

[Jeremy Corbyn statement on today's attack in Westminster](#)

Jeremy Corbyn MP, Leader of the Labour Party,

commenting on today's attack in Westminster, said:

"Today's horrific attack in Westminster has shocked the whole country. All our thoughts are with the victims of this outrage, their loved ones, families and friends.

"Those victims include civilians and police officers, Londoners and visitors, subjected to a brutal and indiscriminate assault.

"Our thanks and gratitude go to the police and emergency services who responded so bravely, and to those – including the MP Tobias Ellwood – who went to the aid of the injured and dying.

"This was not only an attack on innocent people. It was also an attack on our democracy.

"But I know that Londoners and people across the country will stand together in defence of our values and diversity."

[Statement from Caroline Lucas on the Westminster attack](#)



22 March 2017

Caroline Lucas, the co-leader of the Green Party, has responded to Wednesday's attack in Westminster.

She said:

"Our thoughts go out to all those affected by today's attacks and we send deep thanks to the public servants who responded so quickly, bravely, and with care to treat the injured and minimise the number of casualties. We pay tribute to the lives that were so sadly lost and in particular to the police officer who died in the line of duty – we are truly in his debt.

“The response to such a heinous attack must be to strengthen our democracy, and refuse to give in to those who would harm it.”

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[Dangers of eating too much salt](#)

It's Salt Awareness Week (20 to 26 March). The Public Health Agency (PHA) is reminding everyone of the dangers of eating too much salt and asking everyone to check food labels to see how much salt is in food.

High blood pressure

Too much salt in your diet can contribute to [high blood pressure](#) – also known as hypertension.

Hypertension often has no symptoms, but if you have the condition, you are more likely to develop heart disease or have a [stroke](#).

A very small amount of salt is an essential part of your diet. However, often without realising it, most of us are eating too much.

It is recommended that adults eat no more than six grams of salt a day (about a teaspoon) and children should have even less.

Using less salt

You can take greater control by simply using less salt during cooking and tasting food at the table before adding [salt](#), rather than doing this automatically.

However, it is important to realise that 75 per cent of the salt you eat is already in the food you buy.

Ready prepared and processed foods can be high in salt. For example, a tin of cream of chicken soup can contain 1.9g of salt – almost a third of the recommended daily amount in just one tin.

Ready meals and snack foods, such as crisps, in particular can be very high in salt. By reading product labels before you buy, you can choose the products that are lower in salt and better for your health.

‘Traffic light’ food labels

If a product uses the ‘traffic light’ indicators on its packaging, try to go for products marked green or amber for salt content, and stay clear of products marked red for salt.

For foods that don’t use red, amber and green labels, more than 1.5g salt per 100g is high in salt; between 0.3g and 1.5g has medium salt content; and 0.3g salt or less per 100g is low in salt.

Reducing the amount of salt you use in cooking doesn’t necessarily mean less flavoursome meals. You can replace salt with alternative flavourings such as pepper, lemon juice, herbs, and spices.

The PHA’s [Choose to Live Better](#) website has further advice and tips on eating well and getting active.

Salt tips

Read the salt content on the label – look at the amount of salt per 100g:

- more than 1.5g salt per 100g is high in salt (red)
- between 0.3g and 1.5g is medium (amber)
- 0.3g salt or less per 100g is low salt content (green)

Many food labels list ‘sodium’ rather than salt. To convert this to the amount of salt, multiply the amount of sodium listed by a factor of 2.5. For example, if a food label says a product has 0.6g of sodium, it contains 1.5g of salt.

Adults should eat no more than 2.4g of sodium per day, as this is equal to 6g of salt.

Children should eat less than an adult’s daily recommendation of six grams, but how much differs with age so it’s important to keep an eye on how much salt is already in manufactured foods:

- one to three years – no more than 2g of salt per day
- four to six years – no more than 3g of salt per day
- seven to 10 years – no more than 5g of salt per day
- 11 years and over – no more than 6g of salt per day

Babies under a year old should have less than 1g of salt a day.

If a baby is breastfed, they will get the right amount of minerals, including sodium and chloride, from breast milk. Formula milk contains a similar amount of sodium to breast milk.

More useful links

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[News story: HS2 Phase One community information events 2017](#)

We invite you to attend one of our community engagement events about Phase One of the High Speed Two (HS2) project and what it means in your local area.

We hope you will take this opportunity to talk to the project team, view maps, and ask us questions, and learn more about the construction and design of the new railway.

Date	Venue	Time
Wednesday 22 November	The Link – Water Orton Community Venue, 4 New Road, Water Orton, B46 1QU	3pm to 5:30pm
Tuesday 28 November	Carrs Lane Church Conference Centre, Carrs Lane, Birmingham, B4 7SX	12pm to 2pm
Thursday 30 November	Stoke Mandeville Community Centre, Eskdale Road, Stoke Mandeville, Aylesbury, HP22 5UJ	7:30pm to 9:30pm
Thursday 30 November	Whittington Village Hall, Langton Crescent, WS14 9LR	5pm to 7pm
Monday 4 December	Burton Green Village Hall, Hodgetts Lane, Burton Green, CV8 1PH	4pm to 6pm
Wednesday 6 December	Bengali Workers' Association, Surma Community Centre, 1 Robert Street/Hampstead Road, London, NW1 3JU	5pm to 7pm

Past events will be removed as new events are added.

On 23 February 2017 Royal Assent was granted for Phase One of HS2. Since then, a range of preparatory works have commenced, including archaeological surveys and the creation of new wildlife habitats. We continue to engage with communities affected by the construction of the railway. Find out more about [how we're constructing HS2](#).

[Latest figures from Bus Passenger Survey show Government plans will not put passengers first – Daniel Zeichner](#)

Daniel

Zeichner MP, Labour's Shadow Transport Minister, commenting on the publication of the Transport Focus Bus Passenger Survey figures for Autumn 2016, said:

"These results show once again that compared to national operators, municipal bus companies provide some of the best bus services in the country. The Government's plans to ban local authorities from forming their own bus companies in the future clearly flies in the face of all the evidence.

"This year's survey also suggests that congestion is becoming an increasing problem for bus users. With traffic projected to grow, this problem is only going to become worse. We really need to see local authorities and bus companies using the tools available in the Bus Services Bill to address congestion, and clean up our air."