

Press release: Number of children getting enough physical activity drops by 40%

The number of children meeting the recommended amount of physical activity for healthy development and to maintain a healthy weight, which is 60 minutes a day, drops by 40% as they move through primary school.

A new survey from Public Health England (PHE) and Disney looking at the effects of physical activity on children's emotional wellbeing, found:

- being active made the majority of 5 to 11 year olds feel happier (79%), more confident (72%), and more sociable (74%), according to their parents
- nearly all children said they liked being active (93%)
- the main motivations for kids to be more active was having friends to join in (53%) and having more activities they liked to choose from (48%)
- children's overall happiness declines with age; 64% of 5 and 6 year olds said they always feel happy, compared to just 48% of 11 year olds
- 19% of children said they were less active due to a lack of sports or activities they enjoyed

To help kids do more activity throughout the summer holidays, Change4Life is today launching its national 10 Minute Shake Ups programme with Disney and schools across the country.

The programme offers fun, 10-minute activities for kids, featuring their favourite Disney characters and shows as inspiration. The activities, designed for children to do anywhere in small or large groups with their friends, help children get more of the 60 minutes of moderate to vigorous physical activity they need each day for healthy development and to maintain a healthy weight.

Currently, just 23% of boys and 20% of girls meet the national recommended level of activity. Furthermore, 1 in 5 children start primary school overweight or obese, rising to more than a third by the time they leave.

Eustace de Sousa, National Lead for Children, Young People and Families, PHE says:

Children's physical activity levels in England are alarmingly low, and the drop in activity from the ages of 5 to 12 is concerning. Children who get enough physical activity are mentally and physically healthier, and have all round better development into adulthood – getting into the habit of doing short bursts of activity early can deliver lifelong benefits. This programme is part of our work to help children get the right amount of physical

activity, both in school and out, as set out in the Childhood Obesity Plan.

The survey also identified the main barriers to physical activity and reveals that the worry of 'not being very good' was one of the most common, affecting 22% of children. This increases with age as it affects just 17% of 5 year olds, compared to 29% of 11 year olds.

The 10 Minute Shake Ups programme focuses on fun activities all children can do and is being supported by a number of Team GB athletes, including Olympic swimmer Keri-anne Payne, who have lent their voices to the campaign to encourage more children to take part and illustrate the benefits of physical activity.

Keri-anne Payne, Olympic marathon swimmer and ambassador of SportsAid, says:

Physical activity has always been an important part of my life, as I started swimming from a very young age. But being active is not just for Olympians, it's for everyone. The 10 Minute Shake Ups provide a load of fun activities to get kids moving more. Anyone can try them and they are a great way for kids, their friends and the whole family to get moving throughout the summer.

10 Minute Shake Ups is run in collaboration with Disney and Sport England. The new Shake Ups will feature characters from Disney Pixar's latest animation Cars 3, Disney's Beauty and the Beast, Moana, Frozen Fever, and Zootropolis, as well as the stars of The Lodge.

Marianthi O'Dwyer, Vice President and Head of Disney Healthy Living UK says:

We know Disney stories and characters can help inspire children and families to be more active by making it simple and fun. As part of Disney's global healthy living commitment, since 2006 we have been looking at ways to support families to live more healthily.

Last year's successful Finding Dory 'just keep moving' campaign with the ASA and Change4Life saw over 70,000 families take part in family swim sessions at hundreds of pools across the UK.

Highlighting the power of partnership, we are excited to continue working together with Change4Life on the 10 Minute Shake Up programme to encourage children to be more active.

Sport England will help families try new sports and physical activities locally, whether at their local park leisure centre or through a well-known sport.

Mike Diaper, Sport England's Executive Director of Children and Young People says:

Tackling inactivity is a key part of Sport England's strategy Towards An Active Nation, and we're supporting families and children to get active together, using National Lottery funding. We know that parents can find getting their kids to be active a challenge. That's why we're proud to be supporting the Change4Life 10 Minute Shake Ups with Disney, which uses storytelling to create a fun, and imaginative way for children and their parents to get moving, perfectly timed for the summer holidays.

Last year, the 10 Minute Shake Ups programme helped over a million children get more active. When children return to school in September, more activities will be released on the Change4Life schools website to encourage them to carry on being active both in and outside the classroom.

For more information, please search '10 Minute Shake Ups' online or visit: www.nhs.uk/10-minute-shake-up.

The opinion survey for Public Health England questioned 1,005 children aged 5 to 11 and 1,004 parents of children aged 5 to 11 in England about their attitudes to physical activity and took place in June 2017.

For further information and interview opportunities please contact: Change4lifepressoffice@freuds.com or by telephone on 020 3003 6415 or 07949 717217.

Interviews are available with:

- Team GB Olympian Keri-anne Payne
- Eustace de Sousa (National Lead for Children, Young People and Families, PHE)
- Professor Paul Cosford (Director for Health Protection and Medical Director, PHE)
- Marianthi O'Dwyer, Vice President and Head of Disney Healthy Living UK
- Mike Diaper, Sport England's Executive Director of Children and Young People
- case studies are also available on request

This year's 10 Minute Shake Ups are focused on exploring new skills and navigating through 6 magical Disney worlds. Worksheets styled as passports and suitcases will be distributed to the primary schools in England. Inspired by key characters from 6 Disney stories, children will be able to 'stamp' their passports with stickers every time they do 10 minutes of activity and pack their suitcase with Shake Ups ideas they have developed in class.

Lesson plans for teachers will also be available on the Change4Life School Zone website to get pupils practising and designing their own 10 Minute Shake Ups in school, to help them stay active all through the summer holidays. In the autumn term, more Change4Life lesson plans and activities will be available on the School Zone to keep pupils active throughout the school day.

Change4Life is a campaign run by PHE to help families to eat well, move more and live longer. [PHE](#) exists to protect and improve the nation's health and

wellbeing and reduce health inequalities. It does this through advocacy, partnerships, world-class science, knowledge and intelligence, and the delivery of specialist public health. Follow us on Twitter [@PHE_uk](#).

Dr Ellie Cannon, GP and author:

Physical activity and participation in sport has been found to be linked to better child emotional and social development, and positive self-esteem which any parent wants for their child. Attitudes to physical activity are ingrained from childhood so participating in physical activity as a family is important.

About Disney's Healthy Living Commitment

In 2006, The Walt Disney Company made a global commitment to support parents and create healthier families by using its stories and characters to make healthy living simple and fun. Since 2006, Disney has been looking at the different ways it can support families to live more healthily.

This includes introducing robust nutritional guidelines for food and drinks as well as their advertising, offering content that positively focuses on healthier lifestyles such as Disney Channel's First Class Chefs and Aim High, and inspiring activity and healthier eating through programmes such as Change4Life '10 Minute Shake Up' and Disney's #HealthilyEverAfter marketing campaign.

About The Walt Disney Company UK and Ireland

The Walt Disney Company, together with its subsidiaries and affiliates, is a leading diversified international family entertainment and media enterprise. Disney is a Dow 30 company and had annual revenues of \$52.5 billion in its last fiscal year, the highest in the company's history (FY15).

The Walt Disney Company has operated in the UK and Ireland for over 80 years, employing more than 2,900 people, and is dedicated to creating innovative, entertainment experiences for children and families. The Disney brand is experienced in a number of ways across the UK and Ireland including in cinemas, on stage with 'The Lion King', on TV screens with Disney-branded channels as well as non-branded content, through a wide range of consumer products that are sold at mass market retailers and in Disney Stores.

In 2008, Disney announced its partnership with Great Ormond Street Hospital Children's Charity with a £10 million fundraising pledge towards the hospital's redevelopment appeal, which it achieved in October 2014. Disney continues to support the charity and provides unique and memorable experiences for patients and their families.

About Sport England

Sport England is a public body and invests more than £300 million National

Lottery and government money each year in projects and programmes that help people get active and play sport.

It wants everyone in England, regardless of age, background, or level of ability, to feel able to engage in sport and physical activity. That's why a lot of its work is specifically focused on helping people who do no, or very little, physical activity and groups who are typically less active – like women, disabled people and people on lower incomes.

News story: Graduation ceremony takes place for UK's first Degree apprentices

Eleven Capgemini Degree apprentices were awarded Bachelors of Science (BSc's) in Digital and Technology Solutions, following 3 years of working at Capgemini combined with study.

64% of apprentices from Capgemini achieved a 1st class honours degree and all others received 2nd class honours degrees.

Skills and Apprenticeships Minister Anne Milton said:

I am delighted to offer my own personal congratulations to the UK's first ever degree apprentice graduates. The hard work and commitment involved is truly admirable and highlights the opportunities apprenticeships can bring.

I hope this will encourage more people to consider a degree apprenticeship. It is a great way to earn while you learn at some of the UK's top Universities and to go on to secure a rewarding job. Well done to all the students and also congratulations to both Aston University and Capgemini for breaking new ground.

Also being recognised today at the Aston University School of Engineering & Applied Science graduation ceremony was Sue Husband, Director of the National Apprenticeship Service who collected an honorary Doctorate in Science (Dsc), conferred by Vice Chancellor, Professor Alec Cameron.

Sue Husband said:

I am absolutely delighted to attend the graduation of the first cohort of Degree apprentices in the country, for what is a momentous occasion.

Degree apprenticeships are a significant step forward, providing the opportunity to develop and nurture talented individuals, and are a key part of our apprenticeships reform programme – with the ambition of creating 3 million quality apprenticeships by 2020 – and includes apprenticeships at higher levels, in more occupations and sectors.

The 11 Degree apprentices receiving their degrees today highlight the significance of higher level apprenticeships and the benefits to apprentices and their employer. Capgemini must be extremely proud of their successes.

As someone who has worked in the education and skills sector for many years, it is also a real privilege for me to receive an honorary DSc. I am a huge advocate of the transformative power that gaining skills and qualifications has on a person's life and I am thrilled to have been recognised by Aston University.

Degree apprenticeships give people the opportunity to attain a Degree from some of the country's best universities and higher education institutions whilst training in a top flight career. They are already available in sectors such as Automotive, Banking, Digital Industries, Chartered Surveying, Aerospace and the Nuclear industry. Many universities and colleges are offering higher and degree apprenticeships across the country.

Higher and Degree apprenticeships are available at levels 4 to 7 and combine work with study and may include a work-based, academic or combined qualification or a professional qualification relevant to the industry. Level 6 is equivalent to a Bachelor's Degree and level 7 is equivalent to a Master's Degree. Typically, higher apprentices study part-time at college, university or with a training provider.

Currently, over 240,000 workplaces employ an apprentice including Capgemini, Ford, ITV, Airbus, Rolls-Royce, Barclays and the BBC, alongside many small and medium sized enterprises. There are between 12,000 and 20,000 apprenticeship vacancies across all levels on the [find an apprenticeship](#) site at any one time.

Find out more about [apprenticeships](#) on GOV.UK.

Press release: Bicentenaire de la disparition de Jane Austen

Véritable icône de la littérature britannique, l'écrivain Jane Austen est disparue le 18 juillet 1817. Avec ses livres et ses personnages, aussi adulés

au Royaume-Uni qu'en France, le bicentenaire de sa disparition est symbolique des liens historiques et culturels qui unissent nos deux pays. Pour célébrer son œuvre, l'Ambassade de Grande-Bretagne en France et le British Council ont préparé une saison culturelle dédiée à Jane Austen avec un bal, un cinéma en plein air, des conférences et une compétition pour visiter sa ville fétiche.

Le Bal Jane Austen: Une discothèque du début du 19ème siècle

La saison culturelle a démarré le 30 juin à la Résidence de l'Ambassadeur avec l'association Carnet de Bals qui a effectué une démonstration d'un bal de l'époque de Jane Austen devant des jeunes Français étudiant l'anglais et des associations de fans de Jane Austen. Accompagnés par des musiciens et habillés en robe et costume d'époque, les membres de l'association ont fait valser la Salle de Bal de la Résidence, elle-même construite au début du 19ème siècle. Suite à la démonstration, les étudiants et autres invités ont rejoint la piste de danse pour un cours de danse à la Austen avant de danser aux rythmes plus contemporains d'un DJ électro. Résultat : une discothèque qui a chevauché les 19ème et 21ème siècles en plein cœur de Paris.

Le Cinéma Jane Austen: Raison et Sentiments et Orgueil et Préjugés au clair de lune

Les soirs du 10, 11 et 12 juillet, trois adaptations cinématographiques des œuvres de Jane Austen ont été projetées sur grand écran dans les jardins de la Résidence de l'Ambassadeur. Malgré la menace de pluie, plus de 500 fans de Jane Austen, dont des gagnants d'une compétition organisée par Livre de Poche, se sont installés sur des plaids et dans des transats prêtés par La Villette, pour savourer le drame, la romance et l'humour de Raison et Sentiments, Orgueil et Préjugés, ainsi que Bridget Jones inspiré par ce dernier. Les invités ont pu apprécier une courte intervention dédiée à chaque film par Marie-Laure Massei-Chamayou, maître de conférences en anglais à l'université Panthéon-Sorbonne et expert en Jane Austen. Avec en bonus l'option de déguster un Pimms – cocktail estival so British – ainsi qu'un fish'n'chips du food-truck installé au fond du jardin.

Les Conférences Jane Austen

Deux conférences (en anglais) organisées par le British Council. La première à la [Sorbonne](#), le 18 juillet, et la deuxième au [British Council](#) le 21 juillet avec Nicolas Watson, spécialiste de la littérature romantique du 19ème siècle, qui explore l'influence de 'L'Austenmania' sur la culture britannique et européenne.

Compétition pour visiter la ville de Jane Austen

Compétition en ligne organisée par [Visit Britain](#) pour un weekend à deux au [festival de Jane Austen](#) en septembre à Bath, ville régence classée au patrimoine mondial de l'UNESCO et où l'écrivain a vécu. La compétition ferme

le dimanche 23 juillet.

Si vous ou des membres de votre rédaction souhaitez couvrir ces événements ou avoir plus d'informations, merci de contacter [Tess Mendibe](#), Tel : 01 44 51 33 39.

Le programme bicentenaire de Jane Austen s'inscrit dans notre programme 'Les Voisins', lancé en mars 2017 par Leurs Altesses Royales le Duc et la Duchesse de Cambridge lors de leur première visite officielle à Paris. 'Les Voisins' célèbre les liens culturels, historiques et humains entre la France et le Royaume-Uni, vécus au quotidien par les centaines de milliers de Français et Britanniques qui habitent, travaillent ou voyagent de part et d'autre de la Manche.

Pour en savoir plus sur notre campagne ['Les Voisins'](#).

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[Press release: Welsh Secretary tells business leaders 'capitalise on Region deal'](#)

The Secretary of State for Wales will today (Friday 14th July) tell Swansea business leaders that now is the time to capitalise on the Swansea Bay Region City Deal.

Delivering his first key note address in West Wales since the General Election at Swansea Business Club, Alun Cairns will commend businesses for their role in creating record low unemployment rates in the region and challenge them to use the City Region deal as the springboard to generating increased economic growth.

Mr Cairns will say:

The UK Government has a responsibility to create the right conditions for a thriving and prosperous economy but it is the private sector who are the risk takers, driving that success. The Swansea Bay Region City Deal provides a fantastic opportunity for business leaders to capitalise and reap the long term benefits that

it will bring. The deal is a great example of the UK Government coming together with local authorities, Welsh Government and the private sector to deliver a local plan that will have wide felt impact.

The Welsh economy grew 2.8% in 2015, second only to the North West for the UK's countries and regions, and since 2010 only growth in London has exceeded Wales.

Mr Cairns will go on to reassure business leaders in the room that the UK Government will help ensure certainty and stability as we leave the EU, through the EU Withdrawal Bill.

Mr Cairns will say:

We are under no illusion about the scale of the challenge we currently face as we prepare for negotiations to leave the EU. I am here to affirm that the Repeal Bill, introduced yesterday is about delivering certainty and continuity for businesses across Wales and giving assurance that the UK will not face unexpected changes on the day we leave the EU.

This is a Government that has been listening to businesses and hears their need for certainty. I want to reassure them it is their interest that we have at heart and that we will continue to sell Wales across the globe.

Notes to editors:

- The Government yesterday (Thursday 13 July) introduced the European Union (Withdrawal) Bill, known as the Repeal Bill, to Parliament. The Bill prepares the statute book for the exit from the European Union and delivers on the promise to end the authority of EU law in the UK. It provides maximum legal and administrative certainty for business, the public sector and everyone across the UK.

Press release: Threatened native species finds safety in Lincolnshire

Efforts to protect the UK's only native species of crayfish have seen almost 600 specimens moved to protected new homes in Lincolnshire.

The endangered white-clawed crayfish have been transferred to two secluded locations, chosen for their potential as safe havens.

Known as 'Ark Sites', the carefully selected refuges have all the characteristics needed for the crayfish to establish a thriving colony, including good-quality water, suitable habitat, and an isolated location.

Most importantly, they will be safe from the threat of their non-native counterparts, the North American Signal crayfish. This invasive species out-competes our own for food and habitat, and carries a fungal disease that devastates native populations.

Dr Chris Extence, Environment Agency team leader for Analysis and Reporting, said:

Bringing our native crayfish into the safety of an Ark Site is vital to protecting them from these threats, safeguarding their long-term survival and stability.

White-clawed crayfish are the only native species of crayfish in Britain. Although protected by law, numbers have declined dramatically in recent years and established populations are becoming increasingly vulnerable.

In Lincolnshire, the Upper Witham has long been a stronghold for native crayfish, but they are increasingly under threat from Signals. In total, 572 specimens were moved into two undisclosed locations in Lincolnshire two weeks ago: a limestone stream in the county's south west and a chalk stream in the Wolds.

Dr Extence added:

In the case of the latter, this is the first time in many years that this Area of Outstanding Natural Beauty has been home to native crayfish.

A number of organisations, including the Environment Agency, Natural England, Lincolnshire Rivers Trust, Lincolnshire Wildlife Trust and Lincolnshire Chalk Stream Partnership, were involved in the two-day operation. Environment Agency specialists will now monitor the colonies in their new homes.

Dr Extence continued:

The use of Ark Sites is nationally-recognised best practice, and just one of the ways we can safeguard the future of the native crayfish.

A previous attempt at creating an Ark Site in Lincolnshire has been successful, with evidence of breeding – a strong sign of an established colony.