

Ask us anything... we'd love to help!

← **Q** Where can I buy a non-slip foot to put on my walking stick?

Your questions answered

S Baker, Whitby

Yours says: Flexyfoot is an anti-slip tip that will fit on to walking sticks, Zimmer frames and even crutches. It gives 50 per cent more grip on floors and is particularly good on wet surfaces. It's also shock absorbing for less impact on your joints and can rotate 360 degrees for easy manoeuvrability.
 ❖ Priced at £12.99, for stockists call 0800 0285 888 or visit www.flexyfoot.com



Q Is it possible to get remote-controlled plugs?

W Andrews, Manchester

Yours says: Switching off appliances will reduce your carbon footprint as well as saving you money. This clever radio-controlled socket (£9.99) can be used with any domestic appliance.

Its remote control handset can operate up to 12 other radio-controlled sockets and will work on sockets behind furniture or in nearby rooms.

❖ Visit www.energenie4u.co.uk



Yours Info

We'd love to help to answer your questions.

Write to us at: Ask Us Anything, **Yours** magazine, Media House, Peterborough Business Park, Peterborough PE2 6EA. Or email your query to us at yours@bauermedia.co.uk with 'Ask us Anything' in the subject line.

Buying glasses is an expensive investment, so make sure you find the perfect pair with this simple guide

How to choose them

By Michelle Nightingale



What's your face shape?

Your face shape should play a part when deciding which frames you pick. It's all about balance, say experts at Specsavers, and the key is to look for frames that will complement your best features and help disguise your worst! The right frames can improve your overall appearance, soften your features and even make you look younger – so it pays to take time to find your perfect pair.

❖ If you're unsure of your face shape, try this simple method. Stand in front of a mirror (with your hair tied back if it's long) and, using a whiteboard marker or a pen that will wipe off easily, draw on the mirror around the reflected outline of your face. Then simply match your face shape with the ones on the right.

GREENWATCH

Ecozone's Ecoballs are the latest eco-friendly way to clean your clothes without using pricey washing detergents. Their formulated filling penetrates the fibres, lifting dirt without fading colours or damaging delicates. Ecozone (www.ecozone.com) is offering free delivery worth £3.95 when ordering Ecoballs 150 washes (RRP £9.99) or Ecoballs 1,000 washes (RRP £29.99). Call 0845 230 2082 and quote '**Yours** offer' before Oct 21, 2010. (Lines open 9am-5pm Mon-Fri, calls 4p/minute from a BT landline, calls from mobiles may vary.)



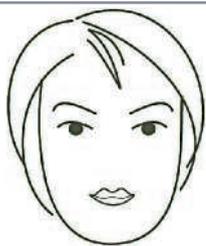
Did you KNOW?

65% of Brits regularly find loose change down the back of the sofa averaging £1.61. So check you're not sitting on a small fortune! Source: Halifax



In association with 

Get the right specs

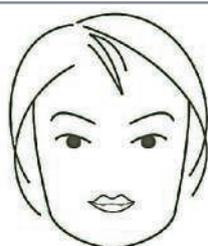


OVAL

If your face is oval shaped, you're lucky enough to have evenly proportioned features that will suit most frame shapes. Be adventurous with modern geometric and rectangular styles.



❖ **Season**
(Specsavers ref 24990936) £85

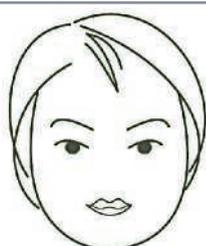


RECTANGLE

High cheekbones and a deep forehead mean you should avoid small square shapes and instead look for wide frames with a strong brow line. All-over colours work well, too.



❖ **Mindy**
(Specsavers ref 24816793) £99

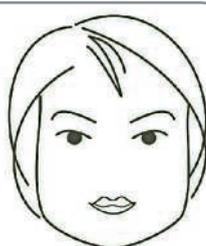


ROUND

If your face is short with full cheeks, a wide forehead and a round chin, then angular and geometric styles are perfect. Avoid anything round or oval shaped.



❖ **Ailene**
(Specsavers ref 24990868) £85



SQUARE

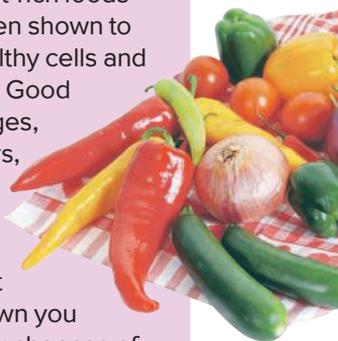
Square face shapes have a wide jaw, broad forehead and square chin. Balance strong features with oval frames to help soften your jaw line. Avoid anything too angular.



❖ **Semca**
(Specsavers ref 24816977) £69

5 ways to... protect your eyes

- 1 Arrange regular eye tests. These can help detect other health problems including high blood pressure, diabetes and eye conditions such as glaucoma and cataracts.
- 2 Eat antioxidant-rich foods as they've been shown to help maintain healthy cells and tissues in the eye. Good sources are oranges, tomatoes, peppers, carrots and green leafy vegetables.
- 3 Exercise regularly. Past research has shown you could reduce your chances of both cataracts and age-related macular degeneration (AMD).
- 4 Protect your eyes from the sun and look for sunglasses with the European standard CE mark and also the British Standard BS EN 1836:1997, which guarantees they'll have a safe level of UV protection.
- 5 Quit smoking. Research has shown that if you smoke or have smoked in the past, you're four times more likely to suffer from AMD.



Turn the page for more advice on specs →

It's a FACT

Did you know that in everyone's fuel bill is a hidden £32 a year tax to pay for

Government energy efficiency schemes?

To cut your gas and electricity bills

contact
Yours Switching
on 0800 0087777.

Yours
Switching

25% discount off glasses for over-60s

If you're over 60, eye care is great value at Specsavers. From Monday to Friday, if you buy any pair of glasses from the £69 range or above, you'll get 25 per cent off frames, lenses and any extra options you pay for. All Specsavers glasses

include Pentax lenses and a scratch-resistant treatment as standard. Remember you can also have an eye test free under the NHS if you're aged 60 or over. ❖ To find your nearest Specsavers call 0800 068 0241 or visit www.specsavers.co.uk



Terms & conditions: This offer cannot be used with other offers and includes one pair of complete glasses only. Excludes reglazes, safety eyewear, any contact lens products and non-prescription sunglasses. Discount not transferable in whole or part for cash. Offer available in-store only.

PICS: REX FEATURES; ALAMY; ILLUSTRATIONS: KAREN BOOTH