

## The Scottish economy and necessary reforms

Published: January 13, 2026, 5:46 am

---

My thoughts on the Scottish economy, recorded in June:

<https://youtu.be/4C8trs8mGhk>

There's one personal aside to this: one commentator said it looked like I needed to lay off pies after viewing this. I agreed. I've lost more than 10kg since then. The problem was buns, not pies, but it's a sacrifice worth making if weight loss increases my chance of staying in action for a lot longer. I suspect there is more to lose as yet. I fear I will get to my target before Scotland gets the economic reforms it needs.