

Time flies when you are having fun. Actually time flies when you are just getting on with things, which is why it seems extraordinary that last week was 100 days since the General Election. Those days where you the reader were being bombarded with literature and my pedometer showed an average of around 17,000 steps per day, regardless of the weather, seem a long time ago. Yet 100 days really isn't that long ago at all but it always feels like a landmark event and one which gives us an opportunity to say what has been achieved already.

Here locally I hosted another pensioners fair. Readers will remember the one I had in Aylesford in February which was so successful that when I do it again next year it will require a bigger venue! I repeated the exercise in Chatham with equal success and can now see the event as a regular thing. The campaign to make the area more dementia friendly continues as does ensuring that people have access to life saving defibrillators in the event of a cardiac arrest.

Nationally the Government has protected the defence budget, an issue many people feel passionately about and have written to me on, clamped down on tax avoidance, protected pensions and David Cameron has started the process of talking to his counterparts in Europe regarding reforms while legislation on the referendum is already being debated in Parliament.

In my ministerial role, among other things, I issued a consultation on new sports strategy – the first for a decade to get people of all ages as involved in sport and physical activity as possible. Tourism has a new five point plan and heritage now forms a key role within my portfolio.

The next 100 days pretty much take us up to Christmas and you won't see me taking my foot off the pedal. So much to do, so little time!