

SOUTH EAST CITY WOMEN

# VENUS

SEW #5

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WHERE SOLD



15p goes to  
Children's Fire  
and Burns Trust

## TARA'S IN A SPIN

WE TALK  
EXCLUSIVELY TO  
TARA PALMER  
TOMKINSON,  
ZOE BALL AND  
JODIE KIDD  
AT V2003

## IT'S AN INDIAN SUMMER!

RADIO ONE'S  
BOBBY FRICTION & NIHAL

SUSHEELA RAMAN

ANEELA ROSE

EAST MEETS WEST, SEXY SARI STYLES

INDIAN FOOD AND RECIPES

BOLLYWOOD GUIDE

PLUS

TIME FOR TIFFIN

CRICKET WHITES  
COME OUT TO PLAY

TOO MUCH WORK,  
NOT ENOUGH SEX?

WE'VE GOT THE ANSWERS

WIN A FANTASTIC  
HOLIDAY TO CROATIA





IT SEEMS THAT IN THE UK WE ARE ALL working longer and longer hours – the longest in Europe – and we are increasingly losing our sex drive. A lack of interest in sex and a reduced libido was reported in a quarter of all women in a recent health survey (mynutrition.co.uk). The same survey found that some men too have less interest in sex. 19% of the men that took part in the survey also had a reduced sexual desire with some of the more honest amongst them also admitting to a problem with impotence.

Approximately one-third of our lives are spent in bed sleeping, dozing or making love. Sadly less and less time is

# NO SEX IN THE CITY

Are you a lion in the boardroom but a mouse in the bedroom?

They forget that movie stars have a team of people standing by to make

energy now than they used to have.

There are few things that reduce a man's potency more than stress and anxiety. In fact stress can have an equally detrimental effect on a woman's libido – it just isn't so visibly obvious. Anxiety was found to affect nearly 50% of people that were interviewed.

Your mood can also affect your libido. Up to 70% of depressed patients report a lack of sexual interest. And at some time 67% of people in the survey reported to feeling depressed. If your job or the amount of time you spend on it, or thinking and worrying about it is

making you unhappy it can reduce your sex drive. As a nation we spend more time at work than any other Europeans and of the 20,000 city workers that were interviewed 45% felt that they worked harder than most people. No wonder sex lives are struggling.

## What can you do?

Sexual desire changes naturally over time – increasing or decreasing – depending on work and life commitments. There is no right or wrong level, but when there is a drop in libido caused by excessive working hours and stress, it may be time to reassess your working week and devote more time to loving. Take our quick libido test and see if your work is affecting your sex life and if your libido is lagging.

[ Sadly less and less time is devoted to sex because of an extra need for sleep, often due to work stresses ]

PHOTOGRAPHY: JERRY LEBENS

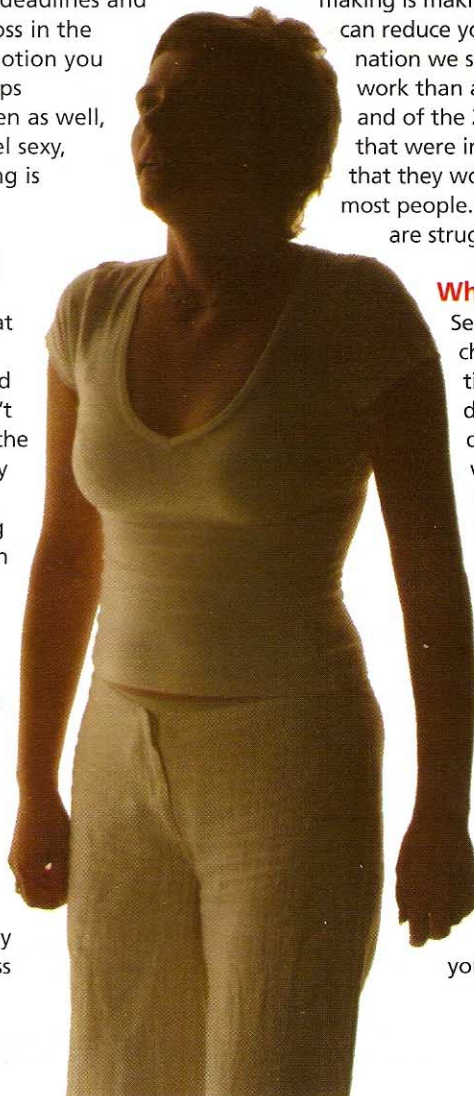
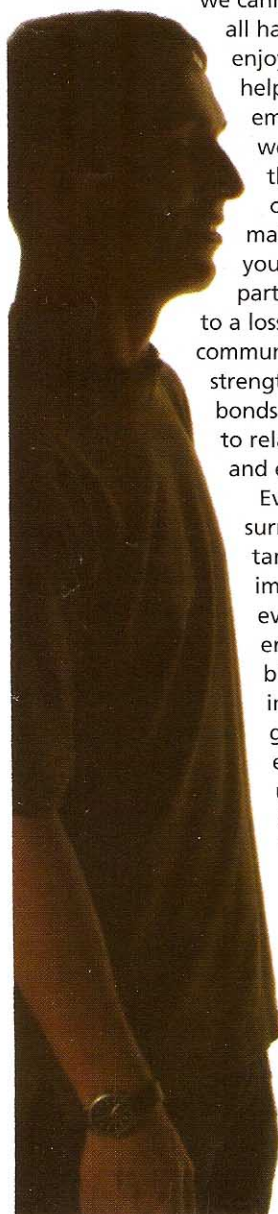
devoted to sex because of an extra need for sleep, often due to work stresses. We all need sleep – without it we cannot survive and we all have sex because we enjoy it. Yet sex can also help create a sense of emotional and physical wellbeing. Neglecting this important part of a relationship and making time for yourself and your partner can lead to a loss of the communication that strengthens intimate bonds. Lost intimacy leads to relationship problems and even break-ups.

Everyday we are surrounded by tantalising sexy images bursting from every screen and erupting from billboards, all implying that sex is going on everywhere around us all of the time. Sexual encounters in movies are often more fantasy than fact. Sadly many women feel pressured and to try to live up to these 'sex goddesses' that litter our screens.

them look beautiful, glamorous and sexy. The inaccurate perception that arises out of this false representation of a woman's sexual desire and libido can add an extra burden to a woman and leave her feeling inadequate. When you are working hard, attending meetings, making deadlines and impressing your boss in the hope of that promotion you deserve and perhaps bringing up children as well, finding time to feel sexy, desirable and loving is especially hard.

## Some shocking statistics

Long hours put in at work may result in your being too tired to bother; you don't feel sexy nor have the energy to rouse any waning flame that was once a burning passion deep within you. If you get home from work and want to put your feet up, slob about in your most comfortable but highly un-sexy jogging bottoms and get to bed – to sleep, on your own, you are not alone. 78% of people in the survey reported having less





# LAGGING LIBIDO OR LANGUISHING FOR LUST?

## 1 You get home from work and your partner has spent all afternoon preparing a romantic meal. Do you:

- A Inwardly groan – you've had one hell of a day at work and you just want to put your feet up, relax and have an early night - on your own
- B Run yourself a luxurious bath to shake off your day's work so that you can enjoy your partner's efforts
- C Ravish your partner – dinner can wait

## 2 Do you ever feel low and unmotivated?

- A Most of the time
- B Occasionally
- C Very rarely

## 3 Do you worry about your work after you have left?

- A You can't switch off; it's always at the back of your mind
- B Occasionally you give it some thought when you have a special project on the go, otherwise it's not really a bother
- C You leave work at work

## 4 When was the last time you put aside time for a long slow and steamy love making session?

- A On your/his birthday
- B A couple of months ago
- C Last weekend

## 5 When did you last sit down and talk to your partner about what you would like in bed

- A Never – you should be able to sense what each other likes
- B When you first met you remember touching on it briefly
- C You are constantly talking about what you both enjoy and would like to do

## 6 When was the last time you did overtime at work?

- A What do you mean? You always put in overtime
- B On principle you don't
- C As a favour for your boss, when she or he asks. Your boss respects your time away from work so you don't mind putting in the occasional extra hour or so

## 7 Do you wake up in the morning;

- A Still feeling tired, you have to drag yourself out of bed and have two strong black coffees before you can even speak. No time for breakfast – you're running late again
- B Needing a quick shower to get you going. You wolf down some toast then rush out of the door
- C Wide awake and raring to go, You get a good breakfast in before you leave for work giving you enough energy to last until lunchtime when you will eat something healthy

## 8 Your partner has come home with two tickets for a gig or show that you have been dying to see. You;

- A Enjoy the show but leave early so that you can finish your report
- B Go to the show, have a great time and forget about the report – you'll think of an excuse for your boss tomorrow
- C Show your appreciation by wearing your new sexy underwear so that you can play with your boyfriend later. You know you have time to get your report done tomorrow as you manage your time well and don't take on more than you can achieve

**Mostly A's** You seem to be exhausted with no time for sex and loving, and it's time to reassess your priorities. Work out what is really important to you and come up with a plan to help you balance your work and love life. Learn how to switch off from the stresses at work - maybe a session at the gym or a relaxing bath could help. Communication with your partner also seems to be an area that needs some attention; you need to work into your plan some quality time, not just for lovemaking but also for discussing yours and your partner's needs. Good sex begins outside of the bedroom. It takes time and effort but the pay off is more than worth it!

**Mostly B's** Not too bad – You seem to have a fair balance between your working life and your love life although at times you need to be a little more organised with your time. Don't forget that spending time on yourself and your partner is vital but it is also important to be clear with your work commitments and boundaries. You could do with trying to be a little more balanced in your approach to work and communicate a little more about your needs to your partner by putting aside some special time for just the two of you to discuss what you want in bed. After all the brain is the most important sexual organ for a woman.

**Mostly C's** Great – you seem to have a good balance between your work life and your sex life. You manage your working commitments well by not taking on more than you can manage which you know would leave you feeling exhausted, stressed out and unhappy. Your partner is also a lucky man you obviously value him and the time you spend together. You may as well head straight off to bed - or are you there already?

If you are still having problems with your libido there are many other causes other than exhaustion and stress caused by work. These include illness, early menopause, surgery, low self-image, relationship problems, childbirth, depression or trauma. If any of these apply to you then get some help to work them out. A counsellor should be able to help with relationship problems and a nutritionist may help you to get in shape to boost your confidence. Whatever the cause do something about it. Life is too short to be without love, lust and great sex!

EMMA WELLS