



Help News Quarterly

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AUTUMN 2011

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www.helpvegabaja.com

Welcome to the Newsletter of the Association Help Vega Baja
We hope that you will find the information useful

FRIENDS UNLIMITED

Help Monthly Lunch

Monthly Lunch
First Tuesday in the
month at Portico Mar
Guardamar

Varied menu each
month 13.50€

Come along and meet
friends old & new

Reserve by telephoning Help office



This years
Christmas Fair
Will be at the Asturius
Restaurant N332 on
Saturday 19th November
We would welcome any
suitable craft items to sell
here so start making now.

This Social Group meets on Thursdays 2.00 p.m. to 4 00 p.m. at The Club
Quesada.. The aim is to have fun, make new friends and learn more about life in
Spain.

The following program has been arranged for September to December:

- | | | |
|------------|---------------------|---|
| Sep | 1 st | Ray Marsh, returns with a talk on wildlife |
| | 8 th | Local information by Graham Knight |
| | 15 th | **Menu del dia 11€ – Mesón El Prado, San Miguel |
| | 22 nd | “Life As It Was In Spain In 1973” a personal look at life in Spain
by Arthur Langdon |
| | 29 th | **COACH TRIP LA VALL D’UIXO 20€,
PLUS BOAT THROUGH CAVES AND HISTORIC TOUR |
| Oct | 6 th | **Menu del dia 11€ – El Raso, Guardamar |
| | 13 th | Crazy Ladies Dance Group |
| | 20 th | Chuck’s In-House Quiz |
| | 27 th | **COACH TRIP 12€ CALPE AND MORE |
| Fri | 28 th | **CHARITY RACE/SUPPER NIGHT 10€ |
| Nov | 3 th | 5th Anniversary Party – Female tribute singer - Lucinda |
| | 10 th | **Menu del dia 12€ - Charlot, Benijuzar |
| | 17 th | Help Updates with Pauline Yates |
| | 24/25 th | **COACH TRIP, BENIDORM PALACE AND HOTEL |
| Dec | 1 st | Maureen Payne, President of Age Concern |
| | 8 th | CHRISTMAS SPECIAL with JB Brass (mince pies etc) 5€ |

Friendship Centre

HELP CHRISTMAS LUNCH 6th December

Fairways Restaurant

Starters

Chef's home made soup of the day

Prawn cocktail

House pate served with Cumberland sauce

Main courses

Roast local reared turkey served with all the trimmings

Roast topside of beef served with all the trimmings

Roast vegetable terrine served with a red pepper & tomato sauce

Desserts

½ bottle of wine, water and coffee

Entertainment with Dan Davy

20 euros



The Help Friendship Centre

At the Baker Foundation

Playa Flamenca

(opposite Dragon Chinese Restaurant)

Mondays

2.00 p.m. to 5.00 p.m.

MENU DEL DIA - THU 10th NOV

AT
CHARLOT,
C/Miguel Hernández
Benejúzar

3:30 for 4pm
3 course served meal with drink
and coffee – extensive choice
on the day

Tickets 12.00€

Talks

If you would like a representative of HELP to talk to members of your club or association about our work and aims, please contact one of our

**We help people of all ages
And with all sorts of problems**

**Friends Unlimited
FRIDAY 28th OCTOBER 2011**

CHARITY

RACE NIGHT

6:30PM for 7:00 pm

THE CLUB, QUESADA

TICKETS 10€

2 x Race Tokens and
2 Course served supper included

Any Fund raising suggestions as well as ideas or articles for the next newsletter very welcome

**24 Hour
Emergency Help line :
966 723 733**

Charity No. 2985

**HELP ASSOCIATION
VEGA BAJA**

XMAS MARKET

**Saturday 19th November
10 am to 2 pm**

Free Entry

**PIZZERIA ASTURIAS
N332 near Water Tower**

Stalls to include
Crafts – Gifts – Jewellery
Books - CD's – DVD's
Home produce
Puzzles – Toys – Games
Linen – Bric-a-brac
Ladies and Gents Clothing
Raffle & Tombola

Voluntary Reg. No - CV-04-047761-A

Orthopaedic Equipment

Our vast range of orthopaedic equipment is stored in our San Miguel Centre, and renewed and added to regularly. At least 30 wheelchairs are in use each day of the year. We also stock walking frames, toilet seat raisers, bath seats, crutches, hoists and hospital type beds. All items are available for hire at a very modest fee.



Diabetic Support Group

The Help Diabetic Support Group meets in Hoggies Bar, San Luis, Torre vieja on the last Wednesday each month at 11.00. For the recently diagnosed, as well as those who have learned to live with Diabetes. We aim to stay informed of all developments in the treatment of this condition.

Fortunately, some time ago, HELP volunteer Oscar Noronha, who is a diabetic with a great deal of knowledge on this subject, saw the wisdom of starting a monthly group where diabetics could meet and have their questions answered. The group consists of men and women aged from 14 years to 80 plus a doctor and a fully qualified nurse.

Diabetics who come to live in Spain have to adapt to a different measuring system and, possibly, different medication, while those who are diagnosed after they have made their home here, are often shocked and uncertain of how to proceed.