

So another year zooms to an end with perhaps a few days between now and 2014 to reflect on the challenges of the previous months and think about those we will face shortly. It always frightens me at this time of year how quick time flies (an idiom my English teacher loathed) and how sometimes you pause for breath and look up and think where did the week, month or even year go?

Of course every person feels this and it is no way unique to Members of Parliament but as I dash from meetings to committees to the chamber and back to Kent I do often think where on earth has the time gone since I got elected? There is so much I have yet to do but is easy to forget all that has been achieved over that time and my staff and I cover the office in thank you cards to remind ourselves of the challenges we have helped constituents overcome.

So what are my favourite moments of 2013? Well it is always dangerous to do a list because you are bound to leave something out and cause offence but I would say that getting defibrillators for local secondary schools has been a great achievement and I'd like to thank those who have funded and supported the project. I am pleased with my consultation with constituents over Syria and that my vote helped change not just UK policy on military intervention but global action. There has been a fight for fair justice for asbestos victims and a stand against badger culling.

There have been mistakes or failed attempts to overturn decisions, but my proudest achievements are those the vast majority will never see - the help and advice given to those individuals who need it most.

So as we enter the festive season and reflect on all that is good or bad in the world, I want to wish each and every one of you a Merry Christmas and look forward to serving you as time inevitably flies by in 2014.