Had planned a gun and bomb attacks in 2011 to college with both men were students prison inspectors are warning that the use of so-called legal highs is the biggest threat to safety and security in jails the chief inspector for England Wales Nick Hardwick who is about to leave his post has criticised the government for being slow to tackle the problem the prison services said it's using a range of robust measures to deal with it is our home affairs correspondent Danny Shaw legal highs were 1st identified as a significant problem in men's prisons two years ago since then they've spread to young offender institutions and female jails leading Nicole week to conclude the now represent the most serious threat to the security of the prison system use of legal highs of high and rising levels of violence and have been linked to at least 19 deaths Mr Hardwick said drug searches must be stepped up with evidence offenders on licence to deliberately breaking the terms of release to return to prison so they can smuggle legal highs in the thousands of pounds

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researchers estimate about 2000 cases of serious birth defects could have been avoided in the U.K. if the government had followed advice in 1998 to 45 fire with fairly guess I'd a new study concludes that the U.K. should follow the example of nearly 80 countries and head for the league s it to cereal grain and flour the department of health says it's considering the issue here is our health correspondent Dominic Hughes also known as neural tube defects in the brain spinal spinal cord can occur in unborn babies most of the measly determination stillbirth or very serious disability including spinal bifida folic acid which is naturally present in some food can provide protection but it's hard to consume enough victim purely natural sources said the Department of Health has been advising pregnant women to take folate acid supplement since 1992 in 1998 the authorities in the United States started adding folic acid to plough for bread and since then there has been a dramatic all in the number of cases

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miners as in north Yorkshire colliery awaiting their final shifts as the closure of the pier it brings an end to centuries of deep coal mining in Britain the owners of U.K. Cole said it would oversee the run-down of the Kellingley mine before the site is redeveloped the last 400 and 50 minus to receive severance payments of 12 weeks' average pay is the focus on any brightness in the east will quell river rain will move west becoming heavy in the north-west with possible gales dry in the South and remaining mild top temperatures 14 celsius in London 13 in Cardiff and Belfast and 12 in Edinburgh BBC news as for precedent but I draw the line and length and 91 and beat the residents in the letter

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thank you welcome to why Lady 18 to 2050 lorries vans a bit of studying a brute of all it's a plant will be taking his much-loved donkey Harry to deliver Christmas cheer and that report later a 160 people and staff at the local primary the the Colwyn Bay colleagues they really need a real the visit Sabrina Eve in care with given me did you bring more ve said the next race but Anthony sing-alongs all in time for Christmas as impressive as any of 3 St Mary for a bit girly will be crabby shipping the kids to the last lesson 2050 now what's the Acre grounds all hard-working teachers across the country have survived get another year here it shows that kids or rocky runners signed up for a marathon next year and tenacious title we have a Christmas soup the team just you guys come