

News story: New support launched for disabled adults to improve health

There are potentially around 3.5 million disabled adults at greater risk of poor health due to inactivity, and evidence shows they are twice as likely to be inactive to non-disabled people.

To address this, disabled people will be supported by new resources to help them get more active to improve their health.

There are 11.5 million disabled people in England and nearly half (42%) of them are inactive per week compared to 21% of those with no disability, a two-fold difference.

However, 4 in 5 disabled people report they would like to do more physical activity, highlighting continued barriers that prevent them from being active.

Concern around safety is often cited as a major barrier to disabled people undertaking physical activity, but the review has shown that when performed at an appropriate level and intensity, this should not hinder them being more active and will lead to health benefits.

The UK is at the forefront of action to address these inequalities, with new nationally developed resources to help disabled adults get more physically active being launched at the International Society for Physical Activity and Health Congress (ISPAH) in London today, Monday 15 October 2018.

The first is a world first [evidence review](#) published by Public Health England (PHE) that highlights a critical need for disabled adults to do more physical activity to improve their health. The second is a new UK Chief Medical Officer (CMO) infographic to make physical activity recommendations more accessible and to support disabled people in getting more active.

These works consider the breadth of impairments, covering long-term physical, sensory, cognitive, and mental health impairments, something that has never been done before in the UK.

They have been developed to address psychological barriers which play the biggest role in preventing disabled people from taking part in physical activity, including the attitudes and perceptions of disabled people and non-disabled people that activity might be unsafe or worsen their disability.

While national physical activity guidelines are currently produced for the whole population, the new evidence shows there is no risk for disabled people undertaking physical activity.

It is recommended that disabled people build up physical activity, concentrating first on frequency, then duration, before finally raising the intensity level. This is especially significant for those that are not active

at all and those with other existing health conditions.

The review shows that being more active will improve their health, including improved fitness, muscle strength, undertaking of everyday tasks (for example housework and gardening), wellbeing, and sense of community, as well as reduced risk of diseases such as cardiovascular disease.

Launching PHE's evidence review at the ISPAH Congress, Duncan Selbie, PHE chief executive, said:

Moving more is important for everyone and we must better support people who face barriers to being active.

We can all find something that suits our needs and abilities from walking to playing ball games or joining a gym.

Alongside the evidence review, the existing UK CMOs' physical activity guidelines have been made more inclusive of disabled people. An [infographic for healthcare professionals and disabled people](#) has been produced that better highlights the benefits and practical steps to getting active to improve health.

The infographic has been developed in collaboration with 350 disabled people, 10 disabilities organisations and 50 healthcare professionals and is endorsed by the 4 UK Chief Medical Officers.

Chief Medical Officer for England, Professor Dame Sally Davies, said:

Being active is good for our health – both physical and mental.

It is important that disabled people in the UK do not miss out on the benefits that being active can bring. I hope that the new infographic, designed by disabled people for disabled people, will help more people reap the benefits of physical activity in a safe and healthy way.

Barry Horne, Chief Executive for Activity Alliance, said:

These new resources are a step forward in ensuring that the health sector thinks about disabled people as individuals, who can be active, given the right opportunities.

Our research shows that attitudinal, economic and societal barriers continue to prevent so many disabled people from being active. There remains a significant amount of work to do so we welcome PHE's collaboration on this matter of huge importance to public health.

ISPAH is co-hosted by PHE and Sport England and co-sponsored by the European network for the promotion of health-enhancing physical activity (HEPA Europe) and the World Health Organization (WHO).

It aims to bring the best international minds together to bridge the gap between physical activity research, policy and practice to tackle health inequalities and support healthier nations across the world.

News story: His Royal Highness The Duke of Gloucester, visits Thailand for education, remembrance and charity

British Ambassador to Thailand, Mr Brian Davidson, says:

I am delighted to welcome His Royal Highness to the Kingdom of Thailand, and I very much look forward to showing him some of the great successes of UK business in the Kingdom. The Duke will also attend a memorial service to mark the 75th anniversary of the completion of the Burma-Thailand railway. His Royal Highness' visit demonstrates the importance of the UK/Thailand relationship, and our commitment to further strengthen the ties between our countries.

On his first day in Bangkok, The Duke will tour the Jim Thompson House: the famous Bangkok residence and art collection of the 'Thai Silk King'.

In Chonburi, His Royal Highness will have the opportunity to tour the [Triumph Motorcycles Factory](#) and [Senior Aerospace Factory](#). Both companies are British owned and employ hundreds of staff in Thailand.

The Duke will visit the [Habitat for Humanity \(HFHT\) centre](#) in Kanchanaburi. HFHT aims to improve the quality of life for low-income Thai people by building homes and transforming communities. His Royal Highness is a Patron of Habitat for Humanity in the UK.

To mark the 75th Anniversary of the completion of the Thai – Burma railway, The Duke will attend a remembrance service for the Commonwealth servicemen and women who gave their lives in the construction of the railway. He will also see the well-known Bridge over the River Kwai and tour its museum.

In Chiang Mai, His Royal Highness will visit the [Royal Project Foundation Centre](#) where he will learn more about the sustainable projects founded by His Majesty The Late King Bhumibol Adulyadej. The Royal Project has always had

close connections with the UK, in particular Kew Gardens, and provides excellent examples of sustainable development.

The Duke will also visit the [Children's Advocacy Centre Thailand](#): a notable Thai government initiative that joins international NGOs and Thailand's police units to combat child abuse, exploitation of children and human trafficking; and [Care for Children](#) in Chiang Mai. Care for Children aims to help create a positive alternative to institutional care through local family-based care for disadvantaged children.

On his final night in Thailand, The Duke will be the guest of honour at a charity dinner hosted at the British Ambassador's Residence. The menu will be curated by Michelin-starred [chef Ken Hom](#), who will also be in attendance. This event is held in partnership with the Siam Piwat Group. All proceeds from the dinner will be presented to Habitat for Humanity in Thailand.

- [The Duke of Gloucester](#) is a grandson of King George V and a first cousin to The Queen. He is the second son of the late Duke of Gloucester and the late Princess Alice, Duchess of Gloucester.

He is a full-time working member of the British Royal Family, attending national and international events in support of The Queen and her duties as Head of State. The Duke is associated with over 150 charities and his patronages reflect his personal and professional interests, which include international humanitarian issues, heritage and the environment and military veterans.

- [Triumph Motorcycles \(Thailand\) Limited](#) currently operate 3 factories in Chonburi. Triumph's first factory in Thailand was opened in May 2002 and was established for the manufacture of motorcycle components including Frames, Fuel Tanks, Header Systems, Swinging Arms, Engine Covers and Chrome Plated Parts. A second factory was opened in 2006 where a wet painting facility has been established. A third factory, opened in 2007, includes high pressure die casting, machining, engines and motorcycles assembly lines.
- [Senior Aerospace \(Thailand\) Limited](#) are one of the largest aerospace components manufacturer in Thailand. They are principally a manufacturer of aerofoils, aluminium and hard metal structural parts and premium aircraft-seat structure.
- [Habitat for Humanity](#) have built, repaired and rehabilitated over 11,500 homes and helped over 46,000 people across Thailand. This also boosts families' economic and education opportunities and improves health and social integration.
- [The Children's Advocacy Centre](#) also offers care to victims, including access to counsellors or lawyers, after school programmes and basics such as food. It is the first of its type in Southeast Asia.

- [Ken Hom](#) is an American chef, author and television show presenter for the BBC. In 2009, he was appointed honorary Officer of the Order of the British Empire (OBE) for services to culinary arts. Ken Hom's restaurant, MEE, located in Brazil was awarded one Michelin star in 2015 and retained its rating since. He is widely regarded as one of the world's greatest authorities on oriental cooking. Between 2008 and 2013, he launched the Maison Chin, in Bangkok, where it became known as 'the best new modern Asian cuisine' restaurant and won awards.
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Press release: PM launches Government's first loneliness strategy

Loneliness is one of the greatest public health challenges of our time, Theresa May said today as she launched the first cross-Government strategy to tackle it.

The Prime Minister confirmed all GPs in England will be able to refer patients experiencing loneliness to community activities and voluntary services by 2023.

Three quarters of GPs surveyed have said they are seeing between one and five people a day suffering with loneliness, which is linked to a range of damaging health impacts, like heart disease, strokes and Alzheimer's disease. Around 200,000 older people have not had a conversation with a friend or relative in more than a month.

The practice known as 'social prescribing' will allow GPs to direct patients to community workers offering tailored support to help people improve their health and wellbeing, instead of defaulting to medicine.

As part of the long-term plan for the NHS, funding will be provided to connect patients to a variety of activities, such as cookery classes, walking clubs and art groups, reducing demand on the NHS and improving patients' quality of life.

Up to a fifth of all UK adults feel lonely most or all of the time and with evidence showing loneliness can be as bad for health as obesity or smoking, the Prime Minister has also announced the first ever 'Employer Pledge' to tackle loneliness in the workplace.

A network of high-profile businesses – including Sainsbury's, Transport for London, Co-op, British Red Cross, National Grid and the Civil Service – have pledged to take further action to support their employees' health and social wellbeing.

The Government will also partner with the Royal Mail on a new scheme in Liverpool, New Malden and Whitby which will see postal workers check up on lonely people as part of their usual delivery rounds. Postal workers will be speaking with isolated people to help link them up with support from their families or communities if required.

The Prime Minister also confirmed £1.8m to increase the number of community spaces available – the funding will be used to transform underutilised areas, such as creating new community cafes, art spaces or gardens.

This new funding builds on £20m announced in June to help charities and community groups expand their programmes which bring people together to benefit communities.

Writing in her foreword for the Loneliness Strategy, the Prime Minister Theresa May said:

Loneliness is a reality for too many people in our society today... it can affect anyone of any age and background...

Across our communities there are people who can go for days, weeks or even a month without seeing a friend or family member.

So Jo Cox was absolutely right to highlight the critical importance of this growing social injustice which sits alongside childhood obesity and mental wellbeing as one of the greatest public health challenges of our time.

I was pleased to be able to support the Loneliness Commission set up in Jo's name and I am determined to do everything possible to take forward its recommendations.

This strategy is only the beginning of delivering a long and far reaching social change in our country – but it is a vital first step in a national mission to end loneliness in our lifetimes.

The Prime Minister has today set out a series of further commitments to help all age groups build connections:

- Adding loneliness to ministerial portfolios at the Ministry for Housing, Community and Local Government, Department for Business, Energy and Industrial Strategy, and the Department for Transport. This is in addition to the Department for Health and Social Care and Department for Digital, Culture, Media and Sport.

- Incorporating loneliness into ongoing policy decisions with a view to a loneliness 'policy test' being included in departments' plans.
- Embedding loneliness into relationships education classes so children in primary and secondary schools can learn about loneliness and the value of social relationships. Loneliness will feature in the Department for Education's resources for teaching from September 2020.
- Pilot projects to support flexible and inclusive volunteering for people such as those with long-term health conditions, which will rolled out in up to five pilot areas in England.
- Meeting tech companies to discuss loneliness – Tracey Crouch and Margot James, the Minister for Digital and the Creative Industries will explore the impact technology has on loneliness and how they can help prevent it.

Minister for Loneliness, Tracey Crouch said:

Nobody should feel alone or be left with no one to turn to. Loneliness is a serious issue that affects people of all ages and backgrounds and it is right that we tackle it head on.

Our Strategy sets out a powerful vision for addressing this generational challenge. By bringing together health services, businesses, local authorities, charities and community groups we will raise awareness of loneliness and help people build connections to lead happier and healthier lives.

Minister for Care, Caroline Dinenage said:

Loneliness can be detrimental to our health and it's unacceptable that so many people still suffer in silence from this social injustice.

That's why it's so important we are taking concerted action to tackle the problem, building on previous investment in social prescribing schemes to see healthcare professionals play a vital role in signposting people to local community services. Together we can help build connections, address isolation and support both mental and physical health.

Today the Prime Minister will be meeting a social group from the charity The Cares Family, which has branches in North London, South London, Manchester and Liverpool. The charity arranges social events for young professionals and older neighbours to come together and share their experiences.

Founder Alex Smith of The Cares Family said:

This is a serious strategy that's not only going to help people feel more connected in their everyday lives but is also inspiring other Governments and communities around the world to see loneliness for what it is: a heart-breaking emotion and a major public health issue.

It's welcome the Government is acting – that can spur real culture change.

Kim Leadbeater, Jo's sister, on behalf of the Jo Cox Foundation said:

I am delighted that the strategy for tackling loneliness is being launched today. The work on loneliness has been a hugely important part of Jo's legacy and it is heartwarming to see how much progress has been made on the subject since her murder.

It is excellent to see that loneliness is now firmly on the Government's agenda, and I would like to take this opportunity to thank everyone who has been involved in getting us to this point. The important thing now is to turn the dialogue and strategy into action; that is undoubtedly what Jo would want, and for every life that is made less lonely as a result of the work she started and that we have all continued, we will take great comfort. I look forward to this happening in the coming months and years. Thank you.

[Press release: Climate experts asked for advice on net zero target](#)

- Committee on Climate Change to advise on setting a date for net zero emissions target
- first-ever Green GB & NI Week launches – bringing society together to tackle climate change
- 'Green collar' jobs could reach two million by 2030, generating up to £170 billion in annual exports for UK businesses

To mark the launch of this nationwide week, Energy and Clean Growth Minister Claire Perry today (Monday 15 October) wrote to the Committee on Climate Change (CCC) asking for advice on:

- setting a date for achieving net zero greenhouse gas emissions from across the economy, including from transport, industry and agriculture
- whether we need to review our 2050 target of cutting emissions by at least 80% relative to 1990 levels to meet international climate targets set out in Paris Agreement
- how emissions reductions might be achieved in industry, homes, transport and agriculture
- and the expected costs and benefits in comparison to current targets

This makes the UK one of the first in the G7 to formally explore setting an even more ambitious target than its current one. It follows a report from the Intergovernmental Panel on Climate Change (IPCC), showing more rapid action is needed to reduce greenhouse gas emissions to avoid devastating risks of climate change to health and global prosperity.

The UK is already a world leader when it comes to tackling climate change. We led the world with our Climate Change Act, and since 1990 we have led the G7 in cutting emissions while growing our economy on a per person basis. In 2017 we saw renewable energy generation at record levels, and we are among the world's best in cutting our carbon intensity.

But the government is determined to do more and our first-ever Green GB & NI Week will celebrate the progress we have made while challenging governments, businesses and civil society to rise to the task.

During Green GB Week, Claire Perry will also highlight the economic opportunities of moving to an even greener, cleaner economy. There are already almost 400,000 jobs in the low carbon economy and this could quadruple to around 2 million, generating up to £170 billion of annual exports. This is why the government has put Clean Growth at the centre of its modern [Industrial Strategy](#).

Prime Minister Theresa May said:

On the global stage, the UK is driving forward action on climate change through our work at the UN and with our Commonwealth partners. To ensure that we continue to lead from the front, we are asking the experts to advise on targets for net zero emissions.

At home, we are growing an economy that is fit for the future. Over the last year, we've generated record levels of solar and offshore wind energy, and just last month I hosted the UK's first zero-emission vehicles summit. For our first Green GB Week, we are asking businesses and consumers to work with us to consider what more they can do to protect our environment.

Energy and Clean Growth Minister Claire Perry said:

We're a world leader when it comes to tackling climate change and cutting carbon intensity, but the evidence is clear – governments,

businesses and communities must take further action to confront one of the greatest global challenges we've ever faced.

That's why we're asking the independent climate experts of the CCC for advice on a roadmap to a net zero economy, including how emissions might be reduced and the expected costs and benefits of doing so.

The case for tackling climate change is more stark than ever before. This Green GB Week, we need everyone – the government, businesses and communities – to renew their efforts to confront this global challenge head on while seizing one of the greatest industrial opportunities of our time.

Gareth Redmond-King, Head of Climate at WWF said:

Last week scientists from around the world said we had 12 years to tackle climate change. Governments can no longer shirk their responsibilities. It's time to act and, crucially, embrace the opportunities a green economy presents. Done right, this could be the biggest economic opportunity in history, driving innovation, job creation and better living standards.

To mark the start of Green GB Week the government today unveiled a package of measures to help transform energy infrastructure to make it cleaner and greener, including:

- proposals for new laws for smart energy appliances like washing machines and electric heating, laying the groundwork for a smart and clean electricity system of the future with the ambition of making all new buildings smart by 2030
- opening the £18 million Heat Recovery Support scheme to help businesses become more energy efficient, which could save industry up to £500 million on their energy bills while making manufacturing firms more competitive
- launching a £320 million government fund in low-carbon heating for cities, appointing Triple Point Heat Networks Investment Management to it
- and in 2019 we will launch a competition to design the house of the future, more energy efficient, with quality affordable design and easily adaptable to help healthy ageing

Showing its leadership on the global stage, the government today also announced £106 million to encourage greener construction practices in developing countries to improve energy efficiency and reduce emissions, creating opportunities for UK businesses to invest in new markets.

This comes just weeks after the government announced £160 million to help countries transition to cleaner, greener energy. This included £60 million to share the UK's world leading expertise on energy market reform, green finance

and climate legislation to help developing countries seize the opportunities of clean growth.

The week will see more than 100 events hosted around the country designed to promote the opportunities that come from clean growth and raise awareness of how businesses and the public can contribute to tackling climate change.

Polling commissioned for Green GB Week revealed 60% of 18 to 24 year-olds are interested in 'green collar' jobs in the environmental sectors of the economy, the equivalent of more than 3 million young people in the UK. When asked why they wanted to pursue a career in the green economy, two-thirds said it was because they wanted to help tackle climate change while 70% of those surveyed underestimated the number of jobs which could be created in the sector.

To help grow the sector, the government is creating the right conditions to ensure businesses can seize those opportunities through our modern Industrial Strategy. Our world-leading [Clean Growth Strategy](#) sets out how we're investing more than £2.5 billion in low carbon innovation as part of the largest increase in public spending on science, research and innovation on over three decades.

The government has also earmarked more than half a billion pounds for emerging renewable technologies to give them the certainty developers need to invest while driving down costs for consumers.

1. See [Energy and Clean Growth Minister Claire Perry's letter to the CCC](#).
2. Green GB & NI Week launched today, with a series of events planned around the country. [Find out about Green GB Week](#).
3. A 'net-zero' target means emissions of greenhouse gases driven by human activity are balanced by methods of removing emissions from the atmosphere.
4. Last week the IPCC published its [Special Report on Global Warming of 1.5°C](#) which found that to meet the goals set under the Paris Agreement – to limit global warming to 2°C and pursue efforts to limit it to 1.5°C – globally we must increase our efforts to tackle climate change.
5. Our current 2050 target, set out in the Climate Change Act 2008, is to reduce greenhouse gas emissions by at least 80% relative to 1990 levels.
6. The UK is already committed to working with other countries to achieve global net zero emissions in the second half of the century, as set out in the government's ambitious Clean Growth Strategy.
7. The government will today publish:
 - the response to the CCC's annual progress report to Parliament on reducing UK emissions
 - a response to a consultation on setting standards for smart appliances

8. Tomorrow we will be publishing an update on the Smart Systems and Flexibility Plan.

9. The £106 million Market Accelerator for Green Construction is a collaboration between the UK and the International Finance Corporation (IFC) to drive the financing and construction of more energy efficient buildings in developing countries:

- buildings account for around a fifth of global greenhouse gas emissions and improving building design and construction will play an important role in avoiding climate change and meeting our Paris Agreement goals
- funded through the UK's International Climate Finance – part of the UK aid budget – the Market Accelerator for Green Construction will mobilise up to \$2 billion in public and private investment into new green construction
- by helping to build new clean growth markets in emerging economies and opening up opportunities for UK industry's leadership, technical expertise and innovation, the Market Accelerator for Green Construction will create an international dimension to the Industrial Strategy Buildings Mission

Government response: Facts about the Gender Recognition Act consultation



Government
Equalities Office

The Gender Recognition Act sets out the legal process by which a person can change their gender. The Government Equalities Office wants to ensure that the legal gender recognition process works well for the people who use it which is why a consultation is currently underway. These are complex and sensitive issues. We know that many trans people find the current requirements overly intrusive and bureaucratic.

We have always made clear that any reform of the Gender Recognition Act will not change the exceptions under the Equality Act that allow provision for single and separate sex spaces.

In this [current consultation](#), which ends next week, we are seeking to

understand the issues in more detail and explore ways in which we can improve the system.

This is an open consultation – we are not putting forward any specific proposals for how we want the system to change. Only after we have gathered all the evidence will we set out what we think the new gender recognition process should look like.

Neither the Government Equalities Office nor Ministers were approached for comment on today's coverage. The consultation ends next week and we will look carefully at all the responses.

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