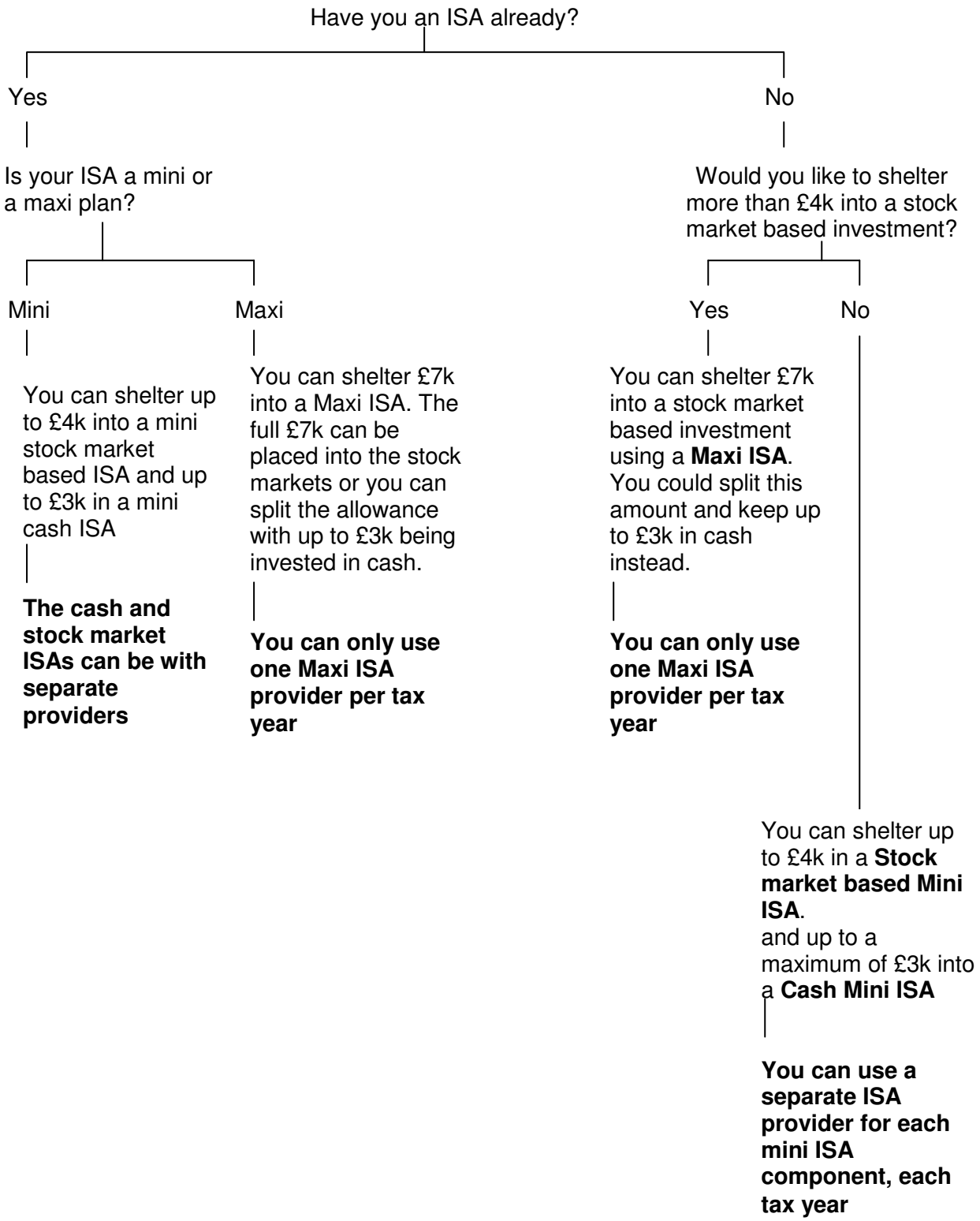Use our ISA aid to help work out how much you can invest tax efficiently and where