

Sometimes saying no is the right thing to do

Published: January 13, 2026, 6:32 pm

I posted this tweet on my account yesterday:



They wanted me to talk about the report [I have already discussed here](#) this morning. But I was quite sure I did not want to be on GB News.

What is really funny is that the tweet saying I had declined their invitation has probably been seen many more times than GB News has been this morning. Latest data says that tweet has had about 31,000 engagements, which is more than most GB News programmes.