

Seven in 10 adults are motivated to get healthier in 2021 due to COVID-19

The survey showed 8 in 10 adults aged over 18 have decided to modify their lifestyle in 2021, with 7 in 10 adults saying that [they are motivated to make healthier lifestyle changes](#) due to coronavirus (COVID-19).

Compared to last year, [almost half of the population \(43%\)](#) feel more motivated to make changes to their life in January. Around 6 million adults aged 40 to 60 plan to:

Evidence shows that being obese significantly increases your chance of being admitted to intensive care with COVID-19 compared to those with a healthy body mass index (BMI).

In addition, 4 in 10 (43%) regular smokers plan to make a quit attempt in 2021 and nearly half of those who increased their alcohol intake during the second lockdown [\(45%\) intend to reduce their alcohol intake this year](#).

To support the public in making these changes, Public Health England (PHE) has launched its latest 'Better Health new year' campaign to encourage the nation to work towards a healthier lifestyle – whether it's losing weight, getting more active, looking after mental wellbeing, or quitting smoking. The campaign offers support through a variety of tools and apps, including the updated NHS 12 Week Weight Loss app. This comes as currently [28% of adults in England are living with obesity](#) and 36% are overweight.

The survey revealed that 2020 and the impact of the pandemic [saw people's behaviours change](#), including:

Dr Alison Tedstone, Chief Nutritionist at PHE said:

The past year has been immensely challenging and being stuck at home much more this year, understandably, has seen some unhealthy habits creeping up on us all. But our survey shows the vast majority of us want to do something positive this year to improve our health and now is a good time for a reset, whether it be eating more healthily, being a healthier weight, getting more active, stopping smoking or doing more to look after our mental health.

All these are changes that will help us feel better about ourselves – just search 'NHS Better Health' for our free tools and advice.

Public Health Minister Jo Churchill, said:

There is no doubt 2020 has been a challenging year for everyone. The COVID-19 pandemic has highlighted particularly the impact

obesity can have on some people's health and health outcomes.

We know many people want to make changes for a healthier lifestyle and we want to help them. So the Better Health campaign provides a range of tools, like [Couch to 5K](#), to support people in their choices. This, together with the government's world-leading obesity strategy, will help motivate and support everyone to take up healthier routines in 2021.

Dr Dawn Harper, who is supporting the campaign, said:

The impact that COVID-19 has had on our physical health and mental wellbeing is huge. We saw households across England revert to unhealthy eating habits and reducing the amount of exercise they undertook. However, 2020 has also caused us to feel more motivated to make lasting changes in the new year.

2021 is a time to start afresh. Kickstarting a health plan can be daunting but you don't have to do it alone. Resources like the Better Health website and apps can be a huge help, no matter what changes you are looking to make or what stage you are at.

The Better Health campaign provides a wide range of free NHS tools and advice to support healthier habits, including suggestions on how to increase physical activity, make healthier food choices, lose weight, improve mental health and quit smoking.

The campaign includes new wide scale national TV, radio and social advertising. This year, Better Health is also working in partnership with a number of weight management and physical activity partners, who are providing both free and exclusive discounted offers. Alongside the advertising campaign, PHE has released a new film featuring households from across the country discussing their health journey in 2020 and their motivations for the new year.

The campaign targets all adults over 18, with a focus on those aged 40 to 60. There will be a particular emphasis on those groups most affected, including those from Black, Asian and Minority Ethnic communities and those with long-term health conditions.

Search 'Better Health' or visit nhs.uk/better-health for free tools and support to help you make healthy changes.

Over 5,000 Armed Forces deployed in support of the Covid response

Over 5,000 Armed Forces personnel are currently deployed to support the response to the coronavirus across the UK, working on 70 different tasks ranging from schools testing to the rollout of vaccines. This is more than at any previous point in the pandemic and the biggest homeland resilience operation the UK has ever seen in peacetime. Thousands more are supporting efforts through their day jobs in military planning, Defence Medical Services, Defence Science and Technology Laboratories and elsewhere.

More military personnel are being deployed to support community testing in:

- Manchester – 800 personnel providing community testing support to the Greater Manchester Combined Authority
- Swadlincote, Derbyshire – 130 personnel to establish and operate four lateral flow testing sites
- Kent – 390 personnel will support community testing
- Kirklees, Yorkshire – 75 personnel to establish and operate four lateral flow testing sites
- Lancashire – 420 personnel to support asymptomatic testing

In Manchester today (4 January) another large scale task starts, with 800 personnel deploying from nine regiments across the British Army at the request of the Greater Manchester Combined Authority (GMCA), through the Department of Health and Social Care (DHSC). These personnel will prepare to work across all ten local authority areas of Greater Manchester to carry out targeted asymptomatic testing of specific populations that may be at a higher risk of infection including social care staff, key workers, public facing occupations such as bus drivers, and those in high risk environments such care homes and shared accommodation for the homeless. The task builds on lessons from previous asymptomatic community testing in Liverpool, Lancashire, Merthyr Tydfil, Medway, and Kirklees.

In addition to community testing, military personnel remain on-task testing hauliers in Dover and helping to establish ten new testing sites to improve the flow of traffic across the Channel. As of today, 515 personnel are on task in Kent and elsewhere providing testing to hauliers.

Fifteen hundred Armed Forces personnel have also been provided to support schools testing, with local response teams providing virtual support and phone advice to institutions. Personnel also on standby to deploy at short notice to provide in-person support. Testing will continue as planned with two rapid Lateral Flow Tests available to all secondary school and college students and staff at the start of term to identify asymptomatic cases, break chains of transmission and beat the virus.

Defence Secretary Ben Wallace said:

The new year will see new levels of Armed Forces support to overcoming this pandemic. Thousands of service personnel are working throughout the United Kingdom, wherever they are needed to assist the civil authorities.

Manchester is the latest of those tasks and will be an important contribution to protecting the highest risk groups as the city seeks to recover. As a North West MP I am acutely aware of the considerable time many of us have been labouring under some form of lockdown and I hope our soldiers will help us get to the day when these restrictions will start to lift.

Lt Gen Sir Tyrone Urch KBE, Commander Standing Joint Commander UK said:

I am incredibly proud of all the servicemen and women who have worked tirelessly for most of this year on Operation RESCRIPT, the military effort in support of the government's campaign to tackle COVID-19.

In recent weeks, our amazing staff have deployed at short notice to set up and staff community testing centres across the country in support of the NHS, DHSC, Devolved Nations and local communities. They have conducted a successful testing pilot in schools and contributed to vaccine rollout planning. Both Regular and Reservist personnel stepped up on Christmas Eve to help clear the backlog of vehicles in Kent, setting up testing facilities overnight when they would otherwise have been spending the festive period with their families.

I am humbled by the sacrifice and dedication of all our people from the Royal Navy, British Army and Royal Air Force as we continue to contribute to our nation's fight against the coronavirus.

The MoD has deployed 10 military planners to assist the Vaccine Task Force, with over 150 personnel deployed across the UK to support organisational and logistical components of the Deployment Programme. Two separate military planners are seconded to support the Vaccine Task Force Director.

Additionally, 20 personnel are assisting with regional vaccine planning, end-to-end logistics and delivery.

From 11 January a Vaccine Quick Reaction Force is being established, with

their training for the role beginning today. This will initially be 21 teams of 6 personnel assigned to the 7 NHS England regions, able to provide surge support to the vaccine roll-out if required by local health authorities.

In Wales, 90 service personnel are deployed to support Health Boards in rapidly establishing and operating vaccination centres. For the first-time trained defence medics will also support the administering of the vaccine. Ninety-four military personnel, including medics and drivers, have embedded with the Welsh Ambulance NHS Trust to support them by driving Ambulances.

In Scotland, military planners are supporting the testing and vaccine programmes. Earlier during the pandemic Armed Forces personnel supported healthcare professionals to deliver testing at Glasgow Airport, and RAF Puma helicopters were deployed to Kinloss Barracks in Moray to provide emergency assistance to NHS boards and trusts across Scotland. In Northern Ireland the Defence Estate is being loaned to the Police Service of Northern Ireland for their use and the Armed Forces have placed medivac capabilities on standby for Covid-19 patients when needed.

[Appointment of Permanent Secretary to the Ministry of Justice](#)

Press release

The Cabinet Secretary, with the approval of the Prime Minister, has appointed Antonia Romeo as the new Permanent Secretary to the Ministry of Justice (MoJ).



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The Lord Chancellor and Secretary of State for Justice, the Rt Hon Robert Buckland QC MP, said:

“I am delighted to welcome Antonia back to the Ministry of Justice. I know that she shares my passion for renewing the Justice system, protecting the public and reforming offenders, and I look forward to working with her as we build back safer from the pandemic.

“I am also extremely grateful to Mike Driver for his exceptional leadership as interim Permanent Secretary, and for his help in navigating the challenges the department has faced over the latter half of the last year.”

The Cabinet Secretary, Simon Case, said:

“Antonia’s appointment is great news for the Ministry of Justice. As an experienced Permanent Secretary she brings with her a wealth of experience garnered in a variety of roles across government, as well as a deep understanding of the Ministry of Justice.

“I should also like to thank Mike Driver who has provided strong leadership to the department over the last few months.”

“I am thrilled to be appointed Permanent Secretary at the Ministry of Justice. I have spent the majority of my career in the department, working on its vital agenda of protecting the public and reducing reoffending, ensuring access to justice, and upholding the rule of law. I know first-hand the incredible job that the 75,000 MoJ staff do every day, and I’m looking forward to working with the Lord Chancellor, Ministers and the team on this important work.

“At the same time, it is hard to leave DIT after four brilliant years building the department and launching the UK’s independent trade agenda – thanks to all Ministers and colleagues.”

Antonia will take up her post on 18 January 2021. John Alty, Director General Trade Policy will take on the role of interim Permanent Secretary at the Department for International Trade while a process is run to appoint a permanent successor.

Published 4 January 2021

[IPO new search UK trade mark classes](#)

service now available



This service will be unavailable from 6am to 5pm on Saturday 13 March and Sunday 14 March.

New service available to search and classify, trade mark goods and services.

When applying to register a UK trade mark, you may use the UK classification system to specify the goods and/or services you are seeking protection for.

This service will allow you to search for the goods and services you intend to use your trade mark on before you apply.

Intellectual Property Offices worldwide use a trade mark classification system that groups together similar goods or services into 45 different classes. This is referred to as Nice Classification.

While a member state of the EU, the IPO contributed to and shared a common classification system called TMClass. TMClass is a classification search tool provided by the EUIPO. With the transition period relating to the UK's exit from the EU ending on 31 December 2020, we have created a UK specific database.

Over time, there may be instances where UK classification diverges from the EU. When applying for a UK trade mark, we will examine the application against the goods and services within the UK database.

The [search UK trade mark classes](#) service is available on GOV.UK.

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Last updated 11 March 2021 [+ show all updates](#)

1. 11 March 2021

This service will be unavailable from 6am to 5pm on Saturday 13 March and Sunday 14 March.

2. 18 February 2021

This service will be unavailable from 6am to 5pm on Saturday 20

February.

3. 12 February 2021

This service will be unavailable from 6am to 5pm on Saturday 13 February.

4. 4 January 2021

First published.

Brothers banned for failing to pay £173,000 in taxes

Brothers Carlos Enrique De La Cruz Vidal (51), from South East London, and Fernando De La Cruz Vidal (52), from Granada in Spain, are now banned from acting as directors or directly or indirectly becoming involved, without the permission of the court, in the promotion, formation or management of a company.

Carlos' 6-year ban became effective on 5 November, while Fernando's 6-year ban is effective from 30 December.

The brothers were appointed directors of Santo Limited in April 2007 on the same date as the company was incorporated.

Santo Limited traded as a restaurant called Santo on Portobello Road, West London, but the company entered into creditors voluntary liquidation in December 2018 before the brothers' conduct was referred to the Insolvency Service for further enquiries.

Investigators established that Santo Limited was subject to enquiries by the tax authorities in November 2017 after issues were discovered relating to the company's tax returns.

The tax authorities found that from September 2014 to September 2017 the brothers had suppressed the company's takings by more than £173,000 and overstated the amount of takings that were non-taxable.

By the time the company had gone into liquidation in December 2018 the tax authorities claimed almost £200,000 in the liquidation.

Carlos Enrique De La Cruz Vidal had his undertaking accepted by the Secretary of State on 15 October, while Fernando De La Cruz Vidal had his undertaking accepted on 9 December.

In their undertakings, the brothers did not dispute that they caused inaccurate tax returns to be submitted to the tax authorities by suppressing their sales income.

Lawrence Zussman, Deputy Head of Insolvent Investigations at the Insolvency Service, said:

Customers have a right to expect that the tax they pay on their food is given to the tax authorities. Instead, Carlos and Fernando De La Cruz Vidal substantially underdeclared the tax due and in doing so both failed to take their responsibilities as directors seriously.

Carlos and Fernando have now been removed from the business environment for 6 years and these bans should further serve as a warning to other directors that if you do not pay the correct taxes you run the serious risk of being disqualified.

Carlos Enrique De La Cruz Vidal is from South East London and his date of birth is August 1969.

Fernando De La Cruz Vidal is from Grenada, Spain, and his date of birth is April 1968.

Santo Limited (Company Reg no. 06222263).

Disqualification undertakings are the administrative equivalent of a disqualification order but do not involve court proceedings. Persons subject to a disqualification order are bound by a [range of other restrictions](#).

[Further information about the work of the Insolvency Service, and how to complain about financial misconduct, is available.](#)

You can also follow the Insolvency Service on: