

**Reading Time: 2 minutes**

---

Yesterday, a friend and I took a stroll down the Russells Hall estate in Dudley, just behind Russells Hall and Bushey Fields Hospitals, where I have been an inpatient in both over the past 6 months. On our small allocation of time off the ward, we found a somewhat cheap, yet very decent barber, which allowed us to get a trim, allowing us to look slightly more human. If you've ever tried to use an NHS hospital razor, you'll find an experience so bad, it would make a rusty razor used in the depths of North Korea seem like a top of the range Gillette experience.

There's a local convenience store called SPAR opposite the barbershop. Nothing special, just a run of the mill local shop. SPAR in the UK is nothing like other countries, in that it's actually a bit naff. There's only a couple that I know of in the West Midlands, and my longest lasting memory of SPAR was actually in the Royal Air Force, where they became a subcontractor for the on base convenience stores formerly run by (And still often referred to as) the NAFFI.

Yesterday was December 18th 2024. Christmas one week away. 123 days away from Easter Sunday 2025. Yet, one of the hallmarks of Easter, the Cadbury's Creme Egg, is already on display. We've not yet celebrated a commercialisation of the birth of Christ, yet we are already preparing for his death and resurrection?

Just another thing that confuses me about capitalist societies.

**Peace And Love, Viva La Revolution? xx**

---