

Did you KNOW?

96 per cent of us aspire to own better things and keeping up with the nations wish list would cost £230 billion. Direct Line Aspiration Index



I WANT TO HELP EASE THEIR MONEY TROUBLES

Q My son and daughter-in-law are struggling with money problems. I want to help, but how can I suggest it without causing offence?

GB, Norwich

Dr Elizabeth

says: It's always tricky when you want to help, but don't want to cause offence.

However, I do think that such a generous thought in these hard times can only be seen as a kindly gesture. The simple statement: 'I'd love to lend you, or let you have, x amount, if you would be happy to take it' surely wouldn't cause offence? The approach you take will depend a lot on your relationship with the two individuals concerned. Do you feel you could approach your son more easily than your daughter-in-law,



or possibly the other way round? A suggestion made to one, could then be discussed by the couple in privacy and means they wouldn't have to make a decision in front of you. Otherwise, you could mention it when you're all together happily and then let them take it from there. Be open to suggestions and let everyone take their time to make their decision. Your kind thought should only lead to happiness, whatever they decide.

HE MIGHT MOVE AWAY

Q I live with my 40-year-old son. Someone died at his work while he was on duty, it wasn't his fault, but his work are not allowing him back as they say the stress will affect his work. This has completely changed him and I'm worried he'll have to move away – how can I help?

FR, Poole

Joy says: Firstly, your son (if he hasn't already) may need to seek advice from his firm's human resources department and his own doctor about whether or not he is fit to work. Trade unions (if

he has one) or the Jobcentre also have employment rights experts who can help. However, your son may feel a change of scene would help him put the incident behind him, but I detect from your letter that this parting could be your main concern. Sometimes, we mums find it hard to let go – even when our 'babies' are grown up. But yours sounds like a loving son who will always make sure you are OK, even if you are no longer together every day. And when he comes back to visit, your times together will be even more precious – I know it works for me.

Intimately speaking...



Julie Peasgood, the **Yours** sexpert, offers love advice for grown-up women (and our men too)

I bought a lovely soap recently, a heart-shaped, sweet-smelling confection. The only problem is that it was really painful when used on more intimate areas, so now even my usual soap is stinging down below. Apologies if I'm over-sharing, but I've since discovered this isn't unusual, and may perhaps account for the number of specially formulated feminine gels on the market.

I've never really been a fan of intimate sprays or scented douches as they can disrupt our natural balance of flora and fauna. So I was relieved to find an alternative soap that's not just gentle, but actually restores and stimulates the natural balance of the skin. Created from unique recipes by grandmother Gamila Hiar in the mountains of Galilee, 'Gamila Secret' soaps are 100 per cent natural and hypoallergenic, containing only the purest oils and healing herbs. Amazingly, Gamila continues to hand pick

Soap can be a thorny issue...

some of the herbs herself, and at 70 is still at the helm of her family-run company.

Recently voted Best Luxury Medicated Soap, it may not be the cheapest soap around, but considering each bar is handmade, it's worth it. For more details call 020 7372 8146 or visit www.vitahealthcare.com.

The friend who introduced me to 'Gamila Secret' swears it's cleared up her eczema, and even helped cure her husband's haemorrhoids. And I don't feel like I've got nettles in my knickers any more...



Turn the page for more advice →