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Women are doing it for themselves

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Experts at The National Home Improvement Show (1-3 October, London's Earls Court) believe that more and more women are powering up and taking on a more equal share of home improvements following a recent survey which revealed that nine out of 10 women now own power tools and 67 per cent are actively completing their own DIY task around the house.

Julia Kendell, National Home Improvement Show expert, presenter of BBC1's DIY SOS and interior designer comments: "Women are natural DIYer's due to their ability to multi-task and have a more patient and practical approach to problems than men. Not to mention that women are more likely to read instructions carefully and ask for help if it is required!"

"The stereotypical line between home improvement ability and the type of tasks each sex traditionally would complete have become much more blurred and many projects now are more of collaboration between men and women."

For those women who are new to DIY or don't have the confidence to tackle a project, Julia recommends these quick and easy solutions to cast off DIY inhibitions:

1. Find tools you feel comfortable using. There are special ranges of tools specifically made for women in terms of both ergonomics and look.
2. Measure twice and cut once –Make sure you fully research each task and understand what is required, that you have the right tools and skills and identify any potential issues or problems. The internet is the perfect resource however; most big DIY chains will have helpful staff who can also help you.
3. Practice makes perfect - get your hands dirty; try a smaller job to build your confidence before you tackle a bigger one.
4. Ask an expert first or even better still find a mentor who can take you through tasks or provide help on a job as you go along.
5. Take a course. There are a number of different courses offered by community centres and private companies. There is also a host of online tutorials available. The National Home Improvement Show is offering Tricks of the Trade practical demonstrations, hosted by The DIY Doctor and sponsored by Quotatis.

To find out more about women & home improvement, visit Julia at the Real Homes Live Theatre while she reveals her interior design secrets and provides inspiration on creating beautiful bathroom and kitchens. Julia is also available during the one-to-one Ask the Expert sessions where she will be on hand to ask your individual questions.

To The Tricks of the Trade feature at The National Home Improvement Show provides the chance to discover how to complete your project like a professional with the DIY Doctor's step-by-step tutorials on all sorts of useful handy skills such as skimming a plaster wall, tiling and plumbing. You will be walking away with the confidence you need to tackle some of these smaller projects yourself.

The National Home Improvement Show will be held at London's Earls Court from the 1-3 October 2010.

For more information about exhibitors, seminar schedules and tickets visit improveyourhomeshow.co.uk. Tickets are £8 if booked before 3pm on Friday 30 September and £12 on door.