

HELP



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Registered Charity No: 7645/1a

CIF: G73321481

HELP Murcia Mar Menor remains committed to its mission supporting those in need across the Region of Murcia. The Charity continues to encourage residents to get involved, whether through volunteering or supporting their fundraising efforts.

January 2026

NewsLetter

**It is my privilege to pen this, the 4th edition of the
HELPMM Newsletter. A warm welcome to all readers.**

What a highly successful year it has been for the Charity, building on the progress made in 2024. So much has been achieved but none of this would have been possible without the commitment of our fantastic team of volunteers. They give up their time so generously just to make

life that little bit easier for people less fortunate than ourselves.

The Committee under the leadership of Debbie, continues to strive to ensure that things are done properly and professionalism is shown in anything that is undertaken.

The project to upgrade all the mobility equipment to meet modern day needs and be fit for purpose for at least the next 5 years, is almost done.

To complete the project, further investment may be needed in 2026, but not much.

The Outlet goes from strength to strength and it is remarkable the amount of revenue that is now being generated compared with 2 years ago. This has been helped enormously, thanks to very generous donations from the Estate of the late Lady Elisabeth Hebdige (more of this later in the Newsletter) and Oceans Outdoor Furniture.

Hugh thanks to them and all of our other Donors.



MEMBERSHIP

Membership continues to flourish and at the time of going to print we now have 70 members a 70% increase on 2 years ago.

However, It is with great sadness that we have to inform you of the passing of former HELP member Megan Johnstone.

Megan was an active HELP member for many years and had returned to Scotland after living in Spain for over twenty years. She will be sadly missed by all her many friends.

GET INVOLVED

Whether you choose to donate, fundraise, volunteer, or simply spread the word, there are many ways to support HELP. Together, we can continue to provide assistance, hope, and dignity to those most in need.

If you'd like to learn more about our work or find out how you can help, please get in touch. With your support, HELP can continue to make a difference across the Murcia Region.

By focusing our efforts entirely within Murcia, we ensure transparency, accountability, and real impact. Donors can be confident that their support is helping neighbours, friends, and families nearby, creating positive change close to home.

SPECIAL ARTICLE

In April 2025 we received a communication from John Sido, legal representative of the Estate of the late Lady Elisabeth Hebdige stating that the Estate would like to make a donation to our Charity. Lady Elisabeth was a former member and Patron of the Charity but sadly passed away in May 2024.

The next communication indicated that the donation was to be in the form of the total contents of her luxury villa on La Manga Club. At that time the Assets were in storage in a unit in Crevillente, Alicante owned by Gil Stauffer. For ease of access, it was decided to move the contents, including 237 boxes, to a more local unit and with the benefit of hindsight it was a challenge not to be undertaken during July and August.

At the time of going to print this considerable portfolio of Assets are gradually being fed into the Outlet when space permits. A good number of the items still remain in storage. From the evidence so far it is apparent that the sale of these items is having a favourable and welcome impact on our revenue stream.



Lady Elisabeth Hebdige 1938 – 2024

In memory of Lady Elisabeth I have penned a brief biography of her life.

Lady Elisabeth was a “Woman of Substance,” a diplomat’s daughter with strong Colonial instincts. She was born in Paris, France in 1938 and sadly passed away in May 2024.

Lady Elisabeth became a member of HELPMMM in 2008 and was granted Patronage in 2011. As a Patron of The British and Singapore Red Cross, she was well known for her generosity to The Red Cross and many other charitable organizations.

Lady Elisabeth led a full life; she was an avid art enthusiast and collector, fully trilingual, and travelled extensively. She retired to her villa in La Manga Club in 2003. She stayed in her beloved sunny Spain and enjoyed her many British and

Spanish friends. She remained there until 2021, when she became ill and decided to sell her property and move to Arizona, USA, to live with her dearest sister and brother-in-law.

OCEANS THANK YOU



Abig thank you to Oceans Outdoor Furniture who have donated hundreds of outdoor cushions. It was a bit of a shock when they turned up with boxes and boxes of cushions, not just once but 5 times!!!! We are so grateful for your generosity, cushion sales have raised nearly 3000€ for the Charity.

Thank you from Debbie and everyone at HELP Murcia Mar Menor.

SUPPORT FOR GOOD CAUSES

AFAMUR

In November David and Maite of AFAMUR came to the HELP Outlet in San Javier to accept a **donation of €3000** from the charity 😊
AFAMUR is the Association of Relatives of Alzheimer's Patients in the Region of Murcia.

The Association was the first to be established in the Region, in December 1993. It was formed due to the insufficiency of health and social structures to respond to the needs raised by the relatives of Alzheimer's patients (information, guidance, resources, etc).



David, Debbie, Margaret, Barbara, Mike, Margaret & Andrea are pictured with David & Maite.

BUEN SAMARITANO

Representatives of Help Murcia Mar Menor Charity were privileged to meet with Josue Sanchez and his son from Hogar el Buen Samaritano on Thursday 16th October at Help's Outlet in San Javier to hand over a **€3000 donation** to this very important charity.

Josue says that the donation will help them to feed many families and children within this area on a regular basis. Every week they buy chickens and fresh vegetables so that the people in need are getting fresh food which is so important to children, especially.



AIDEMAR

In September David, Margaret, Irene and Debbie spent a couple of hours at Aidemar in San Javier, which is one of our chosen good causes. They met some of the residents and also Miguel the director, who explained all about their residential and day care centres. They have residents from eighteen right up to pensioners. They have one resident who at the age of seventy four has been with them for forty years. The day centres take children and adults with all kinds of disabilities.

They are opening a new centre for children, from birth to eight years old. Miguel is going to use our **€3000 donation** to help buy equipment for this day centre. They had their photos taken with some of the residents who were learning computer skills. It was a very rewarding experience; everyone was so happy and welcoming.



KIM WALLIS APPEAL

At the end of August we were alerted to a heart rending appeal which appeared on Facebook.

Basically Kim had just received a diagnosis of Motor Neurone Disease (MND) and we all know there is little support available in Spain unless you go privately. This being the case the only alternative was to arrange for Kim to return to the UK to receive the care and attention she needed. The only way safe way to do this was via a private land ambulance, staffed with 2 drivers and a nurse. The cost of this journey was £7,000.

To enable this to happen a fundraising page was established and very quickly the target amount was achieved and HELP MMM were very pleased to be able to **donate €500** to this most worthy appeal.

Sadly this story does not have a happy ending as soon after her return to the UK Kim passed away but she did so surrounded by her family and friends.

**HELP MURCIA MAR MENOR
DONATES TO GOOD CAUSES
EVERY YEAR**

FURTHER GOOD CAUSES

REDMADRE, Cartagena

A few weeks ago I was invited to REDMADRE in Cartagena to have a look around their facility, which they have thanks to the generosity of an anonymous benefactor. Myself(Debbie), Irene, Alan & Paul went to visit them today with baby clothes that have been donated to HELP, along with cardigans which have been knitted by some very talented ladies. HELP has also spent **€250** on baby-wipes, nappies and sanitary items. At the moment they are helping 22 women and children who have been struggling to manage. This is a fantastic charity, they are doing amazing work and were very grateful for our donation. REDMADRE has thirty volunteers who work on various days, the centre is open Tuesday & Thursday 10.30 - 12.30



THE ROYAL BRITISH LEGION  Murcia Branch (BR3710)

at La Zona Terraza

Help Murcia Mar Menor has made a donation of **€150** to their Poppy Appeal.

5kg LUNCH

At the last Help Social Lunch held at Curry's Restaurant on 25th September which is now known as '5kg Lunch' all members bring non perishable goods which are then distributed to those in need.

A HELP member had told us of a church in Los Alcázares called Parroquia de Ntra Sra Asuncion; the Priest in charge gives out parcels of food to the deserving local families.

Representatives of the church came and collected the food.

Anyone wishing to contribute can visit the HELP office in Los Alcázares or their Outlet in San Javier where volunteers will be happy to share more about how just a couple of hours a week can make a meaningful difference in people's lives

HELP MURCIA MAR MENOR

OFFICE ADDRESS (FOR LOAN EQUIPMENT)

Calle Penelope 11, Los Narejos, Los Alcazares, 30710, Murcia.

Tel.No: +34 968 570 059

Opening Times : Monday, Wednesday and Friday
between 10.00 -12.30

Website: www.helpmurciamarmenor.es

Email Address: helpmmm@gmail.com

Registered Charity No: 7645/1a CIF: G73321481

OUTLET ADDRESS

Avda de la Union 57, San Javier, 30730, Murcia

Tel.No: +34 686 482 541

Opening Times: Monday to Friday between 10.00 - 13.30
Collection/Delivery Wednesday & Thursday by appointment only
WhatsApp: +34 686 482 541

We have a Facebook page, updated weekly with items for sale.

HELP Murcia Mar Menor outlet

**WE ARE ALWAYS LOOKING FOR NEW MEMBERS
WHO HOPEFULLY WILL IN TURN BECOME
VOLUNTEERS**

**CONTACT THE OFFICE OR OUTLET IF YOU WOULD
LIKE TO KNOW MORE ABOUT OUR CHARITY**