

The life and death of Scot Power

Scot Power notices the blue light under the swell of the North Sea. He gives up the struggle and panic and allows a litre of sea-water to enter his lungs.

Meanwhile, Henry Forester departs his Travel Agency in Govan and heads for his Tuesday lunch of a Big Mac, fries, BBQ sauce and an Orange Fanta.

Heather Peal, 14 years, 3 days and 3 and a half hours into her career as a Community Support Officer, decides to leave her job. She is ecstatic.

Amber Kelly sits on a wooden bench - The Friendship Stop - in St Hilda's Primary School, Beds and waits for one of the older girls in The Playground Patrol.

After a shamefully long midweek lie-in, Richard Eykeman curses and flings back his quilt and blanket. He will not be late for his group, but he does not know this yet.

Holly Diss and Tabitha Wrey simultaneously decide not to lunch with Kitty Oshaunnessy. They take a left and exit the rear glass doors of The Academy and head for Costa.

Bryan String, philosophy teacher bites into his tuna salad sandwich, he is happy to have taken the decision only to teach philosophy this term and not to eat crisps today.

Margaret Schilling is on another lonely walk on the Pembrokeshire Coastal Path, she steps to one side allowing Godfrey Davies, a man she does not know, to pass by.

Dolly O'Toole hears that she is to be excluded permanently from Feldon High, Middlesex following a fight on the 22 bus that morning, 2 years following her sister's exclusion.

Mike Connor, 34, Accountant tells his therapist of his fetish for leather handbags, carried by a certain type of woman. Dorothy McKellan, his therapist, thinks of her handbag in the next room.

In Ashby de la Zouche, Staffs. Jane Law is dreading her afternoon trip to school to collect her 6 year old Emily, convinced that she is loathed by powerful alpha-mums in the playground.

Dawn Jefferies checks out Stuart Riley's Face-book profile, scanning his recent ski-holiday photos for traces of the bowl-headed boy of her school-days.

Alice Shanter watches the movement of her fingers on the neck of her guitar, change from a C to D chord and understands it.

Ross O'brien and Hortence Kinson share a silent moment together, on the Brighton to Watford train, though they both have things to say.

Three carriages further up the train, Rory McIntyre, aged 3, surreptitiously picks his nose, he will closely examine the contents.

Jacob Prentice has finished his postal round early today and takes a mouthful of Ruddles Best, intending to study the Soulmates section of his newspaper.

Alex Pope deletes an automated text message from his GP surgery, he has missed his appointment at 1.10pm today.

Lewis Hebbler pulls heavily on his 4th roll up of the day whilst sitting in the day room of the Blubell Psychiatric centre, West London. He contemplates his numerology theory.

Trainee Rachel Witts avoids her supervisor's eye and he tells her she is not to blame.

Shelley Porter, Lunch-Time Supervisor, spoons grated cheddar cheese onto each half of a Jacket potato and notices a hair, just too late. She feels guilty, momentarily.