



**Dating;Sun Woman;Trinny & Susannah
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JANUARY might be the most cash-strapped time of the year, but it's also the month we're most likely to head out on a first date.

According to new research, there'll be an amazing eight million first dates this month - at an average cost of Pounds 70 a go.

But first dates don't have to break the bank.

We asked DR VICTORIA LUKATS, psychiatrist and relationship expert for parship.co.uk, to come up with her top five suggestions for cheap dates that won't leave you looking cheap.

Here's her pick of the best for under a tenner.

GHOST TOUR

RESEARCHERS have found that a couple on their first date can be brought closer together by getting a FRIGHT.

This is because a surge in the hormones adrenaline and dopamine can mimic the symptoms of falling in love.

So if it's excitement you're after, arrange a trip together to your most haunted local spot.

You can take free walks around these haunts, or pay a small fee for guided tours and trips to haunted houses.

Cost: Pounds 0. To find out more about spooky spots in your area, visit afallon.com.

WINE-TASTING

INSTEAD of meeting in a pub, why not visit your local wine warehouse for a free tasting? And if the date goes well - you can always go to the pub afterwards! If it's beer you prefer, then take a trip to your local brewery. Watching the experts make your favourite pint gives you a great conversation starter.

Cost: Pounds 0. Go to enjoyengland.com to locate your local brewery.

A GREEN DATE

REDUCE your carbon footprint by volunteering to plant trees or help out at a local farm or animal rescue centre.

If you're the active outdoors type, this is the ideal opportunity to see if your date is compatible with you.

Check first that your date isn't too precious about getting his or her hands dirty.

Cost: Pounds 0. To find a project near you, visit nationaltrust.org.uk.

MUSEUMS & GALLERIES

THEY don't have to be stuffy, and give plenty of scope for conversation.

There is something for all tastes. From February 8 at London's V&A, you can see an exhibition of Kylie Minogue's costumes - or the Tate Modern has giant adult slides to ride.

Cost: Pounds 0. Find out what your local museum or gallery is at museums.co.uk.

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