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the chief inspector of prisons has accused staff at Rochester jail in Kent feeling to deal with inmates' have clearly been using drugs the National offender management service says new measures have been introduced at Rochester to tackle substance misuse scientists in the United States say that women who eat potatoes regularly during pregnancy a 50 % more at risk of developing diabetes thought high starch content of potatoes contributor station diabetes the condition which usually goes away after birth but concoct a long-term health problems affect almost one in 20 women in England and Wales each year and that's the BBC news at 3 minutes past 7 Susan thank you the weather forecast cold and dry start to the day for most of the showers will move in from the West with snow on hills as the day progresses maximum temperature ranging from 5 to 8 degrees Celsius in southern England two to 4 degrees Celsius and the rest of the UK petrol true only with you on breakfast welcome if you just switch off on a run next this morning by Michael heightened