

[News story: GC and IFST publish Information Statement on dietary fibre](#)

Diets low in dietary fibre may contribute to the development of diseases such as bowel cancer and heart disease. But what is dietary fibre, how is it measured and how much should we eat? [Michael Walker](#) from the Government Chemist team has collaborated with Julian Cooper of the Institute of Food Science & Technology, [IFST](#), to produce an Information Statement to address these and other questions.

Developed and peer-reviewed through the IFST Scientific Committee, Information Statements provide up-to-date and conclusive scientific opinions on matters of topical importance within food science and technology in one single document. The Dietary Fibre Information Statement is available on the [IFST website](#).

Understanding dietary fibre and using it has an important part to play in reformulating foods to address public health issues. Measuring dietary fibre for product quality control and to ensure accurate labelling as part of nutrition information is also necessary for a wide range of food. The Information Statement aims to assist the food industry to innovate to provide attractive foods contributing to healthy eating. It also aims to help regulators and enforcement personnel understand the issues and protect consumers and responsible businesses.

What is dietary fibre?

Chemically, dietary fibre consists of carbohydrate polymers or oligomers that are neither digested nor absorbed in the human small intestine. More detailed definitions are given in the Information Statement. Fibre must be declared on pre-packed labelling if a claim is made (e.g. 'high in fibre') and is part of voluntary European nutrition labelling.

How is dietary fibre measured?

There are three basic approaches:

- analytical methods from [AOAC](#)
- methods pioneered by Hans and Klaus Englyst and colleagues
- hybrids of both methods.

Each starts with dispersion and enzymatic hydrolysis of starch, but they differ in the analytical 'finish'. For foods not containing resistant starch any of the methods can be employed with broadly similar results. The main

exceptions are raw flours and foods that contain non-digestible oligosaccharides.

How much is enough fibre?

How much dietary fibre should I eat? The value for the average population intake of dietary fibre for adults should be 30g per day, measured using the AOAC methods.

For more information about the Government Chemist role, what we do, or if you have a food analysis related enquiry contact:

[News story: Justin Russell announced as candidate for next Chief Inspector of Probation](#)

Justin has been selected following a rigorous assessment process conducted in accordance with the Governance Code on Public Appointments. A panel of four, including two external interviewers, assessed all the candidates and put forward to the Secretary of State those who passed the high bar for consideration for this role.

The Secretary of State has invited the Justice Select Committee to hold a pre-appointment hearing. Pre-appointment scrutiny is an important part of the appointment process for some of the most significant public appointments made by Ministers. It is designed to provide an added level of scrutiny to the appointment process.

Pre-appointment hearings are held in public and allow a Select Committee to take evidence before a candidate is appointed. Ministers consider the Committee's views before deciding whether to proceed with the appointment.

The current Chief Inspector of Probation, Dame Glenys Stacey, has agreed to continue in the post until 31 May, when, subject to the pre-appointment hearing, Justin Russell is expected to take over the role. He will resign from the Ministry of Justice and from the Civil Service before taking up post.

HM Inspectorate of Probation

Her Majesty's Chief Inspector of Probation leads HM Inspectorate of Probation, which is the independent source of fair comment for ministers and the public on the effectiveness of the work of probation and youth offending services. HM Inspectorate of Probation produces and publishes reports on individual probation service areas as well as on thematic topics such as the

way probation works with sex offenders, or the role and effectiveness of Approved Premises. The Chief Inspector also publishes an annual report. More information on HM Inspectorate of Probation can be found on their [website](#).

Biography

Justin Russell has spent over thirty years working on a wide range of criminal justice issues as a researcher, policy maker and major programme leader and has a long-standing interest and involvement in probation and youth justice policy. This has included working as a Policy Special Adviser to Home Secretaries John Reid and Jack Straw and in the No10 Policy Unit, as well as heading up the Home Office's Violent Crime Unit from 2008 to 2012, where he led the production of the 2009 and 2011 Violence Against Women and Girls strategies and the Tackling Knives and Ending Gang and Youth Violence Programmes.

Until recently, he was Director General for Justice Analysis and Offender Policy at the Ministry of Justice where he led the prison, probation and youth justice reform programmes. He has also worked for the Audit Commission and Mental Health Foundation and was a non-executive Director of Turning Point from 2005 to 2011.

[Press release: Marriage Allowance promoted on Valentine's Day](#)

HM Revenue and Customs (HMRC) is sharing the love this Valentine's Day and encouraging married couples and those in a civil partnership to sign up for Marriage Allowance.

More than 3.5 million couples are already benefitting from Marriage Allowance, which was introduced in April 2015, but HMRC estimates around 700,000 couples are still eligible for the free tax break worth up to £238 this year. If their claim is backdated, they could receive a lump sum of up to £900.

Financial Secretary to the Treasury, [Mel Stride](#), said:

For more than 3.5 million married couples and those in a civil partnership, we are putting up to £238 this year back into their wallets, and it is encouraging to see so many people taking advantage of the tax relief.

Married couples who are yet to sign up for this great scheme – you too can benefit – it is quick to register and any back-dated allowances will be paid as a lump sum.

Marriage Allowance lets lower income workers transfer £1,190 of their Personal Allowance to their husband, wife or civil partner – if their income is higher. This reduces their tax by up to £238 for 2018 to 2019 tax year.

Customers can benefit from Marriage Allowance if all the following apply:

- you're married or in a civil partnership
- you do not pay Income Tax or your income is below your Personal Allowance (usually £11,850)
- your partner pays Income Tax at the basic rate, which usually means their income is between £11,851 and £46,350

The personal tax allowance is increasing to £12,500 in April 2019. The increase in non-taxable earnings means eligible couples will be able to transfer up to £1,250 from the lower income to the higher income earner – reducing their tax by up to £250 a year.

Couples are guaranteed 100% of their eligible entitlement if they apply directly through HMRC.

There is no need to reapply for Marriage Allowance every year because it is automatically renewed. However, couples should notify HMRC if their circumstances change and they want to cancel it.

1. Marriage Allowance is available in Scotland although the higher earning partner must pay the starter, basic or intermediate rate, which usually means their income is between £11,850 and £43,430.
2. In Budget 2018, the government asked the Law Commission to propose options for a simpler and fairer system to give modern couples meaningful choice. This will include looking at reducing unnecessary red tape and lowering the cost of wedding venues for couples.

[News story: UK Transport Secretary continues to fund direct flights between City of Derry Airport and London](#)

People in Derry-Londonderry and its surrounding areas will continue to benefit from direct flights to London, the Transport Secretary announced today (14 February 2019).

Speaking in the House of Commons earlier, Chris Grayling confirmed that the UK government, in partnership with the Department for the Economy in Northern Ireland, will subsidise the route between City of Derry Airport and London Stansted.

This provides an important link between Northern Ireland and London, enabling daily round trips to help boost trade and tourism.

Transport Secretary Chris Grayling said:

The government is committed to this route because it strengthens the Union, protects choice and boosts trade and travel opportunities.

It will be welcomed by businesses in the north of Northern Ireland because corporate trips to and from London within a day will remain a possibility. The extension will continue to provide easy access for tourists to visit the spectacular causeway coast line, as well as spectators attending the 148th Open golf championship at Royal Portrush this summer.

Since [May 2017, the Department for Transport and Derry City and Strabane District Council have subsidised a flight service from City of Derry Airport to London Stansted, operated by flybmi](#). This deal will be renewed for a further 2 years, until 1 May 2021, maintaining 13 rotations per week on a 49-seater aircraft.

The Rt Hon Karen Bradley MP, Secretary of State for Northern Ireland, said:

This announcement is hugely welcome and vital for the continued economic growth of Northern Ireland. Connectivity to Derry-Londonderry helps boost the huge potential on offer, including tourism and global business opportunities.

I am delighted to have secured this funding and maintained the air link between the thriving City of Derry-Londonderry and London, the financial and cultural centre of Europe.

Mayor of Derry and Strabane District Council, Councillor John Boyle said:

We are delighted to retain this important air link with London and continue a route that offers timings that are conveniently scheduled for a full working day at either destination, and offers connectivity with adequate capacity and competitive fares.

The airport remains an important regional gateway that is an essential part of the future development of the north west city region and we remain committed to ensuring that CoDA is the airport

of choice for the north-west of Ireland, offering both convenience and excellent customer service.

Council would like to thank the Department for Transport and Department for Economy for providing the necessary funding to ensure this vital connection can continue

Chairperson of City of Derry Airport, Albert Harrison said:

We are pleased to learn that the crucial London route has been retained and our strong working relationship with BMI will continue.

The London route is a key element to the sustainability of the airport and provides essential daily connectivity to London for our customers. Maintaining frequent, conveniently scheduled air services to London is vitally important for the economic development of the north west city region and for the development of our regional economy and the social development of our region.

UK airports like City of Derry Airport play an important role in delivering domestic and international connections that help passengers travel further and link businesses to global trade partners.

The renewal of this funding is a clear example of the government's own ambitions for a thriving economy as it works to ensure all regions and nations of the UK are well served by airports and routes to the rest of the country.

[Press release: Change of Her Majesty's Ambassador to Mauritania: February 2019](#)



Mr Simon Boyden has been appointed Her Majesty's Ambassador to the Islamic Republic of Mauritania.

Mr Simon Boyden has been appointed Her Majesty's Ambassador to the Islamic Republic of Mauritania in succession to Mr Samuel Thomas who will be transferring to another Diplomatic Service appointment. Mr Boyden will take up his appointment during February 2019.

CURRICULUM VITAE

Full name: Simon Boyden

Married to: Nathalie Hélène Geraldine Gallagher

Children: Three

2016 to 2018 Kabul, Political Counsellor

2014 to 2016 FCO, Head, Spending Review Team

2010 to 2014 Berlin, First Secretary (European Union)

2006 to 2010 Vienna, First Secretary, UK Delegation to the Organisation for Security and Co-operation in Europe

2003 to 2006 FCO, Head, Serbia and Montenegro Section, Eastern Adriatic Department

2002 to 2003 FCO, Head, Regional Issues Section, Eastern Adriatic Department

1999 to 2002 Moscow, Second Secretary (Commercial)

1997 to 1998 FCO, EU/Russia policy lead, European Union Department (External)

Further information

Published 14 February 2019