

This week I took advantage of recess and after two years of putting it off finally had some minor surgery at Larkfield Health Centre on my toe. It is a rather boring old football injury but with my toenail digging 4mm into my toe it had become exceptionally painful. It was time to bite the bullet, stop being such a scaredy cat and get it sorted.

So I did. And with it came strict instructions from the doctor to have my foot up and doing nothing for 24-48 hours. This post op edict was like a punishment to me. I am not one to sit around. I loathe being idle but to be honest as the local anaesthetic wore off I knew I didn't have much choice. So I turned my sentence into an opportunity and caught up with the films and television I have failed to watch over the past few months, and what a joy it was too.

The British creative industries are world renowned. As an entire sector it is valued at around £74bn to the UK economy each year, employs over 5% of the work force and is continuing to grow. Why? Because here in the UK we are making some of the best moving pictures, music and video games on the planet. Our talent is phenomenal and anyone who watched the BAFTAs on Sunday night and the BRIT music awards on Wednesday would not disagree. Kent is often being used as a film or television set and the County has produced some brilliant actors, producers and writers.

I am privileged to be on a Committee that gets to see some of this in production but I rarely get the time to sit down and watch it for myself, something the doctor and I rather bizarrely discussed as he applied his trade to my poor toe. Maybe I should follow his orders more often. Or perhaps just remember to occasionally sit down, watch some TV or a film, and recognise that by doing so I am supporting great British industry.