spain Prayer Meeting @ Calle Villaricos de la Alumbres 17, Mazarrón 4pm
- Climbing Workshop-Mothers & Children @ Mojácar 5.15pm & 6.30pm

Every Thurs



- Market @ Lorca
- Los Bandidos Cycle Ride from Mojácar. See their FB page for times
- Camposol Walking Football Club @ Pto de Mazarrón 10am-11am
- Los Amigos de Mazarrón FC Meeting @ Camposol A 4pm
- Over 60's Memory Workshop @ Centro de Usos Múltiples, Mojácar Pueblo 5pm
- Friends of Mazarrón Animals available for donations @ Pto de Mazarrón 10-10.30am
- Forget Me Not Respite Care @ The Social Centre, Camposol B 10.15am
- Mazarrón AA Meeting @ Cañadas de Gallego 5.30pm (Call 646 290 420)

Every Fri



- Market @ El Pareton, Garrucha, Los Montesinos, Puerto Lumbreras & Torre vieja
- Camposol D Bucket Collection @ The Hut, Camposol D 9.30am-12pm
- Los Palacios Gardening Group Library @ Camposol A 10am-12.30pm
- Climbing Workshop-Mothers & Children @ Mojácar 5.15pm & 6.30pm
- Line Dancing @ Centro de Usos Múltiples, Mojácar 5€ 4-8pm (proceeds to Charity)
- Volunteering with the cats and dogs @ Mazarrón Perrera 9am
- Noah's ARC Stall @ Camposol B Commercial Centre 9.30am-1pm
- Friends of Mazarrón Animals Collection @ Isla Plana Social Centre 1-1.30pm

Every Sat



- Market @ Aguilas, Almoradi, Fuente Alamo, Mazarrón, Playa Flamenca & Vera
- Los Bandidos Run/Walk/Jog from Mojácar. See their FB page for times
- Guided Visit @ La Bastida, Totana 10am/12pm from 2.50€
- Harlequin Rock Choir Rehearsals @ The Social Centre, Camposol B 1.30pm

Every Sun



- Market @ Campoamar & Pto de Mazarrón
- Antique and Second Hand Market @ Cañadas del Romero 8am-1pm
- Car Boot Sale @ Camposol A
- Rastro Market @ Centro de Usos Múltiples, 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
- Guided Visit @ La Bastida, Totana 10am/12pm from 2.50€
- Dog Walking/Socialisation @ Turre (from Plaza Constitución). Check FB page for updated times
- St Nicholas Church Service @ Camposol D20 C/Sobrija 11am
- Victory Churches Spain Sunday Service @ Calle Villaricos de la Alumbres 17, Mazarrón 11am
- JUKEBOX DJ Zeppelins, Mojácar Playa 9pm, 1€ a song, all proceeds to [PAWS-PATAS](#)



Please check Facebook pages or contact organisers for the latest updates.

SUPPORT LOCAL • GET INVOLVED • MAKE A DIFFERENCE





What's On

YOUR GUIDE TO LOCAL EVENTS & ACTIVITIES



Sun 5		- St Nicholas Church Songs of Praise @ Camposol D20 C/Sobrija 11am - Victory Churches Spain Sunday Service @ Calle Villaricos de la Alumbres 17, Mazarrón 11am
Mon 6		Bereavement Café, Mazarrón @ Casa Club, Camposol 3-5pm
Tues 7		- Monthly 'B' Clean Meeting @ Camposol B 4pm - GoMad available for collections @ Camposol A Car Park 10.30am-12pm
Weds 8		St Nicholas Church Coffee Morning @ Camposol D20 C/Sobrija 9.30am-12pm
Sun 12		- Victory Churches Spain Sunday Service @ Calle Villaricos de la Alumbres 17, Mazarrón 11am - St Nicholas Church Holy Communion @ Camposol D20 C/Sobrija 11am
Tues 14		- PAWS-PATAS Book Sale @ Scotty's, Mojácar Playa 10.30am-1pm - HELP MMM Coffee & Company @ Calle Helena, Los Alcazares 11am-12.30pm
Thurs 16		Fiesta de Virgen del Carmen, Mazarrón
Sun 19		- St Nicholas Church Morning Prayer @ Camposol D20 C/Sobrija 11am - Victory Churches Spain Sunday Service @ Calle Villaricos de la Alumbres 17, Mazarrón 11am
Weds 22		St Nicholas Church Coffee Morning @ Camposol D20 C/Sobrija 9.30am-12pm
Sat 25		Fiestas de Santiago, Totana
Sun 26		- Victory Churches Spain Sunday Service @ Calle Villaricos de la Alumbres 17, Mazarrón 11am - St Nicholas Church Holy Communion @ Camposol D20 C/Sobrija 11am



Please check Facebook pages or contact organisers for the latest updates.

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Al fresco living

July is the month when outdoor living truly comes into its own in Spain. Long sunny days, warm evenings and alfresco dining become part of everyday life, making it the perfect time to refresh your patio garden and transform it into a stylish summer retreat.



ASSESS YOUR SPACE

The first step in any patio makeover is to assess how you use the space. For many homeowners and expats, the patio serves multiple purposes: a dining area, a place to unwind with a book, and a social hub for family and friends. Creating clearly defined zones can help maximise both comfort and functionality. A dining table for meals, a comfortable seating area for evening drinks and a quiet corner for reading can all coexist, even in relatively small spaces.



PRIORITISE SHADE

Shade should be a top priority during the height of the Spanish summer. While sunshine is one of the country's greatest attractions, direct exposure during the hottest hours can quickly make outdoor areas uncomfortable. Pergolas, retractable awnings and shade sails are increasingly popular choices, providing protection while adding visual appeal. Large umbrellas can also offer flexibility and are ideal for smaller patios.



FURNITURE TRENDS 2026

Furniture trends for 2026 continue to focus on comfort and durability. Natural materials such as rattan, teak and sustainably sourced wood remain popular, while weather-resistant fabrics allow cushions and soft furnishings to withstand the summer heat. Neutral tones such as sand, cream and soft grey provide a timeless foundation, while colourful cushions and throws can introduce personality and seasonal flair.



PLANTS MAKE THE SPACE

Plants play a vital role in creating a welcoming outdoor environment. Fortunately, many Mediterranean species thrive in Spain's climate while requiring relatively little maintenance. Lavender, rosemary, bougainvillea and jasmine not only provide colour and fragrance but are also well adapted to hot, dry conditions. Olive trees and citrus plants can add structure and a distinctly Spanish character to a patio garden, while potted palms create a holiday-inspired atmosphere.



CONTAINER GARDENING

Container gardening is particularly useful for patios where planting space may be limited. A collection of attractive pots in varying sizes can introduce texture and visual interest while allowing homeowners to rearrange displays as needed. Terracotta remains a classic choice, complementing both traditional and contemporary outdoor designs.



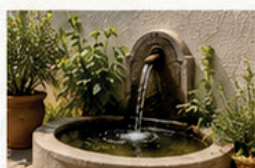
LIGHTING MATTERS

Lighting is often overlooked but can dramatically transform a patio after sunset. Solar-powered lanterns, string lights and LED candles create a warm, inviting ambience without significantly increasing energy costs. Soft lighting can help extend the use of outdoor spaces well into the evening, which is especially important during Spain's hot summers when many people prefer to socialise after dark.



COOK OUTDOORS

Outdoor cooking areas are becoming increasingly popular. While a built-in kitchen may not be practical for everyone, a quality barbecue or compact outdoor cooking station can turn a patio into the focal point for summer gatherings. Combined with a dining area and comfortable seating, it creates a space designed for entertaining.



WATER FEATURES

Water features are another effective way to introduce a sense of calm and help combat the heat. Even a small fountain can provide soothing sounds and contribute to a more relaxing environment. For larger patios, decorative ponds or contemporary water walls can become striking focal points.



ENJOY THE LIFESTYLE

Ultimately, the most successful patio gardens balance beauty, comfort and practicality. By incorporating shade, drought-tolerant plants, comfortable furniture and thoughtful lighting, homeowners can create an outdoor living space perfectly suited to the Spanish summer. With a little imagination and planning, your patio can become the heart of the home throughout July and beyond—a place to relax, entertain and make the most of Spain's enviable outdoor lifestyle.





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