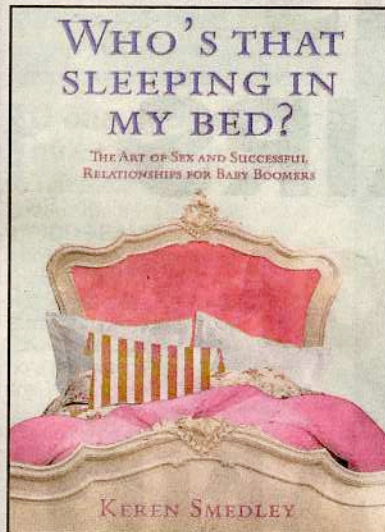


Over-50s turning to Keren for love help

A GONY aunt Keren Smedley has come a long way from teaching teenage girls.

The former teacher is now a life and relationships guru who dedicates her days to helping the over-50s.

Whether someone is struggling with a divorce, arguing with their step-children, or simply trying to cope with



■ ONE of Keren's books

the butterflies of later-in-life love, Keren is on hand to help.

The 57-year-old, who lives off Hornsey Lane, Archway, said: "There are people worried about how to manage their elderly parents, there are people who can't see their grandchildren because of a divorce in the family, and there are those who are going through mid-life crises.

"And sex is a topic that's not talked about enough. People say to me, 'I have fallen in love and I can't sleep and I can't eat - and I am 72.'"

Keren - who also worked at a unit for troubled children in York Way, and advised young people at the Family Planning Association - started focusing on the "in between" generation as she herself hit 50.

Keren said: "I was getting to that age myself and people were saying, 'What do we do with ourselves now?' We are the age group that is in between. We are

no longer young and sexy and we are not old enough to need care."

Keren helps unravel the dilemmas of the mature readers of Woman's Weekly, while providing advice workshops and life coaching from her home-based company Experience Matters.

She has also written two self-help books - one delving into the art of ageing gracefully and the other offering tips on relationships among the baby boomer generation.

"There are a lot of people who don't know who else to turn to," she said. "I like being able to help people find their own solutions."

● Keren Smedley and other experts are holding a series of workshops for the over-50s on relationships, families, body image and health during September, October and November at various central London locations. Book at www.experiencematters.org.uk.

- MEYREM HUSSEIN



■ KEREN SMEDLEY: "There are a lot of people who don't know who else to turn to"