

[Press release: MHRA warns athletes to avoid potentially dangerous DMAA](#)

As many people embark on a new-year fitness boost, athletes at all levels of sport are being urged to steer clear of the potentially dangerous ingredient DMAA.

DMAA can be found in unlicensed medicines marketed as sports supplements and it has been linked with high blood pressure, tightening in the chest, strokes, heart attacks and even death.

The warning has been issued by the Medicines and Healthcare products Regulatory Agency (MHRA) as a significant number of products containing DMAA continue to be found on sale in the UK.

MHRA has launched a 'Week of Action' between 30th January and 5th February supported by a number of leading national organisations to alert people to the potential dangers.

The Week of Action aims to improve awareness and will include an animated social media campaign, health & fitness bloggers sharing their stories and a video featuring Team GB Olympic weightlifters at the National Sports Stadium in Crystal Palace.

People who either suspect a product contains DMAA or want to check whether it is present are being encouraged to check online. If you find products on the market, immediately contact us via our dedicated mailbox dmaa@mhra.gsi.gov.uk

Named on the World Anti-Doping Agency's (WADA) Prohibited List, DMAA is banned during sports competition and the safety concerns are well documented.

When MHRA find unlicensed medicinal products containing DMAA on the market, urgent action is taken to remove them from sale. Last year MHRA took urgent action to remove a number of products containing DMAA from the market.

Dr Chris Jones, MHRA Medicines Borderline Section Manger said:

As always, we will continue to take robust action when unlicensed medicinal products containing DMAA come to our attention.

We first removed these products from sale in 2012, and will protect public health by continuing to do so. Although the sale of DMAA products has dropped since 2012, any companies selling this unlicensed medicine is one company too many.

Ashley Metcalfe, British Weight Lifting CEO said:

Weightlifting is a fantastic sport, not least because of the health and wellbeing benefits associated with strength training. However, as with all sports, it is very important that lifters participate in a safe and controlled manner, and are aware of the dangers of taking anything that could be potentially harmful – as has been proven with DMAA.

We are proud to support this campaign and hope that it encourages lifters that wish to use sports supplements to choose only those that are properly regulated, and remain well-informed about the dangers of using unlicensed medicines.

Dr Adam Carey, Chair of the European Specialist Sports Nutrition Alliance (ESSNA) said:

We fully support the MHRA's efforts to raise awareness of the dangers of supplements which contain DMAA. MHRA has classified such products as medicinal products and they have no place in legitimate sports nutrition supplements.

The dangers of consuming DMAA are significant and well-proven. We urge all sportspeople to avoid it at all costs – and emphasise that sportsmen and woman can only do this by making sure they're only buying their sports supplements from responsible and reputable retailers.

Nicole Sapstead, UK Anti-Doping Chief Executive said:

Any athlete who takes supplements containing DMAA in-competition – either deliberately or inadvertently – is not only risking their career, but is also risking their health.

If you are considering taking a supplement make sure you assess the need first by speaking to a qualified nutritionist. If you need to take a supplement, make sure you understand the risks and consequences by undertaking thorough research.

This 'Week of Action' is part of the FakeMeds campaign aimed at young adults and highlights the pitfalls of buying unlicensed medicines online.

Visit [here](#) for more information about the 'Week of Action'.

Background

1. The Medicines and Healthcare products Regulatory Agency (MHRA) is responsible for regulating all medicines and medical devices in the UK by ensuring they work and are acceptably safe.
2. All our work is underpinned by robust and fact-based judgements to

ensure that the benefits justify any risks. MHRA is a centre of the Medicines and Healthcare products Regulatory Agency which also includes the National Institute for Biological Standards and Control (NIBSC) and the Clinical Practice Research Datalink (CPRD). The Medicines and Healthcare products Regulatory Agency is an executive agency of the Department of Health.

3. The approach for the classification of Borderline products is set out in Part 9 of the 2012 Human Medicines Regulations (as amended). A borderline product is a product which does not have a relevant authorisation or registration that the Licensing Authority regards to be medicinal product. Unless exempt unlicensed medicines may not be placed on the UK market without the appropriate authorisation.
4. MHRA classifies products (not substances) according to the definition of a medicinal product.
5. MHRA's Medicines Borderline Section reaches a determination on whether a product is or is not a medicinal product on a case by case basis, and in the light of:
 - the definition of a medicinal product
 - following an assessment of all the available evidence
 - relevant European Court Judgments and domestic Court precedents.
6. MHRA first classified a product containing DMAA to be [medicinal products in 2012](#). MHRA has since determined a number of products which contain DMAA to be medicinal products and may not be placed on the UK market without the appropriate authorisation.
7. DMAA is regarded as being capable of significant modification to human physiology. Products containing DMAA have already been subject to regulatory controls in various countries around the world following a series of suspected links to serious adverse effects. It is MHRA's view that the uncontrolled sale and supply of products containing DMAA poses potential risks to public safety.
8. MHRA is responsible for ensuring that medicinal products work and are acceptably safe and is not responsible for the licensing of products such as sports supplements which are used by athletes to improve their performance. MHRA will investigate instances of the sale and supply of unauthorised medicinal products, including those that may be present in sports supplements.
9. We have been working with British Weightlifting, UK Anti-Doping, ESSNA, UK Active, National Food Crime Unit (FSA) and Sporting Integrity Ltd for the DMAA 'Week of Action.

[News story: PM to meet ministers from devolved nations at first JMC meeting](#)

in Wales

The Prime Minister is to hold the first Joint Ministerial Committee (JMC) meeting to take place outside of London today, in a special meeting in Wales.

As a sign of the government's commitment to engage with the devolved administrations and to seek a Brexit that works for the whole of the UK, the Prime Minister, together with the Secretary of State for Exiting the EU, the Secretary of State for International Trade, the Secretaries of State for Scotland, Wales and Northern Ireland and the Minister for the Cabinet Office will be meeting with ministers from the devolved administrations today.

This will be the second JMC under the Prime Minister's leadership and follows 3 JMC(EN)s that have taken place over the last few months.

Discussions are expected to focus on our exit from the EU, how we can work together to support UK businesses to trade and invest in the lead up to leaving the EU and intergovernmental relations.

Speaking ahead of the meeting, the Prime Minister said:

I am delighted to be holding today's JMC in Cardiff, particularly in the week the Wales Bill is expected to gain Royal Assent – heralding a new devolution settlement for Wales.

At the JMC in October, I set out how we would fully engage with the devolved administrations in the process of planning the UK's departure from the EU.

I am pleased that the committee on EU negotiations has met 3 times since then, giving ministers from the Scottish government, Welsh government and Northern Ireland executive a direct line to the Secretary of State for Exiting the EU.

I know ministers and officials from all sides are also in regular contact bilaterally. We have received papers from both the Scottish and Welsh governments and I am grateful to the devolved administrations for their contributions to this important process.

We will not agree on everything, but that doesn't mean we will shy away from the necessary conversations and I hope we will have further constructive discussions today.

We have also had the Supreme Court judgement which made clear beyond doubt that relations with the EU are a matter for the UK government and UK Parliament. We should not forget that that means MPs representing every community in the UK will be fully involved in the passage of Article 50 through Parliament.

The United Kingdom voted to leave the EU, and the UK government has

a responsibility to deliver on that mandate and secure the right deal for the whole of the UK. We all have a part to play in providing certainty and leadership so that together we can make a success of the opportunities ahead.

The Prime Minister met all the heads of the devolved administrations within her first month of taking up office, and has made it a priority of the UK government to fully engage with them on the UK's exit from the EU.

Since the referendum the UK government has continued discussions with the devolved administrations both at ministerial and official level, including a direct line to the Secretary of State for Exiting the EU through the JMC(EN).

There have been 3 JMC(EN) meetings to date. There will be further meetings including the JMC(EN) as the UK government continues discussions with the devolved administrations on this important issue.

[News story: More people to receive help to stay warm in their homes thanks to new energy reforms](#)

From:

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Reforms to the Energy Company Obligation (ECO) will be targeted at households struggling to pay their energy bills.

Homes across the UK will get extra support to keep warm during the colder months [thanks to reforms published today](#). Changes to the Energy Company Obligation (ECO) will make sure energy companies provide necessary support to people struggling to meet their heating bills. Plans to extend the scheme from April 2017 to September 2018 were also published today.

The reforms which were consulted on last year will usher in a simplified scheme, with energy companies required to provide struggling households with free energy efficiency measures to make their homes warmer and bring their bills down.

Minister for Energy and Industry, Jesse Norman said:

The Government is committed to tackling fuel poverty, and a key part of that is to help people keep bills down by living in more energy efficient homes. These changes will move the UK a further step towards the goal of insulating a further 1 million homes by 2020.

As well as an increased focus on low income and vulnerable homes, eligibility will be extended to social housing tenants in EPC bands E, F and G, and local authorities will also be able to help match people with energy suppliers.

Suppliers will also be required to install a minimum 21,000 solid wall insulations per year, up from the consultation figure of 17,000.

There will be continuing protection for the delivery of energy efficiency measures in rural areas, with a requirement that 15% of suppliers' Carbon Emission Reduction Obligation be delivered in these areas.

ECO has proved a very effective delivery mechanism with over 2 million measures installed in around 1.6 million properties between 2013 and the end of November 2016.

[Press release: Planned road works in the North West: summary for Monday 30 January to Sunday 5 February 2017](#)

The following summary of planned new and ongoing road improvements over the coming week is correct as of Friday 27 January and could be subject to change due to weather conditions or unforeseen circumstances. All our improvement work is carried out with the aim of causing as little disruption as possible.

Drivers looking for roadworks information (such as overnight carriageway closures) for individual schemes should now visit [Traffic England](#). Some of our larger schemes have project pages giving other information. These can now be accessed from a [dedicated regional page](#)

M6 junctions 16 to 19: Cheshire smart motorway

Work is underway to upgrade the M6 to a smart motorway between Crewe and Knutsford, converting the hard shoulder to an extra lane and introducing new variable speed limits. Narrow lanes and a temporary 50mph speed limit are in place for the safety of drivers and workers. The northbound carriageway will be closed overnight (10pm to 6am) between junctions 16 and 17 for 3 nights from Monday 30 January, and southbound between the same junctions for 3 nights from Thursday 2 February.

M6 junction 22 Newton-le-Willows

Essential bridge maintenance work is underway to replace 40 corroded bearings on the M6 junction 22 bridges. Average speed cameras and a 50mph speed limit are in place. The work, between junctions 21a and 23, is due to be completed in the spring.

M6 junction 34 Lancaster

Lancashire County Council's new link road between junction 34 of the M6 and Heysham has now opened but finishing work will require lane and hard shoulder closures along the M6 through junction 34 to continue for the time being.

More information is [available on the scheme website](#).

M6 north of Tebay Services

One lane will be closed during the day and two lanes will be closed overnight on the southbound carriageway for resurfacing work. The work is due to be completed by March and a temporary 50mph speed limit is in place.

M6 junction 45 Gretna Green to junction 44 Carlisle

Resurfacing work is taking place on the southbound M6 overnight, with one lane remaining open to traffic. The scheme is due to be completed by the end of February.

M6/M62 Croft Interchange

A major project is taking place to tackle congestion and improve the flow of traffic between the M6 and M62 at Croft Interchange. Variable speed limits will be introduced on new electronic information signs on the M62 and traffic lights will be installed on the link roads from the M6. Narrow lanes and a temporary 50mph speed limit are in place for the safety of drivers and workers.

M56 junction 10 Warrington

Work to upgrade the safety barrier and paint new road markings on the M56 near Warrington is due to start on Monday 30 January. Lane closures will be in place overnight between 8pm and 5am, Monday to Friday. The project is due to be completed by the end of March.

M60 junction 8 Sale to junction 20 Rochdale

A major smart motorway scheme is taking place to cut congestion and improve journey times on parts of the M60 and the M62 in Greater Manchester. The scheme involves overnight slip road and carriageway closures, with narrow lanes and a temporary 50mph speed limit in place for the safety of drivers and road workers.

Details on overnight closures are available on our [Facebook page](#).

M61 junctions 4 Atherton to junction 5 Westhoughton

A scheme is taking place overnight to replace the central reservation barrier between junctions 4 and 5 on the M61. The work is being carried out between 9pm and 5am, Monday to Friday, and is due to be completed by February. Temporary lane closures will be in place.

M61 to A580 Kearsley

The southbound link road from junction 2 of the M61 near Kearsley to the eastbound A580 East Lancashire Road is closed overnight for resurfacing. The work will take place between 8pm and 5am, Monday to Friday, and until 7am at weekends. The scheme is due to be completed by early February.

M66 Junction 2 Bury to Junction 4 at M60/M62

Resurfacing work started on Monday 16 January between junctions 2 and 4 of the M66. Some bridge repairs and electrical work will also take place. The work will be carried out between 8pm and 6am and will require some lane or full carriageway closures. A temporary 50mph speed limit will also be in place, and the scheme is due to be completed by March.

A556 Knutsford to Bowdon

A £192 million project is being delivered to build a new dual carriageway linking the M56 to the M6 in Cheshire. The A556 will be closed overnight (9pm to 5am) northbound between Mere and Bowdon roundabout and southbound between Bowdon roundabout and Bucklow Hill for two nights from Monday 30 January and for another two nights from Thursday 2 February. Slip road closures at junctions 7 and 8 of the M56 will also be in place.

A585 West Drive to Fleetwood Cycleway

Work is taking place on a new shared footpath and cycleway between West Drive and Fleetwood. Narrow lanes and a temporary 30mph speed limit are being used along the route to help provide a safe space for workers constructing the new shared paths. Work will take place between 7am and 7pm each day with occasional overnight work. The project is due to be completed by the end of March.

A590 Lindal in Furness

Work is being carried out to tackle flooding between Pennington Lane and Bank End Cottages. Narrow lanes and a temporary 30mph speed limit will be in place until completion at the end of March.

A595 Egremont

Repairs are taking place to the safety barriers adjacent to Wyndham Place on the A595 and are due to be completed by the end of February. A contraflow system is in place on the southern approach to the Main Street/East Road roundabout.

A66 Bassenthwaite Lake

A contraflow system is in place while work is carried out on the embankment in the central reservation next to Bass Lake. The scheme is due to be completed in the spring.

A66 Thornthwaite (Osprey Site)

Construction work is being carried out to protect the A66 from flooding, at the Osprey Site near Thornthwaite, by raising the height of the carriageway. Temporary traffic lights are in place along with a 40mph speed limit. The scheme is due to be completed in the spring.

A66 Marron Bridge

Maintenance work is underway on Marron Bridge, between Broughton Cross and Bridgefoot on the A66. The A66 will be closed overnight between 8pm and 9am on Friday 3 and Saturday 4 February, and between 8pm and 9am on Sunday 5 February. A diversion will be in place and temporary traffic lights may also be in use during the daytime. The project is due to be completed by March.

A66 Brough

Resurfacing and drainage work is taking place on the eastbound carriageway at Brough. Overnight lane closures will be in place, between 8pm and 6am, with traffic led through the roadworks by a contractor's vehicle.

A665 Bury Old Road

A scheme is taking place to upgrade the safety barriers on the A665 bridge on Bury Old Road over the M60 near junction 17. The work will be carried out between 8.30am and 11pm, Monday to Friday, with temporary traffic lights and lane closures in place from 6.30pm. Some overnight and weekend working may also be required. The Kenilworth Avenue junction with Bury Old Road will be closed throughout the scheme, with a diversion in place. The project is due to be completed by March.

General enquiries

Members of the public should contact the Highways England customer contact centre on 0300 123 5000.

Media enquiries

Journalists should contact the Highways England press office on 0844 693 1448 and use the menu to speak to the most appropriate press officer.

[Press release: Planned roadworks in the North East: summary for Monday 30 January to Sunday 5 February 2017](#)

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A1 junction 56 Barton to junction 51 Leeming Bar

There will be phases of overnight lane closures and full carriageway closures while work takes place to upgrade the road to motorway standards. There will also be narrow lanes and a 50mph speed restriction 24 hours a day. On Monday 30 January there will be a closure northbound and southbound at junction 56 with a diversion down and under the interchange.

There will also be a northbound and southbound closure at Scotch Corner interchange with a diversion up and over the interchange. From Tuesday 31 January to Thursday 2 February there will be a closure northbound at junction 56 with a diversion down and under the interchange.

There will also be a northbound and southbound closure at Scotch Corner interchange with a diversion up and over the interchange. Then on Friday 3 February there will be a closure northbound at junction 56 with a diversion down and under the interchange.

There will also be a closure of the northbound entry slip at Scotch Corner interchange with a diversion southbound to Catterick Central and back. All closures will take place between 8pm and 6am.

A1 Blaydon Haugh Viaduct, junction 73 to junction 74, Newcastle upon Tyne

There is a 50mph limit in operation over Blaydon Haugh Viaduct due to the installation of temporary plates over defective viaduct joints. From Monday 30 January to Sunday 5 February there will be a carriageway closure southbound. All these closures will take place between 8pm and 6am with a diversion in place.

A1 / A1M junction 64 to junction 67, Gateshead

There will be various lane and carriageway closures north and southbound for structural repairs, commencing on Wednesday 18 January until the end of February.

A1 Morpeth, Northumberland

There will be work ongoing until spring 2017 for the construction of a bypass. There will be various phases of daytime and night time lane and carriageway closures, with narrow lanes and a 40mph speed restriction in place.

A1 Haggerston, Northumberland

There will be convoy working and traffic lights in place north and southbound to install new crossing areas. This will take place from Monday 30 January until late February between 8am and 4.30pm.

A1 Wandyław to Warrenford, Northumberland

There will be traffic signals in place north and southbound for survey work. This will take place until Wednesday 8 February between 8pm and 6am.

A19 Silverlink, North Tyneside

There is a 24 hour 30mph speed restriction with narrow lanes for interchange improvement work. The A1058 Coast Road will be closed with a diversion down and under the junction on Friday 3 February 9.30am until 3.30pm.

A66 Long Newton, Stockton on Tees

There will be 24 hour traffic signals in operation on the slip road and interchange for construction work. This will take place until the end of February.

A66 Surtees Bridge, Stockton on Tees

There will be a westbound carriageway closure for structural maintenance work, taking place on Monday 30 January between 8pm and 6am with a diversion in place.

A66 Cross Lanes to Rokeby, County Durham

There will be convoy working in place east and westbound with some central reservation right hand turn lanes closed for resurfacing work. This will take place until Friday 3 February between 8pm and 6am, with some diversions in place.

A66 Bowes Moor to Cross Lanes, County Durham

There will be a lane closure east and westbound for horticultural work. This will take place until Tuesday 31 January between 7am and 5pm.

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