

SATURDAY 6TH APRIL 2024

With Larinia Donling

E A S T E R

How was Easter for you? Yasmin and I had already sampled our first Easter Egg on Thursday afternoon - white chocolate with mango and passion fruit crunch from Lidl's - very exotic I must say. John hid so many chocolate eggs for Yasmin to find, and she was determined to find them all! We tried Pistachio (one from Waitrose and the other from M&S to compare), Bounty, M&Ms, Twirl,

Did you remember the clocks going forward? It felt very strange to be getting up in the dark in January and having lighter mornings, only to be propelled back into the dark because the clocks changed. Even more deceptive is having lighter evenings and realizing it is much later than we think. Lighter evenings means we can spend more time outside playing or gardening. However, the transitions are a bit of an issue I find. Younger children may struggle with the concept of going to bed when it is light, and equally young people may feel the need to stay in bed longer in the morning when it is still dark.



A curious question came up in our family of why does the UK change the time twice a year - what is that all about - whose idea was it in the first place???

T H E G U A R D I A N N E W S P A P E R W R O T E -

- The ancient Romans also followed a similar practice in order to use their time efficiently during the day.
- In 1784, Benjamin Franklin wrote about a similar idea in a satirical letter sent to the editor

- of the *Journal of Paris*. In the letter, Franklin suggested if people got up earlier when it was lighter, it would make economic sense as it would save on candles.
- William Willett, an Edwardian builder and the great-great-grandfather of Coldplay's Chris Martin, had devised a campaign in which he proposed that the clocks go forward in spring and back in winter so that people could spend more time outdoors during the day and save energy, hence the term Daylight Saving Time. Willett wrote about his proposal in a pamphlet called *The Waste of Daylight*, which was published in 1907.
- The government later adopted his ideas in 1916 during World War I - a year after Willett died - as politicians believed it would help reduce the demand for coal.
- While the Summer Time Act may have been established following Willett's proposal, he wasn't the first to put forward the idea of preserving daylight by changing the clocks.

What about Easter Monday also being April Fools Day? Personally, I think we were so busy enjoying the bank holiday and continuing to trawl our way through sampling Easter eggs, we quite forgot it was the 1st until well into the afternoon when the pranks and jokes have long expired!



April Fools' Day spread throughout Britain during the 18th century. In Scotland, the tradition became a two-day event, starting with "hunting the gowk," in which people were sent on phony errands (gowk is a word for cuckoo bird, a symbol for fool) and followed by Tailie Day, which involved pranks played on people's derrieres, such as pinning fake tails or "kick me" signs on them.

Speaking of Scotland - next week is very exciting. John and I with Monty and Tye will be travelling to Edinburgh! Our road trip to the north of England and Scotland. We will be exhibiting in the Ocean shopping centre in Leith, Edinburgh on Friday the 12th. This is a rare occasion where I get to be out of the office out and about meeting people to talk to about mental health and neuro-diversity. On Saturday, we will be catching up with Wendy, our only Non Executive Director in Scotland! We are hugely looking to catch up with her!

Have a lovely weekend!

Lavinia