



FROM THE EARLY BIRD AT A MARKET STALL TO THE 4PM WALK IN THE PARK, FOUR WOMEN REVEAL THE MOMENT IN THE DAY THEY CALL THEIR OWN

WORDS MAY FROST
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This is my TIME

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CLOCKWISE FROM FAR LEFT: Claire and her dog, Cassius, in London's Belair Park; enjoying the open space; ducks in the park's lake; Cassius playing fetch



Walking the dog at 4PM

Claire Norrish, 42, runs a PR company, and lives in South London with her husband and 10-year-old son. Her favourite time of day is 4pm, when she walks the dog and enjoys a moment of calm.

Four o'clock is the point in my day when I really need to unwind and recharge my batteries. Until then, I'm either frantically busy at my desk, or I'm meeting clients. Running a business alone is quite demanding and it can be hard to find time to slow down, especially as I have my son, Jordan, to look after, too.

Having our dog, Cassius, means that every day I have no choice but to relax for a while. I'm forced to stop what I'm doing and take him out for a walk. We usually go to Belair Park, which is near

Jordan's school. It's one of those tucked-away places that doesn't feel like you're in London. It has a beautiful old mansion house set in its grounds and, when I stand and look across the expanse of grass, it's easy to imagine I could be in the middle of the countryside.

I particularly love the winter months, when the sun is starting to set and the light has that lovely, dusky quality. The colours are rich and the mistiness in the air gives it a special beauty. I like to go there with Jordan, as well, if I can, so I often pick him up from school first and we go together. It's a chance for me to hear all about what he did at school that day. When we go to the park in the summer, we walk to the furthest corner, away from everybody, and lie on our backs in the grass, looking at the sky and playing silly games.

When I get home after my walk, I often make use of the evening time, when the phone isn't ringing, to catch up on work. That's the thing about working from home – you can use your time however you want. So, for me, 4pm is the time I most look forward to. It's when I escape from the computer and enjoy a bit of me time. ☘