

I was slightly at a loss as to what to write my column on this week. My brain is already befuddled after the dive back into the cold water of work after two weeks of proper down time with the family. Then what with coming back to a reshuffle of Government posts, which I am sure was of little interest to ordinary folks but became the temporary obsession of Westminster, I was at first bereft of inspiration as to what to write.

So I thought I would look up what awareness days we have in January to try and find a hook for a column. At first it was all rather depressing. Unsurprisingly January is a month where, after the excesses of the festive period, we are encouraged to be abstemious. So we have Dry January and Love your Liver month. Then we have National Obesity Week to highlight the dangers of the tyre (or tyres) around our middle. And next Monday is Blue Monday which is apparently the most depressing day of the year when the gloomy weather and the arrival of the post-Christmas credit card bills arrive.

Although these are important issues and I have written about the underlying themes on many occasions I remained uninspired but then I kept perusing and discovered much more exciting awareness days ahead during this month. There is Winnie the Pooh day – an appreciation day of one of the amazing characters in literary history, and one I cannot wait to introduce to Freddie. Plus there is National Popcorn Day, National Hug Day, Squirrel Appreciation Day and the big schools birdwatch event, introducing youngsters to our winged garden wonders.

So sit down with your popcorn, snuggle up with the one you love, grab some binoculars or read your favourite Christopher Robin adventure. What a sure fire way of banishing the January blues.