In today's fast-paced mid-apocalyptic world it can feel like a waste of time to speak about time at all. Why dwell on the past when we could just live in the present because the future won't shut up about how bad it's going to be?

But with This Is The Kit, the pseudonym of songwriter / banjo strummer / pinhole camera lover / Winchester UK born Paris dweller Kate Stables, we're going to have to give time just a modicum of consideration. Because not only is Kate still here and making albums of cataclysmic honesty and welcoming tonal embraces, they are continuing to grow, which is probably the only smart way to move forward through time, unless you're one of those shrinkers.

This Is The Kit's music places companionship at a premium, so being welcomed into its space feels like an obvious privilege, on record and in concert hall with her stellar supporting cast of Rozi Plain (bass), Jamie Whitby-Coles (drums) and Neil Smith (guitar).  And at this current point in our confusing history, continuing to be here at all, to stand tall and make music to gather to, that's a heroic act. Joyful survival as an act of time-wasting,  I'll take that any day of the week. Look to This Is The Kit to spend at least one day of your week this year, I guarantee it will be time well wasted.