

terms with your perceived losses and your ego's terror of ageing, says Dr Cecilia d'Felice. 'These losses include the loss of your youth, the loss of your friends and the loss of your self-image as a powerful lover,' she continues.

If you have the courage, sit down with your partner and tell her you are struggling – not with the fantasy of a

Rupert Smith's latest novel, *Grim*, is now available exclusively on Amazon (£13.99).

"break" and go on holiday, have fun and get a different perspective on life. You may realise that you are more than a body, looking for kicks to feel good about yourself and that you are a loving partner who took the trouble to get some advice before launching himself on a haphazard adventure.'

The reality is that we will all age and

respect people have for you.

'Even if you died tomorrow, would you want people at your funeral scoffing at the deluded old goat? Or talking about you with respect and admiration?'

Email your relationship problems to features@ukmetro.co.uk, with 'advice' in the subject line

a scam.

@Alan_Reiss Are you having a giraffe? Concentrate on sorting out your missus and forget the girl who's old enough to be your daughter!

Kayak trip floats the boats of lovelorn singles

It's drizzly, cold dark, and the dress code is mud-splattered overalls with the aroma of eau de Thames. So far, so romantic.

A group of twenty to fortysomethings huddles around a kayak for a safety briefing. Then it's down to the soggy river bank where we squeeze our legs into impossibly small cockpits. With one big shove, it's out on to the water, where we paddle five miles into the centre of London.

This may not be your choice of activity for a first date but, trust me, one glimpse of the illuminated Houses Of Parliament and Big Ben's reflection on the water while 1980s disco tunes boom from the accompanying guide boat and you'll be hooked.

Five minutes into our paddle (or, in my case, frenzied splash) and our convoy of 20 kayaks was

There are ways to find love and get active at the same time. *Helen Croydon* joins a moonlight single's kayaking trip

singing and bobbing down the Thames. Walkers on the river bank and bridges paused to watch as our noisy procession passed by.

Moonlight kayaking is the latest event piloted by dating site Doingsomething.co.uk, which provides singletons with things to do. If romance sparks, great; if not, at least you've done something rather than wasted an evening drinking in yet another pub. Many of its events are activity-related, so if your new year's resolution is to get moving



Pairing up: Searching for love on the Thames

and find love, this event – called the Love Float and hosted with London Kayaking of Chelsea – is a two-in-one goal.

I am paired with a 38-year-old engineer. He sits in the back (the heavier paddler always does). 'I've never been to a singles event before,' he tells the back of my head.

'But I love outdoor things and this seemed something I'd enjoy and have a laugh without having to tell my life story.'

When we reach Big Ben, the men swap boats so we paddle back with a different partner. It's a bit hairy. The girls in the front cling on to another kayak while the boys at the back clamber into the adjoining boat.

This time I'm with a cheeky twenty-something who, I note, took on more of the paddling than

the last one. I will not lie: my gloves could be wrung out, the river water was trickling down my décolletage and I went home damp but the exhilaration was well worth it. Even though I left alone, it's a good story to tell on future dates.

London Kayaking hosts other non-dating kayaking trips with a techno DJ dressed as Darth Vader. The trips fund a community scheme that provides kayaking days for disadvantaged children, so if your resolution is to help charity, it's another incentive to make paddling in the rain a goal for 2014.

The next Love Float kayaking event in London is on January 18.

Other kayaking events will be planned around the country – you can register your interest at doingsomething.co.uk