

Press release: Britain's first astronaut and Professor of Space Physics receive New Year's honours

Dr Helen Sharman.

The New Year's Honours list recognises the achievements of a wide range of extraordinary people across the country. Helen Sharman is appointed a Companion of the Order of St Michael and St George (CMG) for services to science and technology educational outreach, while Michele Dougherty is awarded a CBE for services to UK Physical Science Research.

Science Minister Jo Johnson said:

"The UK is a global leader in science and research because of the achievements of extraordinary people.

"When the Cassini spacecraft plunged into Saturn in September with the world watching, it carried an instrument built in the UK by a team led by Michele Dougherty. As the UK's first astronaut, Helen Sharman is already an inspirational figure and has dedicated much of her life to inspiring the next generation through education and outreach. I'm delighted to congratulate them both."

Since becoming Britain's first astronaut in 1991, and the first woman to visit the Mir space station, Helen Sharman, a member of the Association of Space Explorers, has carried out a huge number of outreach activities to inspire young people. She has supported educational charities and is the patron of Spacelink Learning Foundation and the President of the Institute of Science and Technology.

Helen, who was awarded an OBE for her pioneering work in 1993, works full-time at the Department of Chemistry, Imperial College London. During Tim Peake's Principia mission she supported the UK Space Agency's education and outreach activities with public appearances, media appearances and events with schools.

Michele Dougherty, a Professor of Space Physics at Imperial College London, is recognised by the UK Science Council as one of the top 100 UK scientists for her work on planetary physics and for her role in encouraging young women into science. She is distinguished for her scientific leadership role on the Cassini-Huygens space science mission, which explored Saturn and its moons.

Michele Dougherty. Credit: Imperial College London.

She has contributed significantly to the work of the UK Space Agency, by chairing its Science Programme Advisory Committee from 2014 to 2016. In 2017 Michele became only the fifth woman to receive the Royal Astronomical

Society's Gold Medal, its highest honour, for her contribution to the national and international space physics community.

Graham Turnock, Chief Executive of the UK Space Agency, said:

"I would like to congratulate Helen and Michele on behalf of everyone at the UK Space Agency.

"They have made huge contributions to the space community and provided inspiration for thousands of young people across the country."

Read more about [New Year's Honours 2018](#).

News story: The Military Division of The New Year Honours List 2018

A total of 44 civilians have also been honoured either for their work in the MOD or in other aspects of Defence. The serving personnel named in the New Year Honours List for 2018 are listed below.

In honouring those who received honours this year, Defence Secretary Gavin Williamson said:

Defence Secretary Gavin Williamson said:

"Our Armed Forces are the best in the world, and the men and women receiving honours today have gone above and beyond the call of duty in order to keep this country safe. Their diligence and dedication in the line of service has been unwavering and ensured that Britain remains ready as we face intensifying threats at home and abroad."

ROYAL NAVY AWARDS

PROMOTIONS IN AND APPOINTMENTS TO THE MILITARY DIVISION OF THE MOST HONOURABLE ORDER OF THE BATH

As Knight Commander

Vice Admiral Simon Jonathan WOODCOCK, OBE

As Companions

Rear Admiral Keith Edward BLOUNT, OBE

PROMOTIONS IN AND APPOINTMENTS TO THE MILITARY DIVISION OF THE MOST EXCELLENT ORDER OF THE BRITISH EMPIRE

As Commanders

Commodore Ross ALBON, OBE

Commodore Ian SHIPPERLEY, ADC

Rear Admiral Richard STOKES

Commodore Phillip James TITTERTON, OBE

As Officers

Commander Johanna DEAKIN

Commodore David Graham ELFORD, ADC

Captain Clayton Richard Allan FISHER,

Lieutenant Colonel Damian Jon HUNTINGFORD

Commander Peter John PIPKIN

Commander Philip Charles RICHARDSON

Captain Stephen John THOMPSON

As Members

Warrant Officer 1 (Communications Technician) David John BAGNALL

Major Kevin Charles CARTER, GM

Colour Sergeant Daniel Gad CURTIS

Major Edward Charles Malet HALL

Lieutenant Commander (now Commander) Richard Paul HEWITT

Commander John LEA

Lieutenant Commander David Francis MCINERNEY

Warrant Officer 1 (Seaman) Robert RATCLIFFE

Lieutenant Commander (Acting Commander) Stephen Eric SAYWELL-HALL

Surgeon Lieutenant Commander Manish TAYAL

Lieutenant Commander David Nicholas WILCOCKS

QUEEN'S VOLUNTEER RESERVE MEDAL

Corporal Timothy BYROM

ARMY AWARDS

PROMOTIONS IN AND APPOINTMENTS TO THE MILITARY DIVISION OF THE MOST HONOURABLE ORDER OF THE BATH

As Companions

Major General Angus Stuart James FAY

Acting Lieutenant General Ivan HOOPER

PROMOTIONS IN AND APPOINTMENTS TO THE MILITARY DIVISION OF THE MOST EXCELLENT ORDER OF THE BRITISH EMPIRE

As Commanders

Brigadier Alastair James AITKEN, OBE

Acting Brigadier (now Brigadier) Barry William BENNETT, OBE

Brigadier Iain Graham HARRISON, OBE

Brigadier John Henry RIDGE

As Officers

Lieutenant Colonel Matthew Richard BAKER, The Rifles

Colonel Nicholas Hugh De Renzy CHANNER, 3 Scots

Lieutenant Colonel Richard George HALLETT, The Royal Logistic Corps

Warrant Officer Class 1 Glenn John HAUGHTON, Grenadier Guards

Lieutenant Colonel Rachel Samantha HAWES, Royal Army Medical Corps, Army Reserve

Colonel Neill Allan PAGE

Lieutenant Colonel Rhodri David PHILLIP, Royal Army Medical Corps

Lieutenant Colonel Victoria Caroline REID, MBE, The Royal Logistic Corps

Colonel Michael Peter SYKES

Lieutenant Colonel Geoffrey John WHATMOUGH, Royal Regiment of Artillery

As Members

Acting Lieutenant Colonel James BAIN, Combined Cadet Force

Major David Andrew BARRINGER, Corps of Army Music

Major Adam Christopher BIRLEY, Corps of Royal Engineers

Acting Corporal Thomas Oliver BRIGGS, Royal Corps of Signals

Captain Kevin KIRKHAM-BROWN, Royal Corps of Signals, Army Reserve

Captain (now Acting Major) Glen Paul BULLIVANT, Royal Army Medical Corps

Corporal (now Sergeant) Craig CARDY, Corps of Royal Engineers

Major Andrew John CARTER, Royal Regiment of Artillery

Major John Robert CHETTY, The Parachute Regiment

Staff Sergeant (now Sergeant) Louis John CLEARY, Royal Corps of Signals, (now Army Reserve)

Major Barry James COOKE, Adjutant General's Corps (Staff and Personnel Support Branch)

Major (now Acting Lieutenant Colonel) Oliver Philip Butler DOBSON, The Royal Regiment of Scotland

Captain Martin Geoffrey DOHERTY, Royal Regiment of Artillery

Warrant Officer Class 1 George Richard DOUGLAS, The Royal Irish Regiment, Army Reserve

Warrant Officer Class 1 Roy Paul DUFFIN, Corps of Royal Electrical and Mechanical Engineers, Army Reserve

Major Damian John FLANAGAN, The Rifles

Lieutenant Colonel Richard Michael GARBUTT, Corps of Royal Electrical and Mechanical Engineers

Lieutenant Colonel Timothy John GILLIES, Corps of Royal Electrical and Mechanical Engineers

Major Paul Dennis HEADINGTON, The Parachute Regiment

Staff Sergeant David Mark JONES, Intelligence Corps

Sergeant Christopher Robert JORDAN, The Parachute Regiment

Major (now Lieutenant Colonel) Edwyn Nicholas LAUNDERS, Welsh Guards

Staff Sergeant (now Warrant Officer Class 2) Adrienne Richelle LAVERY, Adjutant General's Corps (Staff and Personnel Support Branch)

Major (now Acting Lieutenant Colonel) James Douglas Louthier LEASK, Scots Guards

Warrant Officer Class 1 John Richard LEWIS, Corps of Royal Electrical and Mechanical Engineers

Lieutenant Colonel Lorraine Elizabeth MARKHAM, Intelligence Corps

Warrant Officer Class 2 Neil McRae MARTIN, The Royal Logistic Corps, Army Reserve

Warrant Officer Class 2 Todd William McCARTNEY, Intelligence Corps

Sergeant (now Staff Sergeant) Matthew Robert McGLOWN, Royal Corps of Signals

Major (now Acting Lieutenant Colonel) Andrew Thomas George McLANNAHAN, The Princess of Wales's Royal Regiment

Captain Timothy Shanti HOLMES-MITRA, Royal Canadian Corps of Signals, (now General Service Corps Army Reserve)

Lieutenant Colonel Paula Janet NICHOLAS, Adjutant General's Corps (Staff and Personnel Support Branch)

Major (now Acting Lieutenant Colonel) Thomas Michael PARSONS, Scots Guards

Captain Simon Colin PATERSON, Intelligence Corps

Major Richard William ROBERTS, Corps of Royal Engineers

Major Bijayant SHERCHAN, The Royal Gurkha Rifles

Major John Patrick TYMON, Army Air Corps

Captain (now Acting Major) Grant WALLACE, Royal Corps of Signals

Major Aaron John WEST, The Rifles

ROYAL RED CROSS

As an Ordinary Associate of the Royal Red Cross, Second Class

Lieutenant Colonel Simon DAVIES, Queen Alexandra's Royal Army Nursing Corps, Army Reserve

QUEEN'S VOLUNTEER RESERVES MEDAL

Warrant Officer Class 2 Peter Lewis GLIWITZKI, The Mercian Regiment, Army Reserve

Warrant Officer Class 1 Nigel Christian MARSHALL, Corps of Royal Engineers, Army Reserve

Sergeant Alan RAINEY, The Royal Logistic Corps, Army Reserve

Warrant Officer Class 2 Steven SINGLETON, The Parachute Regiment, Army Reserve

Lieutenant Colonel Gillian Heather WILKINSON, The Royal Logistic Corps, Army Reserve

ROYAL AIR FORCE AWARDS

PROMOTIONS IN AND APPOINTMENTS TO THE MILITARY DIVISION OF THE MOST HONOURABLE ORDER OF THE BATH

As Companions

Air Vice-Marshal The Honourable Richard John Martin BROADBRIDGE, QHS

Air Vice-Marshal (The Venerable) Jonathan Paul Michael CHAFFEY, QHC

PROMOTIONS IN AND APPOINTMENTS TO THE MILITARY DIVISION OF THE MOST EXCELLENT ORDER OF THE BRITISH EMPIRE

As Commanders

Group Captain Richard DAVIES

Air Commodore Alan Kenneth GILLESPIE

Group Captain (now Air Commodore) Michael John SMEATH, MBE

As Officers

Group Captain Andrew Edgar BATTYE

Wing Commander Sean DONOGHUE

Wing Commander Darryn George RAWLINS

Group Captain Roland Stephen SMITH

As Members

Wing Commander Edward CHALLONER, Royal Air Force Volunteer Reserve (Training)

Wing Commander John Howard DAVIES

Flight Sergeant Alison Frances FISHER

Squadron Leader Martin GERAGHTY

Corporal Liam Paul GRIME

Warrant Officer Alan Stuart HART

Squadron Leader Scott Smith MACCOLL

Squadron Leader Thomas Martin MCMORROW, Royal Air Force Volunteer Reserve (Training)

Sergeant (now Flight Sergeant) Louise Mary MULLEN

Corporal Anthony MULLER

Squadron Leader James Andrew SCHOFIELD Warrant Officer Robert Ernest WEAVING

Warrant Officer Shobha EARL, Royal Auxiliary Air Force,

Squadron Leader (now Flight Lieutenant) Norman McKay GRAY, Royal Auxiliary Air Force

Press release: Border Force seize 22 tonnes of tobacco at Hull docks

The seizure happened on Monday 18 December when officers searched an HGV lorry that had arrived at the port from Rotterdam.

Officers discovered 33 pallets of large cardboard boxes, which were found to contain unprocessed tobacco. The shipment had been misdeclared as paper.

Simon Render, Border Force Senior Officer, said:

This is a significant seizure. By stopping the shipment our officers have starved those responsible of the proceeds of their criminality.

The black market cheats honest traders and it is effectively stealing from the public purse. People tempted by cheap cigarettes and tobacco should think again.

Border Force officers use high-tech search equipment to combat immigration crime and detect banned and restricted goods that smugglers attempt to bring into the country.

They use an array of search techniques, which in addition to sniffer dogs includes carbon dioxide detectors, heartbeat monitors and scanners – as well as visual searches – to find illegal drugs, firearms and tobacco which would otherwise end up causing harm to local people, businesses and communities.

Anyone with information about activity they suspect may be linked to smuggling can call our hotline on 0800 59 5000.

News story: UK government congratulates Liberian President-Elect

I congratulate President-Elect George Weah of the Republic of Liberia on his election success.

The Liberian people and political parties have shown commitment to the peaceful conduct of the electoral process with disputes settled using due process under the constitution. This is a milestone for Liberia's democracy and sets an example for others to follow.

I also pay tribute to outgoing President Ellen Johnson Sirleaf, who has steered the country towards peace for the last twelve years following decades of civil war.

The UK values its relationship with Liberia and looks forward to working with the new Administration.

Press release: Poisons from cigarettes reach major body organs in seconds

Public Health England (PHE) releases a new TV advert highlighting the dangers of tar in cigarettes, as England's 7 million smokers are urged to make a quit attempt with help from Smokefree this New Year. The latest campaign shows how poisons from tar in cigarettes enter the bloodstream, spreading around the body within seconds and causing damage to major organs.

To help explain the ongoing internal harm being caused, a group of 7 lifelong smokers – including TV presenter and entrepreneur Hilary Devey – declare their intention to quit in January after seeing the results of a lab demonstration. The test results show how their smoking has led to elevated levels of cadmium (a metal used in batteries), cancer-causing nitrosamines and carbon monoxide in their blood. These toxic substances are amongst over 4,000 chemicals released into the body with each cigarette smoked, including more than 70 known cancer-causing compounds.

Elevated levels of these substances were seen in the participants' blood and can lead to an increased risk of major damage to the body.

Exposure to cadmium for a long period of time is associated with an increased risk of damage to the kidneys and bones and may lead to lung cancer. Research has shown that if you regularly smoke 20 or more cigarettes a day, you are twice as likely to develop kidney cancer compared with a non-smoker.

Tobacco-specific nitrosamines (TSNAs) are potent chemical compounds, many of which are carcinogenic (cancer-causing). They can cause DNA damage, cell death and are associated with cancers of the pancreas, mouth, respiratory and digestive tracts.

Carbon monoxide decreases the ability of the blood to carry oxygen and consequently puts a strain on the heart. Carbon monoxide is also associated with an increased risk of blood clots and coronary heart disease.

In the new film that supports the TV advert, Dr Dawn Harper, GP from Gloucester, explains the results of the tests to the smokers and how the quality of their blood would start to improve when they quit – ridding them of harmful poisons which cause major damage to the body. Dr Harper advises the smokers that there are many ways to quit, including free proven support from [NHS Smokefree](#). People can choose what works best for them: face-to-face help, stop smoking aids, a quitting app, email, social media, and SMS support.

Professor John Newton, Director of Health Improvement at Public Health England says:

Smoking is a deadly habit. Each year it kills 79,000 people in England and for every death, another 20 smokers have a smoking-related disease. That means one person is admitted to hospital every minute of every day due to smoking.

Our new TV ad shows how every cigarette sends a flood of poisonous chemicals through the bloodstream in seconds. People know that tar damages the lungs, but it's less well understood that the poisons also reach the other major organs in the body. We are urging every smoker to take advantage of the free Smokefree support and quit for good this New Year.

Dr Dawn Harper, GP and medical journalist says:

I see the damaging effects of smoking in my surgery almost every day. Tar from cigarettes causes damage to major organs, the bones and increases your risk of a range of cancers and diseases. But, the good news is that no matter how long you've smoked, quitting can reduce your chances of developing cancer, heart and lung disease and other serious smoking related illnesses. Some of the benefits are almost immediate, with improved energy and breathing within a matter of days.

I know how difficult it is to stop but the important thing is to commit to trying again, no matter how many times you might have tried and failed in the past – it's never too late.

Hilary Devey, TV presenter, entrepreneur and lifelong smoker says:

I've smoked at least 20-a-day for over 40 years. Like many, I've been hooked on cigarettes and ignoring the damage – even though I know the harm I'm doing, I've found it extremely difficult to quit for good. Even a stroke 3 years ago only led me to stop temporarily.

Seeing the high levels of poisonous chemicals in my blood from these tests really hit home how dangerous continuing to smoke is – and for that reason, I'm done!

I'm absolutely determined to try again this New Year and I hope other smokers across the country will join me making full use of all the free help available at Smokefree – this time next year we could be celebrating one year smoke-free and feeling the benefits.

Smokefree provides motivation, information and support for smokers who want to stop. Just search 'Smokefree' for free support and advice to help you quit smoking.

1. To find out more about the range of free support and tools available to help people quit smoking, please search 'NHS Smokefree' online.
2. Download all [Smokefree films and images](#).
3. Carbon Monoxide, one of the toxic substances identified at elevated levels in the lab demonstration, is not contained in tar but is one of the most harmful elements in tobacco smoke.
4. [PHE](#) exists to protect and improve the nation's health and wellbeing, and reduce health inequalities. We do this through world-leading science, knowledge and intelligence, advocacy, partnerships and providing specialist public health services. We are an executive agency of the Department of Health, and are a distinct organisation with operational autonomy to advise and support government, local authorities and the NHS in a professionally independent manner. Follow us on Twitter: [@PHE_uk](#) and Facebook: www.facebook.com/PublicHealthEngland.