

Helping older people feel the wind in their hair

Age should never be a barrier to any one of us enjoying life. For many, we can still enjoy some exercise – be it a gentle walk in the park, a short cycle ride or a few lengths of the pool.

Scotland's employment figures: get the facts

This week the Office for National Statistics published the latest employment figures for the three months ending June 2017.

We will not rest till there is a nuclear-free world

It was standing room only, even in the overflow rooms, as we witnessed history in the making. On 7 July 2017 I watched as the United Nations General Assembly voted in favour of the first total ban on nuclear weapons.

Far too often the UK government has let down our service personnel and veterans

The daily challenges faced by the men and women of our armed forces are not confined to conflict zones. With no unionised workforces, no working time agreements, and family lives facing constant disruption, it is a way of life

that is alien to many of us. In signing up, service personnel are making a commitment not only to serve, but to surrendering many of the rights most of us take for granted.

We're making progress on education – let's keep going

One week on from SQA results day, many students may still be celebrating their success and working out their next steps in education or work.