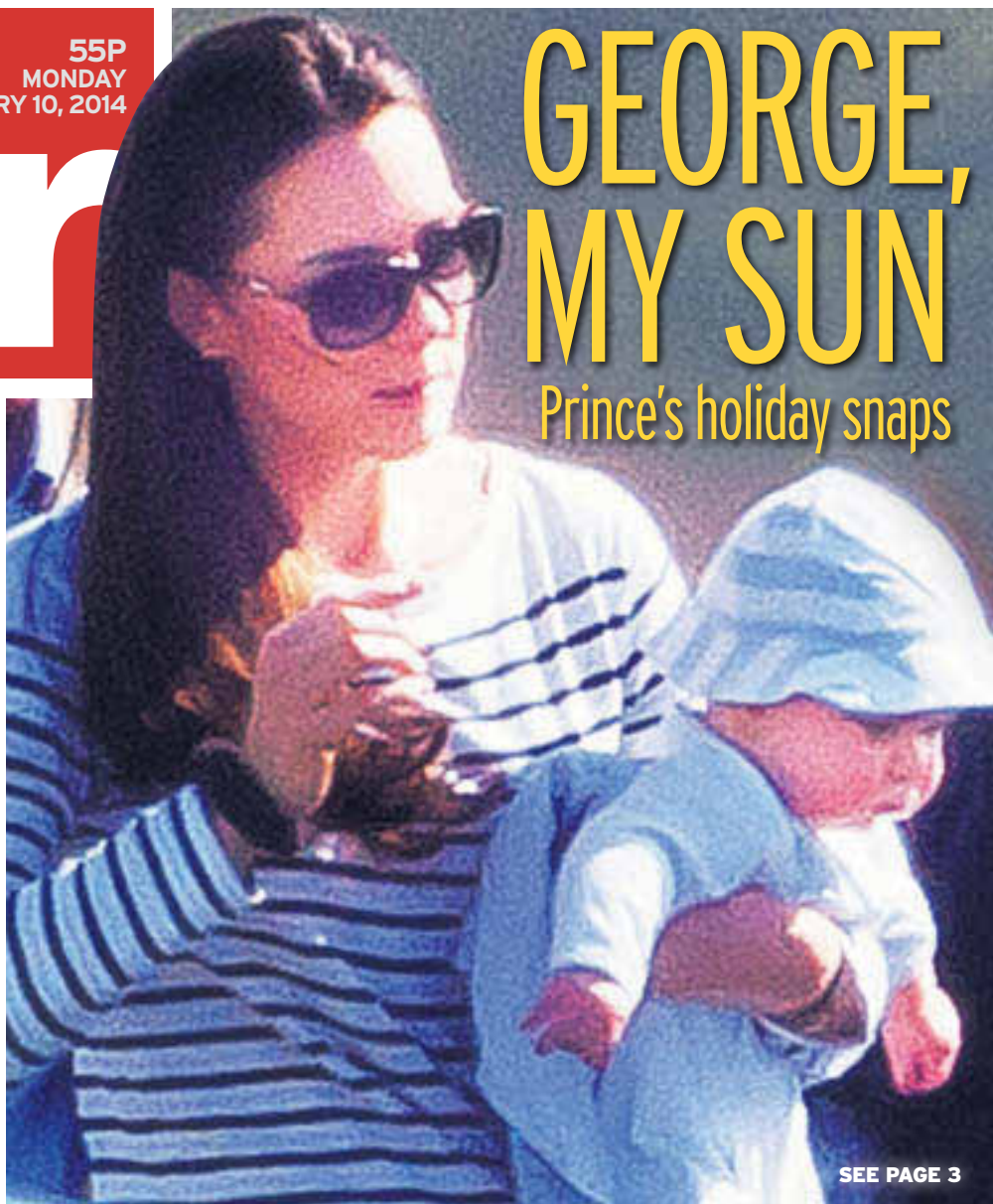




From doughnut seller to Britain's first ever medal winner on snow

OLYMPIC JENNY'S AMAZING STORY

SEE PAGES 12&13



GEORGE, MY SUN

Prince's holiday snaps

SEE PAGE 3

EXCLUSIVE: KIDS IN CRISIS

SCANDAL OF DEPRESSED UNDER 10s



TRAGIC
Kids are suffering

BY **ANDREW GREGORY**
Health Correspondent

THOUSANDS of children aged 10 and under are being treated for depression, stress and anxiety.

Bullying, fear of failure and cuts to mental health support groups are said to be among the causes for a rise in the number of youngsters suffering.

Expert Lucie Russell said: "It's a sad indictment of the society we live in."

FULL STORY: PAGES 4&5

» Thousands treated for stress » Bullying & fear of failure among causes

46% fret over getting a job

FOUR out of five 11 to 15-year-olds have suffered stress, a survey out today said.

The study of 1,500 youngsters revealed 46% worry about earning money when they grow up. Bullying remains a major problem but it has moved from the playground to social media sites to become a 24/7 problem, the research by the National Children's Bureau said. A quarter in the age group have

83%

of 11 to 15-year-olds report feeling stress in their lives at some time.

been bullied online and 11% have felt depressed as a result. In total, 83% have experienced stress at times, 11% every day.

The survey for Channel 5 news also revealed almost two thirds feel they are judged on looks rather than ability. And almost half have considered dieting. Alarming, 15% of

11-year-olds said they had thought about cosmetic surgery. Psychologist Dr Linda Papadopoulos said: "This should certainly serve as a wake-up call. Children are under more pressure than ever. They're exposed to more imagery than at any other time."

The study found that 66% of kids aged between 11 and 15 spend over three hours in front of a TV or computer screen every day.

WAKE-UP CALL Dr Linda Papadopoulos



MENTAL HEALTH CRISIS FOR KIDS

EXCLUSIVE
BY ANDREW GREGORY
Health Correspondent



TORMENTED by bullies, under pressure to fit in and bombarded with school assessments, many youngsters today find themselves struggling to cope.

And thousands of children aged 10 and under are being treated for anxiety, stress and even depression as a result, an investigation by the Daily Mirror has revealed. But savage Coalition cuts to the network of support for affected youngsters means many end up needing hospital treatment because their psychological problems have spiralled out of control – piling more pressure on NHS budgets.

A worrying 4,391 children aged 10 or under have received treatment for stress, anxiety or depression in the last five years, according to figures from two of Britain's biggest NHS mental health trusts. But the total number of primary school pupils affected is likely to be far higher.

Yet two-thirds of local authorities have had to slash their budgets for early intervention schemes such as educational psychologists, social workers and parenting programmes services, since the Tory-led Coalition came to power in 2010.

The YoungMinds mental health charity urged the Government to stop cutting vital funding to support networks in a bid to prevent a child psychology crisis.

Campaigns chief Lucie Russell said: "An increase in under-11s needing mental health services is a sad and very worrying indictment of the society we live in and the pressures children face.

PERFECT

"Every day we hear about the unprecedented toxic climate young people face in a 24/7 online culture where they can never switch off, where they experience constant assessments at school, bullying, sexualisation, consumerism and pressure to have the perfect body at a young age.

"This leads to thousands of young people including children suffering a range of mental health problems such as anxiety, extreme stress and depression as these statistics show. The World Health Organisation estimate that by 2030 depression is going to be the biggest health problem in the Western world and so we are sitting on a ticking timebomb.

"That's why it is vital we take responsibility for the stress we are loading on to children and act now to provide support for them when they need it.

"This means stopping yet more cuts to early intervention support services, ensuring there is more support for young people in schools who are struggling, making resilience-building a key part of the curriculum and increasing the budget for children and young people's mental health services, which is currently only a measly 0.7% of the overall NHS budget."

South London and Maudsley NHS Foundation Trust, one of the biggest mental health trusts in the UK which admits children from across the country, treated 814 children 10 and under last year. And South Essex Partnership University NHS Foundation Trust looked after 102 youngsters in that age group over the same period. This is more than double the figure from 2008.

We asked eight other major NHS mental health trusts for figures but they did not have the data available specifically relating to stress, anxiety and depression.

Former Health Secretary Alan Johnson, who has called for a Health Select Committee investigation into our findings, said: "What you have uncovered is shocking.

COMMENT

BY PROF DAME SUE BAILEY,
President, Royal College of Psychiatrists and a consultant child and adolescent forensic psychiatrist

CHILDREN under the age of 11 are increasingly developing symptoms of anxiety, stress and depression.

It is positive that they are getting professional help and treatment, but it would be better if they had never reached that point in the first place.

Some need counselling or cognitive behaviour therapy. Others have play or art therapy, where they will be encouraged to play and draw to identify what is causing their anxiety or stress.

If there was better prevention earlier – both at home and primary school – we would see fewer children needing NHS care.

We are so concerned about this that we are launching a study to look at rates of mental disorders in primary schools.

The stresses children face are different today. People talk about young people being depressed, but I would like to highlight a concern about anxiety.

We urgently need to look at what we can do to prevent a generation suffering with anxiety, by working with families and schools or helping children respect each other. We need to help children become more resilient very early on in their lives. It's about building their confidence.

Children aged nine, 10 and 11 tend to look up to older teenagers or young pop stars and, if they feel they do not have the same image, that can cause problems. Bullying is also still a significant problem.

It's considered dangerous to be different, but we are all different. Some children fear exams and being tested. Some feel they are always being looked at.

It is also really important to let children be children. They need to play and socialise with other young children as well as starting to learn. There has to be a balance.

We need to give teachers support at spotting children who are feeling lost or withdrawn, so we can step in as early as possible.

Half of all mental disorders start before the age of 14. This is why it is important for the Government to push more money and resources into early prevention.

As a country, we put a woeful amount of money into mental health prevention. Why we aren't putting as much into mental health as physical health remains a mystery.

It is clear children are increasingly having to receive NHS care because of cuts to child and adolescent mental health budgets."

In his Hull constituency, the only overnight mental health unit for children and adolescents has recently been shut. As a result, one young girl suffering stress had to be sent to a unit in Cheshire – more than 100 miles away from her family. Another local girl had to be treated in Newcastle.

Mr Johnson added: "Children are failing to get the support they need early on in their community, which only stores up

problems for the future. And then when they need NHS care, many are having to travel hours away to get help.

"It is going to be to the detriment of that child's mental health. Mental health is the poor relation of the NHS. Inpatient facilities need to be reopened so children can get help close to home, and clinics need to provide services to help prevent so many needing care in the first place. We should not be in a position where thousands of under-11s need NHS treatment."

Labour MP Diana Johnson said: "Early intervention is the key. If



FEARS
Expert Prof Dame Sue Bailey

GENERATION STRESS



GLOOM More young children are suffering depression

symptoms are not acted upon quickly enough, through support programmes, children can grow up anxious and stressed, which can lead to them suffering serious mental health problems for the rest of their life. These are often the most vulnerable children in our society. It is essential we act to give them a future free of mental health problems."

"This is a worrying indictment of the society we live in"

LUCIE RUSSELL FROM CHARITY YOUNGMINDS

Emily Simonoff, academic director for child and adolescent mental health services at South London and Maudsley, said: "Depression and anxiety are common. Many experience the milder forms and the more severe

are rare. However, they are both important to recognise and treat as they can cause significant functional impairment in school work, social relationships and enjoyment of leisure.

Social workers, educational psychologists and parenting programmes provide a vital safety net for children at risk of developing problems. They can identify early warning signs of mental health risks and set into motion therapy and counselling that keeps youngsters out of hospital.

But of 51 councils that responded to a freedom of information request by YoungMinds, 34 said they had slashed spending on children and adolescent mental health services since 2010. Derby

0.7%

Slice of NHS budget set aside for children's mental health services

city council has cut its budget by 41%, Norfolk by 35% and Redcar and Cleveland by 27%. In London, Ealing, Kensington and Chelsea and Westminster councils have reduced their youth mental health budgets by 10%.

But Care Minister Norman Lamb insisted the Government is spending on mental health and admitted it was "totally unacceptable to disadvantage mental health when allocating funds".

He added: "We are investing £54 million in improving access to therapy treatments for children. I have always been clear mental health must be treated with equal importance as physical health."

andrew.gregory@mirror.co.uk
VOICE OF THE MIRROR: PAGE 8

Ben, 7, anxious and quiet after parents split up

CASE STUDY 1

BEN suffers from anxiety which has developed in the year since his parents separated.

The seven-year-old is losing interest at school and finds it hard to concentrate. Teachers have noticed he can be withdrawn and tends to sit on his own.

He finds it difficult to communicate with his friends and sometimes they fall out.

At home, Ben's family have noticed he has become quiet and emotional. He can be clingy and cries for the slightest thing.

He has complained he thinks he is "stupid" and "ugly".

Ben has become reluctant to visit his dad's new home. His mum often has to put him in the car screaming and crying.

At his dad's, he refuses to speak or participate and says he dislikes the four-year-old daughter of his dad's new partner.

He is often rude to his grandparents when they pick him up from school. And they are no longer able to motivate him to do things he used to enjoy – like walking the dog. Sometimes he lashes out at them.

Ben has now been seeing a child psychotherapist for two months but refuses to speak or engage in sessions. He just sits silently and shrugs his shoulders.

Laura, 10, lives in fear of move to new school

CASE STUDY 2

LAURA is 10 and extremely bright but she finds going to primary school tough.

She is starting secondary school next year but is suffering from anxiety and stress because of the looming change.

Laura has friends at primary school but can struggle to fit in socially, especially at playtime.

She was bullied, called names and pushed around, causing her to stay away from school and miss nearly two terms. She then developed symptoms of obsessive compulsive disorder.

Laura became upset if certain things were out of place and was unable to touch door handles she felt others had touched.

Her primary school was unable to cope and referred her to a psychologist. She began to improve but then became increasingly worked up about going to secondary school.

She refuses to discuss the schools on offer with her parents. Laura has become defiant at home and school and can be verbally abusive and physically aggressive at home, which is totally out of character.

She says sometimes she thinks life is not worth living.

The names of both children and some details have been changed.

Nazi victims' musical echo

VISITORS to Berlin's Holocaust Memorial can now experience a concert that was played there in 2008.

By downloading an app to a smartphone they can wander around the stone blocks and hear the exact sounds they would have heard from any spot.

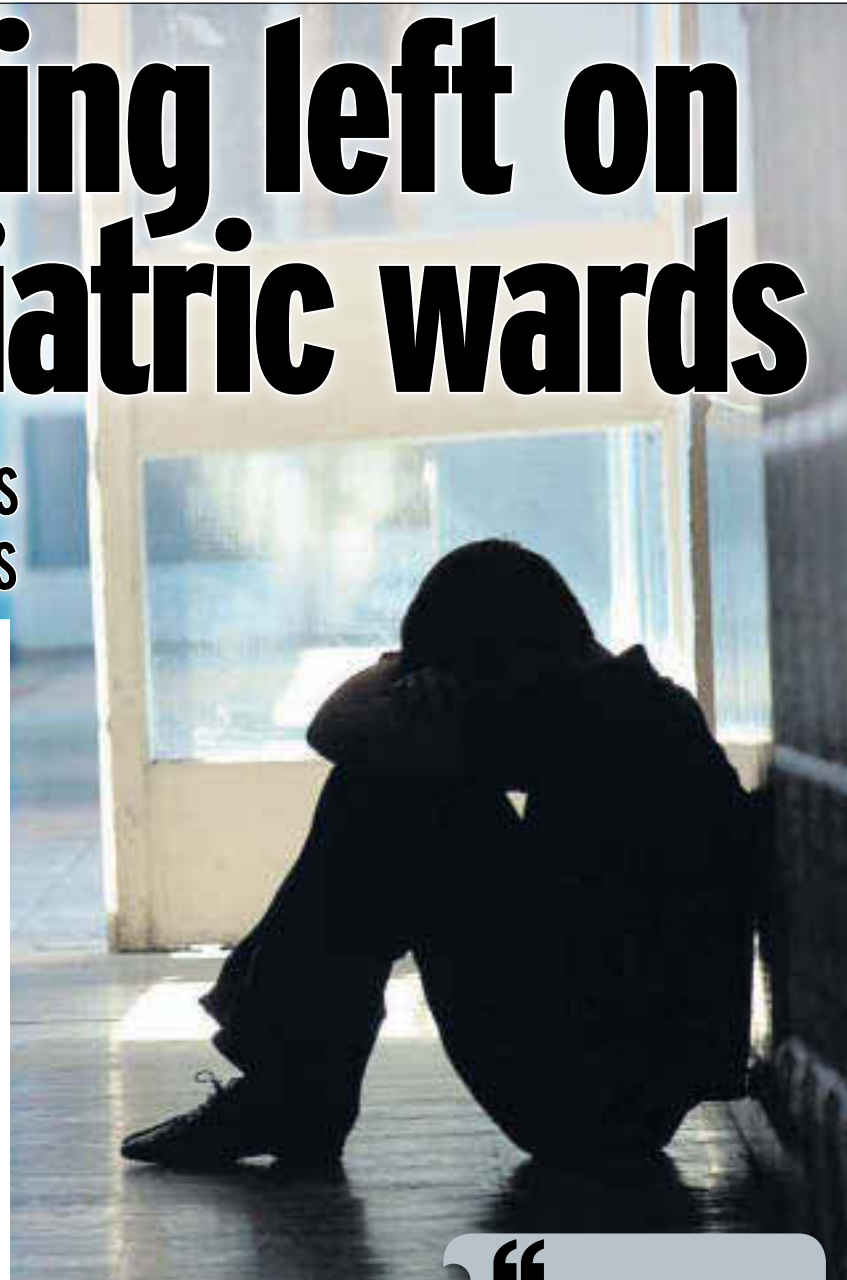
Before *The Silencing*, by German composer Harald Weiss, was written in honour of the six million Jews murdered by the Nazis.

App creator Daniel-Jan Girl said: "With music we've tried to find a universal approach to the subject."

Children being left on adult psychiatric wards



Shame of Coalition cuts betraying vulnerable kids



Aldi.
Get crafty...

On sale Sunday, hurry while stocks last!

Awards 2013
Which?
Best Supermarket

Sewing Box

- Choose from: Blue Spots design, Floral design or Pink design
- Size: 25 x 20 x 14cm

£9.99 each

Sparkle Yarn^s

£2.99
3 x 50g

Aran Yarn^s

£4.99
400g

Hobby Storage Case

Available in:

- Black
- Pink
- Blue

£4.99 each

Knit a Friend

Choose from:

- Panda • Monkey
- Ginger Cat
- Bunny • Teddy
- Spotty Dog

£4.99 each

Sewing Set

Choose from: • Sewing and Haberdashery Set • Tailor's Boutique • Sewing Assortment

£4.99 each

OVER 18s ONLY

Knitting Pattern Books

Choose from:

- Cool Knits for Kids
- Knits for Hats, Gloves & Scarves
- Knits for Fab Feet & Cosy Toes
- Cute Knits for Baby Feet
- Stitched Toys

£1.99 each

Knitting Yarn Scarf Kit^s

Kit includes:

- Plastic knitting needles
- Printed knitting pattern
- 3 balls of yarn

£2.99
3 x 50g



f AldiUK @AldiUK

Spend a little Live a lot

Aldi accepts cash, Maestro, Debit MasterCard and Visa Debit cards in all stores. Visa and MasterCard credit cards accepted in Scottish and selected Welsh stores only. No cheques accepted in store. All offers subject to availability. Prices correct at time of going to print. Excludes R.O.I. For details of your nearest store visit our website at www.aldi.co.uk or call our Customer Service Team on 0800 042 0800. Calls may be recorded. Check pack for warranty details. The warranty may be available via the distributor or the manufacturer. All products purchased in an Aldi store are covered by a 60 day refund policy. Goods returned to a store must be accompanied by proof of purchase/till receipt and in original packaging if not defective. The Aldi refund policy does not affect customer statutory rights. \$All our knitting yarn is sourced from Turkey.

EXCLUSIVE
BY ANDREW GREGORY
Health Correspondent



BRITAIN'S top psychiatrist has accused the Government of failing mentally unwell children by forcing them to be treated on adult wards.

Official NHS rules say kids with mental disorders should never be admitted to adult wards. The Department of Health had promised this would stop by 2010.

Yet alarming new figures show hundreds of under-18s – some as young as 12 – with mental health problems are being treated on adult psychiatric wards.

Dame Professor Sue Bailey, president of the Royal College of Psychiatrists, said: "We are at a tipping-point in mental health."

"It is completely unacceptable that children are having to be treated on adult psychiatric wards."

CRISIS

"One in 10 children has a mental disorder yet they seem to be seen as a lesser form of human being. We have got it now in legislation. The words are there but the deeds do not follow."

Health watchdog the Care Quality Commission has been alerted to the crisis triggered by cuts to services and a shortage of specialist children's beds.

It means vulnerable youngsters are treated alongside adults, denying them access to specialist paediatric nurses and education services. And they face a greater risk of physical and sexual abuse.

A Daily Mirror inquiry this month showed thousands of children aged 10 and under are being treated for depression, stress and anxiety.

We also told how two-thirds of local authorities have had to

“It's unacceptable. These youngsters seem to be seen as a lesser form of human being

DAME PROF SUE BAILEY
ROYAL COLLEGE OF PSYCHIATRISTS

cut budgets for early intervention schemes due to the Coalition's policies since 2010.

Data from 51 of the 58 NHS mental health trusts in England showed that 350 under-18s have been admitted so far to adult mental health wards in 2013/2014 compared with 242 two years earlier.

Incredibly, 10 NHS trusts revealed they had been forced to send children more than 150 miles away for care.

Sussex Partnership NHS Foundation Trust said it had to transfer one child 275 miles to Bury, Greater Manchester, because there was no bed available nearer home.

Dr Michael McClure, from the Central and North West London NHS Foundation Trust, said: "Sometimes we have to make 50 to 100 phone calls looking for a bed."

Dr Jacqueline Cornish, NHS England's national clinical director for children, said the body is conducting a three-month "rapid review" into the scandal.

Sarah Brennan, of child mental health charity YoungMinds, said: "The terrible increase we are seeing in children on adult

wards was predictable as soon as early intervention services were cut."

The Department of Health insisted that children and young people's mental health is a priority.

andrew.gregory@mirror.co.uk
SPEAKING OUT
Dame Prof Sue Bailey

350
under-18s in 2013/2014
have been placed
on adult wards



DAILY Mirror wins probe into crisis of stressed kids

BY ANDREW GREGORY
Health Correspondent

THE scandal of thousands of children under 10 needing psychiatric help is being probed by MPs - after the Daily Mirror exposed the scale of the issue.

Parliament's Health Select Committee launched an official inquiry into the "stress generation" of kids' who suffer anxiety and depression and struggle to get help. The committee's Grahame Morris said: "The Daily Mirror's investigation and findings have been influential, and played a key part in triggering the formal inquiry."

Our report on February 10 also highlighted how more youngsters are needing NHS treatment because two thirds of councils have been forced to slash budgets for educational

MPs praise our shocking story

psychologists, social workers and early intervention schemes. We showed how 4,391 children aged 10 or under have received treatment for stress, anxiety or depression since 2009, according to two of the biggest NHS mental health trusts.

Children increasingly suffer mental health issues as they face growing pressure to fit in, more school assess-

ments, and bullying in the playground and via Facebook and Twitter.

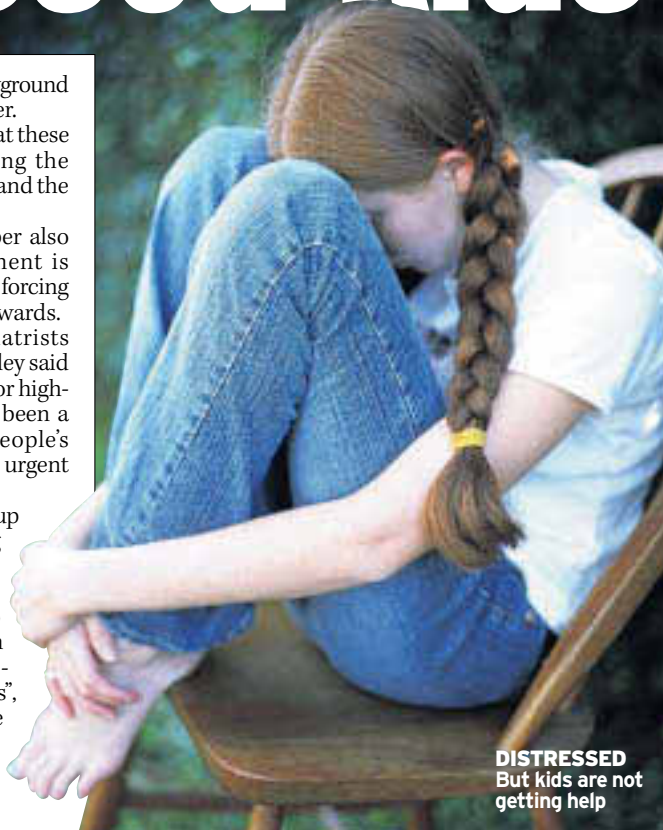
The MPs inquiry will look at these concerns, as well as probing the funding, the commissioning and the lack of access to treatment.

Last month this newspaper also showed how the Government is failing mentally ill children by forcing them to be treated on adult wards.

Royal College of Psychiatrists president Prof Dame Sue Bailey said yesterday: "As the Daily Mirror highlighted so clearly, there has been a large increase in young people's mental health problems and urgent action is needed."

■ **BENEFIT** cuts are driving up the number of people seeking help for mental health problems, experts warn. A survey showed poor housing is also behind a growing crisis in people becoming "overwhelmed by life circumstances", said the charity Mind and the College of Social Work yesterday.

andrew.gregory@mirror.co.uk



DISTRESSED
But kids are not getting help

Diamond rap aide cleared

A BODYGUARD was yesterday cleared of stealing £12million in diamonds from the Sultan of Brunei's former wife and replacing them with fakes.

Fatimah Lim, 35, had claimed her boss Mariam Aziz, 59, had told her to secretly sell the gems in Geneva to pay off her £5million gambling debts.

Lim told Isleworth crown court she had been forced into a false confession in Brunei by corrupt police.

After 15 hours, the jury found Lim not guilty of three counts of theft.

Terror grass joins 9/11 trial

A SHOE bomb terrorist is to testify against Osama bin Laden's son-in-law at a trial over the 9/11 attacks.

Saajid Badat, 33, jailed for plotting to blow up a US jet but released after becoming a supergrass, will appear by video at the New York trial.

Sulaiman Abu Ghaith, 48, the top al-Qaeda official tried for the 2001 attacks, denies conspiring to kill.

He listened yesterday to a list of witnesses, including Badat, of Gloucester. Badat says he was briefed by bin Laden on 9/11 but backed out at the last minute.



ACTION NEEDED Dame Sue Bailey and our report

SALE ENDS MARCH 13

THE BIG BT BROADBAND SALE

BT BROADBAND

£5

a month for the first 6 months, then £10 a month. BT line £15.99 a month.

Broadband

- ✓ Speed up to 16Mb
- ✓ UK's number 1 broadband for reliability compared to other major up to 16Mb providers

BT INFINITY

£7.50

a month for the first 6 months, then £15 a month. BT line £15.99 a month.

Fibre optic broadband

- ✓ Speed up to 38Mb
- ✓ BT Infinity Hub with the UK's fastest wireless signal using the latest ac wi-fi technology (compared to other major broadband providers)

BT INFINITY+TV

£12.50

a month for the first 6 months, then £20 a month. BT line £15.99 a month.

Plus TV from BT

- ✓ Free YouView box that lets you pause, rewind and record live TV
- ✓ Scroll back through catch up TV from the last 7 days*



- ✓ All packages include free BT Sport featuring 38 exclusively live Barclays Premier League matches per season
- ✓ Available online, on BT TV with Infinity and on the Sky Digital Satellite Platform

Call 0800 169 6199 • bt.com/sale



£30 for BT Infinity / £49 activation for TV & BT Infinity. £6.95 delivery for Hub. Up to speed dependent on time of day, line and location. BT Infinity: 62% coverage across the UK. Check bt.com/infinity for availability. UK's number 1 for broadband: Based on combined superiority of wired and wireless broadband performance of up to 16Mb products. Ofcom broadband report May 2013 measured wired performance of major ISPs at peak and 24h average; BT ADSL2+ broadband has equal or superior performance on measures of reliability. Wireless performance: BT Home Hub 4 provides superior reliability compared with routers provided by the other major up to 16Mb broadband ISPs. See more at bt.com/mostreliable. Your speed depends on your line and location. UK's fastest wireless signal: The Infinity Hub is BT's Hub 5. It provides the fastest wireless speeds when used with AC compatible (IEEE 802.11ac) devices. Your fixed-line broadband speed will not change. Of all major broadband providers only Hub 5 has ac technology with 3 antennas. *Scroll back through loads of BBC, ITV, C4 & C5 content. Catch up content can't be recorded. BT Broadband/Infinity offers end 13/03/14. Available to BT Broadband customers signing up to an 18 month term and paying £15.99 a month BT line rental. You'll need to pay by Direct Debit. Packages include a BT Home Hub (Hub 4 with BT Broadband, Hub 5 with BT Infinity) unless BT has already provided you with one. If you decide to stop your contract in the first year, we'll charge you up to £65 towards the cost of your new BT Home Hub. Subject to availability, minimum line speed and computer specification. Full terms apply. BT Broadband: £13 a month from month 19. Non-offer price is £7.50 a month for 6 months, then £10 monthly until month 19. 10GB usage limit. BT Infinity 1: £18 a month from month 19. Non-offer price £10 a month for 6 months, then £15 a month until month 19. 20GB usage limit. BT Infinity 1 & TV: £23 a month from month 19. Non-offer price: Infinity 1 £10 a month for 6 months, then £15 a month until month 19 and BT TV Essential £5 a month. 12 month term for BT TV. 20GB usage limit. TV Essential: You'll get a YouView box but if you stop your service in the first year we will charge you up to £299. You'll need to pay £35 for powerline adapters if required. You'll need a fast-enough line. Availability of digital channels and quality of content depends on local transmitter and suitable rooftop aerial (www.freeview.co.uk/availability). We'll charge you for on demand content. BT Sport: UK residential broadband customers only. BT broadband customers can watch BT Sport online at home with a minimum line speed of 400kpbs. To watch BT Sport online elsewhere you need 3G/4G/wifi (charges may apply). To watch BT Sport at btsport.com you need Microsoft Silverlight. The BT Sport App works on iPhone (3GS and above), iPad (iOS 5.1.1 and above) & selected Android devices with OS 4.1. Max. 2 devices simultaneously. BT Sport is also available on the Sky Digital Satellite Platform or BT TV with Infinity for new and existing broadband customers who sign up for 12 months or have 12 months remaining on their contract; ongoing renewal needed to get discounted BT Sport. Sport on BT TV requires compatible box - fee £49-£299 may apply. Sky box and active viewing card required. Excludes Multiscreen. e-billing required. Major League Baseball not available online. Terms apply. Please check bt.com/sport for details.

Voice 'wants Kylie return'

KYLIE Minogue could return to The Voice after her European tour, says the show's executive producer.

The star announced last month she was quitting after one series to concentrate on her music career.

She said: "I'm sad to say that, due to the timing of my tour, I won't be back for season four."

But The Voice chief Moira Ross has told TV Times: "Hopefully we'll have her back for series five. So it's a little hiatus."

Kylie, 45, was credited with saving the BBC talent show - boosting its audience by two million on her debut.

Baldwin held on cycle rap

ALEC Baldwin was arrested yesterday for cycling up a one-way street and acting "in a violent, threatening manner", according to police officers.

The Emmy-award winning actor was spotted riding his bike against traffic in Manhattan and stopped.

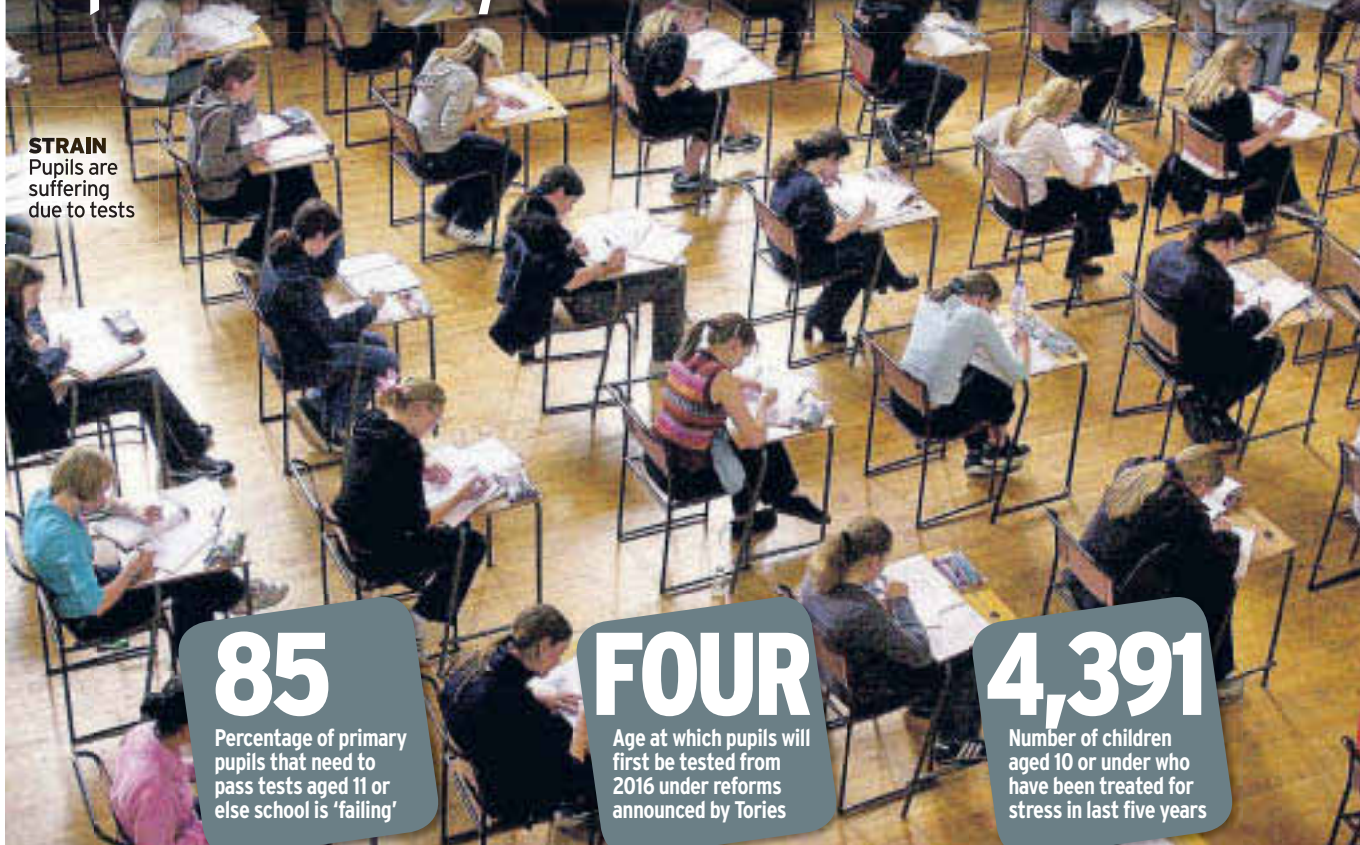
Baldwin, 56, who starred in TV comedy 30 Rock, was taken to a police station and issued with a summons for riding a bike the wrong way and for disorderly conduct.

Baldwin later tweeted: "Officer Moreno arrested me and handcuffed me for going the wrong way on Fifth Ave. New York City is a mismanaged carnival of stupidity."

EXAMS PRESSURE 'HARMING PUPILS'

Experts warn Tory results obsession makes kids ill

STRAIN
Pupils are suffering due to tests



85

Percentage of primary pupils that need to pass tests aged 11 or else school is 'failing'

FOUR

Age at which pupils will first be tested from 2016 under reforms announced by Tories

4,391

Number of children aged 10 or under who have been treated for stress in last five years

BY **ANDREW GREGORY**
Health Correspondent

SCHOOLS are risking the physical and mental health of children by piling pressure on them to pass exams, experts warn today.

The Tory-led Government's obsession with tests and league tables means the wellbeing of pupils is being ignored, according to the Institute of Education.

And subjects such as personal, social, and health education have been ditched because they don't count towards league tables positions.

But the IoE's Professor Chris Bonell claimed youngsters would get better exam results if they were "happy and healthy".

The academic highlighted research which suggests "teaching to the test" can harm students' mental health.

PHYSICAL

He said: "Schools need to teach not only academic knowledge and cognitive skills, but also the knowledge and skills pupils will need to promote their own mental and physical health, and successfully navigate the world of work."

Countries such as Finland, Sweden, Australia and Singapore place a greater emphasis on the development and wellbeing of kids - and achieve better academic results than the UK.

Under new Coalition reforms, pupils will be assessed from four in a bid to achieve higher exam results later - putting them under pressure even sooner.

■ A BAN on primary pupils using calculators in Sats tests is a backward step as they help pupils understand maths better, according to academics.

andrew.gregory@mirror.co.uk

Nisa
IDEAL ITALIAN MEAL



Only £1.25

RRP £2.04/£2.15/£2.19/£2.09
470g/480g/500g

Half Price
only 64p

RRP £1.35
500g



Only £2

300g

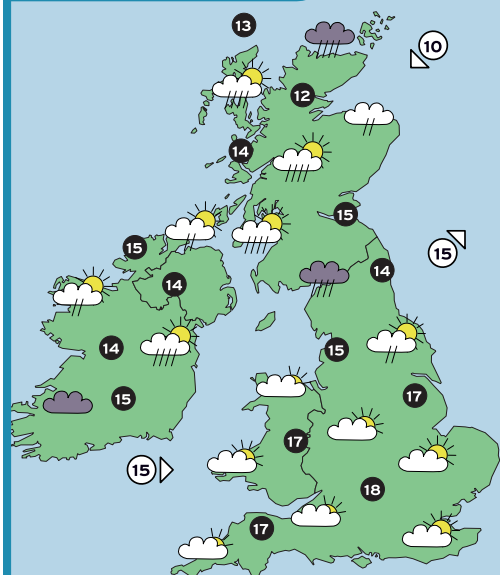


Visit nisalocally.co.uk to find your nearest store

Dolmio Sauces VAS: 500g/470g/480g Equiv to 25.0p/26.6p/26.0p/100g; Napolina VAS: 500g Equiv to 12.8p/100g; Heritage Meatballs: 300g Equiv to £6.67/kg. All reduced price savings are against Nisa's high street recommended retail prices. All offers are subject to availability. All prices are correct at the time of going to press. N.B. some variants may not be available in some stores. We reserve the right to limit purchases.

Offers available 12th May - 1st June 2014

THE WEATHER



TODAY Breezy and wet in the north. Showers in the south

Scotland, Northern Ireland and parts of northern England will be cool and breezy with showers or spells of rain, these heavy at times. Variable cloud for Wales and the rest of England with a few showers, mainly in the west.

THE OUTLOOK

Saturday and Sunday will have sunny spells and scattered showers, the showers will be most frequent across northern and eastern parts of the UK. Remaining cool for the time of year.

ABROAD

	C	F		C	F		
Amsterdam	S	14	57	Las Palmas	S	26	79
Athens	S	30	86	Madrid	S	29	84
Barcelona	S	25	77	Malaga	S	34	93
Benidorm	F	31	88	Malta	C	29	84
Biarritz	S	20	68	Miami	C	32	90
Costa Brava	C	26	79	Nice	S	25	77
Crete	S	28	82	Paris	S	18	64
Ibiza	F	27	81	Sydney	F	14	57
Larnaca	S	31	88	Tenerife	S	27	81

S Sun, C Cloud, F Fair, SH Shower, R Rain, DR Drizzle, FG Fog, SN Snow, TH Thunder

THE LOTTERY

LOTTO: 6, 12, 15, 24, 35, 47. Bonus: 22. No winner of £5.49m jackpot.

THUNDERBALL: 17, 19, 20, 24, 32. Thunderball: 12. No £500k winner.

TUESDAY'S EUROMILLIONS: 4, 7, 11, 34, 47. Lucky Stars: 7 & 8. No UK jackpot winner.

Millionaire Raffle: KQV089304

HEALTH LOTTERY: 17, 19, 28, 30, 40. Bonus: 32

10 MIN CROSSWORD

- | ACROSS | | DOWN | |
|-----------------------------|------------------------|---------------------------|------------------------|
| 1 Classic French game (8) | 1 Column support (8) | 2 Taut, on edge (3) | 2 Imminent (4) |
| 6 Karate grade (3) | 3 Alien craft (1,1,1) | 7 Moan, complain (5) | 4 Foot soldiers (8) |
| 9 Area of London (4) | 5 Sound of a lion (4) | 11 Ranked player (4) | 8 Sound of a lion (4) |
| 12 Elaborate song (4) | 10 Chances (4) | 14 Comic, - 0 Briain (4) | 13 Proportion (5) |
| 16 Jean -, ex-F1 driver (5) | 15 Well ventilated (4) | 18 Young child (3) | 17 Rod Hull's bird (3) |
| 18 Young child (3) | | 19 Interfering person (8) | |

WEDNESDAY'S SOLUTIONS ACROSS: 2 Lethal, 5 Tile, 6 Azalea, 7 Alas, 8 HGV, 11 Acre, 13 Bureau, 14 Last, 15 Extort.
DOWN: 1 Jill, 2 Leash, 3 Holy, 4 Loathe, 7 Arable, 9 Vault, 10 Fret, 12 Risk.



Brought to you by **CROSSWORDS COLLECTION**
 4-PAGE PUZZLE PULLOUT INSIDE

CARE MINISTER NORMAN LAMB IN FEBRUARY:

Mental health for kids is a priority

CARE MINISTER NORMAN LAMB YESTERDAY:

Children's care is in the dark ages

BY ANDREW GREGORY
 Health Correspondent

A MINISTER has finally launched a task force to improve children's mental health services, SIX MONTHS after saying it was already a priority.

Care Minister Norman Lamb yesterday at last conceded services for mentally-ill children needed a massive overhaul.

A Daily Mirror investigation in February revealed the NHS could not cope with children's mental health problems.

At the time, Lib Dem Mr Lamb defended the Tory-led Coalition, insisting: "Children's mental health is a priority for this Government."

But yesterday he admitted: "I don't think that children's mental health services, the way they're organised, the way they're commissioned, are fit for purpose."

"In many respects, the way services are organised is stuck in the dark ages and it needs to be brought into the modern age."

Mr Lamb said the task force would be made up of children's mental health experts and former

patients and would make recommendations for a massive shake-up of services.

Our investigation revealed how thousands of youngsters – some aged under 10 – are seeking psychiatric help on the NHS as part of "generation stress".

And we highlighted how hundreds of children were being treated on adult wards – against NHS rules.

“ Mr Lamb has been responsible for mental health for two years

LUCIANA BERGER ON MINISTER'S FAILURE TO ACT

It means they are denied access to specialist paediatric nurses and education services, and face a greater risk of physical and sexual abuse.

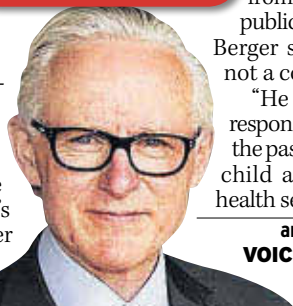
Some NHS trusts are even sending children more than 150 miles for care because of a lack of staff. And cuts mean two thirds of councils have slashed budgets.

This is the latest Lib Dem move to distance themselves from the Tories. But Shadow public health minister Luciana Berger said: "Norman Lamb is not a commentator."

"He has been the minister responsible for mental health for the past two years. On his watch child and adolescent mental health services are in crisis."

andrew.gregory@mirror.co.uk
VOICE OF MIRROR: PAGE 8

TASK FORCE Norman Lamb



'Victim' raps Lib Dems on peer's return

A LIBERAL Democrat Party member who claims she was sexually harassed by Lord Rennard has hit out at the decision to reinstate him.

Activist Susan Gaszczak said the party has "no moral compass" and lacks "backbone". She fumed: "They don't see the impact this has on women voters."

The peer was suspended when a number of women claimed he had harassed them. He said he may have "inadvertently" encroached on their "personal space".

Lord Rennard's spokesman said yesterday the party has "dealt with the allegations and the matter is closed".

1 in 5 of Swiss clinic deaths are from UK

ONE in five people who go to Switzerland to end their lives are from Britain.

Of 611 euthanasia cases in the last five years, 126 came from the UK, second highest to Germany's 268.

All but four of the assisted suicides took place at Dignitas in Zurich, with 59% involving women.

Neurological diseases such as Parkinson's and dementia accounted for 47% of cases and cancer, 37%.

The average age of those seeking suicide was 69.

The study by the University of Zurich found that Dignitas charged £6,000 to £7,000 for assisted suicides.

40 lots of rail works to hit Bank Holiday

RAIL travellers are facing bank holiday hold-ups as work is carried out at 40 sites over the weekend.

Chiefs say people should avoid the London to Glasgow line unless it's "essential" and the capital to Cardiff line will have 45-minute delays.

Network Rail, carrying out work costing £35million that involves 6,000 engineers, said: "We apologise for inconvenience caused."

Traffic experts also say 14 million cars will make the weekend one of the busiest, though rain may help deter day trippers.

Airports are expected to handle 2 million passengers.

LABOUR UNMASKS A 'TORY MOLE'



FIND Ashworth

THE Tories were accused of dirty tricks yesterday after sending a researcher called Rupert to spy on Labour's summer campaign.

Posing as a Labour activist he joined a busload of MPs and students touring seaside towns.

But Labour MP Jon Ashworth,

who is leading the summer recruitment drive, said "Rupert" soon stuck out like a sore thumb.

He claimed to be part of the Oxford Labour Party but could not name a single member. And when asked how people were responding to Labour policies in Lowestoft,

Suffolk, repeated the Tory line. He then became so flustered he forgot his fake name.

Mr Ashworth said: "You can't blame the kid for trying, but he was definitely no James Bond."

Conservative party HQ declined to comment on the mole.

GOT A STORY? 0800 282 591

WE PAY FOR NEWS AND INFORMATION.

Call us FREE on the number above. You can send mobile phone pictures to us. Text them to 07872 680454 with MIRROR at the start of the message. Cost: 25p

THE MIRROR PRINT ONLINE TABLET MOBILE

EMAIL
 mirrornews@mirror.co.uk
 readerpix@mirror.co.uk

WRITE
 One Canada Square,
 London E14 5AP

WEB
 mirror.co.uk
 @dailymirror

FOR THE RECORD

At the Daily Mirror, we pride ourselves on journalism that is honest, fair and accurate. We do our best to correct errors or publish clarifications as soon as possible. Our journalists adhere to the Editors' Code of Practice, which sets the benchmark for professional standards and is enforced by the Press Complaints Commission.

TO CORRECT AN ERROR: Phone 020 7293 3953, fax 020 7293 3975, email ftr@mirror.co.uk or write to Readers' Editor, Daily Mirror, One Canada Square, Canary Wharf, London E14 5AP. The Press Complaints Commission (PCC) is the independent body which governs the newspaper industry. It has a Code of Practice we adhere to. This, along with details on how to complain, is available from Halton House, 20/23 High Holborn, EC1N 2JD. Website: pcc.org.uk or email complaints@pcc.org.uk Tel: 020 7831 0022 Helpline: 0845 600 2757

MORE PEOPLE SWITCHED TO US THAN ANY OTHER BANK.

HALIFAX
the people who give you extra

Data Source: UK Payments Council switcher data Oct-Dec 2013.

MORE PEOPLE BOUGHT THEIR FIRST HOME WITH US THAN ANY OTHER BANK.

YOUR HOME MAY BE REPOSSESSED IF YOU DO NOT KEEP UP REPAYMENTS ON YOUR MORTGAGE

HALIFAX
the people who give you extra

Data Source: Competitor results disclosures, financial statements, investor presentations and press releases; Council of Mortgage Lenders Monthly Lending Trends and CML Table ML2 published 11th August 2014 and internal data. Data includes all Halifax first time buyer mortgages through all direct and intermediary channels, including Halifax branded mortgages through Bank of Scotland branches between 31st January and 30th June 2014. Halifax is a division of Bank of Scotland plc. Registered in Scotland No. SC327000. Registered Office: The Mound, Edinburgh EH1 1YZ. Bank of Scotland plc is authorised by the Prudential Regulation Authority and regulated by the Financial Conduct Authority and the Prudential Regulation Authority. All information correct at 1st September 2014. Compliance No. 14/07445B

Floatilocks & the 3 bears..

NOW here's a real-life furry story to melt your heart... There's a mummy bear and three baby bears all waiting to cross a tricky stretch of water. And, since there's no



FURRY ACROSS THE MURKY Cubs hitch a ride on mum

sign of daddy bear, mummy bear has to do it all by herself. So the three little grizzly cubs climb on her back and she ferries them safely to the other side. The magical moment



NOSH & GO Bears grab a snack before they set off



KIDS SELF HARMING UP 41%

Children as young as 8 end up in A&E

BY **ANDREW GREGORY** Health Correspondent and **PATRICK SCOTT**

THE number of children admitted to A&E for self-harming has soared by 41% in just five years.

Figures from 33 NHS trusts showed 3,074 under-18s ended up in casualty after deliberately injuring themselves in 2013/14 – up from 2,179 in 2009/10.

Children as young as eight were among those treated for cuts, burns, fractures and overdoses.

Experts blamed Tory-led cuts, which meant 66% of councils had slashed budgets for mental health services.

Mark Winstanley, of charity Rethink Mental Illness, said: "We're deeply concerned huge numbers of vulnerable young people are missing out on support because of funding cuts."

Lucie Russell, of YoungMinds, warned the figures were "the tip of the iceberg".

She said: "There are almost certainly thousands more who are committing self-harm and not going to A&E. These



“Vulnerable youngsters are missing out on vital support due to the cuts”

MARK WINSTANLEY OF RETHINK MENTAL ILLNESS

ANGUISH Kids are in crisis figures demonstrate yet again that our children's mental health is in crisis."

She said reasons for self-harming included poverty, bullying and family issues.

Care Minister Norman Lamb, who has set up a task force to improve care services, added: "It's crucial

young people get the help they need."

andrew.gregory@mirror.co.uk

MORE PEOPLE SAVE TAX FREE WITH US THAN ANY OTHER BANK.

HALIFAX
the people who give you extra

More people save tax free with us than any other bank. *Us* refers to the Halifax, source © GIK NOP Financial Research Survey (FRS), six months ending April 2014. 10,559 adults with cash ISAs interviewed.

JOIN THE PEOPLE WHO GIVE YOU EXTRA.



Pop into your local branch



Visit halifax.co.uk

HALIFAX
the people who give you extra

Halifax is a division of Bank of Scotland plc. Registered in Scotland No. SC327000. Registered Office: The Mound, Edinburgh EH1 1YZ. Bank of Scotland plc is authorised by the Prudential Regulation Authority and regulated by the Financial Conduct Authority and the Prudential Regulation Authority. All information correct at 1st September 2014. Compliance No. 14/07445B



VULNERABLE Teenager

Youngsters need a lot more help near home



AT long last the lid has been lifted on a national shame.

Every day youngsters with mental health problems are being sent the length of the country in search of a bed, often hundreds of miles from home. Worse, others get no support at all and end up in police cells.

The lack of support for our most vulnerable children is a scandal and today all parties must pledge to end it.

If we carry on as we are thousands of young lives could be damaged.

The cases exposed by the Mirror are far from isolated. These problems affect every part of England.

When it comes to mental health, ministers are all talk and no action.

Ministers must stop paying lip service to mental health and back their words with action.

POOR

The gap between their rhetoric and the reality for vulnerable young people is getting wider.

I congratulate the Mirror for shining a spotlight on this issue.

But we need a plan urgently to improve children's mental health services and provide enough beds.

Mental health remains the poor relation of the NHS and, unforgivably, children's mental health is the poor relation - the easiest target for cuts.

Under David Cameron thousands of beds have been closed, services have got worse and are now at breaking point.

Young people who want counselling are being told they will have to wait months for help. That's simply not good enough.

They need help right away. That's why the next Labour Government will give people new rights to get counselling and therapy on the NHS.

No young person should have to travel hundreds of miles and be separated from their families to get the care that they need.



ANGER Lola Saunders sings Crazy and, above, Cheryl

Mentally ill 'taunted' in X Factor act

EXCLUSIVE BY NICOLA METHVEN, TV Editor
AN X FACTOR performance has been blasted as "irresponsible" by a mental health charity.

There were also 130 complaints to Ofcom and ITV about Lola Saunders' version of Gnarl's Barkley's Crazy which featured her in a medical chair and masked dancers with arms behind their backs to suggest they were wearing straitjackets.

When asked what the Halloween link was, Saunders' mentor Cheryl Fernandez-Versini pulled a face to indicate mental illness and said: "It was crazy. If you didn't notice there were people in straitjackets."

“Great way of reducing stigma in mental health, well done Cheryl

X FACTOR VIEWER
SARCASTIC TWEET

Kate Nightingale, of Mind and Rethink Mental Illness's Time to Change anti-stigma campaign, said: "The X Factor is watched by millions and by implying that mental health problems are scary it's irresponsibly fuelling damaging myths and misconceptions." One viewer sarcastically tweeted: "Great way of reducing stigma in mental health - well done Cheryl." ITV said the performance was not intended to offend.

KIDS WITH MENTAL ILLNESS 'BETRAYED'

BY **ANDREW GREGORY**
Health Correspondent

THOUSANDS of mentally unwell children are being failed because of "serious and deeply ingrained problems" in the provision of care, MPs warn today.

In a damning 117-page report, the Health Select Committee lays bare the alarming failings in children's mental health services. The official House of Commons probe was prompted in part by a series of campaigning articles in the Mirror, which submitted evidence to the committee's inquiry.

Its report warns how "in many areas early intervention services are being cut or are suffering from insecure or short term funding".

This is causing more young people to develop

» Suicidal children turned away
» 'Unacceptable' cuts slammed

more serious mental health issues and end up needing specialist NHS care.

The influential committee today calls on the Government to "increase spending levels" until services meet "an acceptable standard".

The report highlights how, in some parts of the country, cash-strapped local authorities and NHS groups are tightening their criteria for access to care.

This means some young people

who have either self-harmed or expressed interest in committing suicide are being turned away from services.

Earlier this year the Mirror uncovered how 4,391 children aged 10 or under had received treatment for stress, anxiety or depression since 2009 at two of the biggest NHS mental health trusts. But Tory MP Dr Sarah Wollaston said it was a "disgrace" that data had not been collected centrally for over a decade. She highlighted

how the cost of a child's in-patient bed in a mental health ward costs £25,000 a month. If that sort of cash had been spent on early schemes such as drop-in services it could have helped avoid the need for dozens of children to be admitted to hospital, she said.

Last night Dr Peter Carter, chief executive of the Royal College of Nursing, blasted: "The pressure on services and lack

of resources is compromising patient safety and it's unacceptable that some children aren't able to receive the care they need."

Care Minister Norman Lamb "strongly welcomed" the report. He said: "I am determined to make sure young people get the mental health care they need."

andrew.gregory@mirror.co.uk



BLAST Dr Peter Carter

This report should be a turning point for our care

THE report into children's mental health services is a dreadfully depressing read.

Services are at breaking point and really struggling to give the support they need, whether it's a child with anorexia needing to see a psychiatrist or someone in danger of ending their life.

Mental health staff desperately want to help but resources are stretched to the limit. Children's services get only 6% of the mental health budget - an incredibly small amount considering more than half of all

COMMENT

BY SARAH BRENNAN OF YOUNGMINDS

adults with mental health problems were diagnosed in childhood.

Young people's mental health problems are escalating rapidly. They are under so much pressure: 24/7 bullying on and offline, stress to achieve academically and, for many, a bleak future in terms of access to

jobs and further education. This report needs to mark a turning point and its recommendations are achievable.

We have to act now and deliver services that provide both effective early intervention and crisis support when necessary in schools, communities and specialist mental health provision.

We sincerely hope the Government takes the report seriously and puts in place a plan of action that delivers real results to the thousands of young people who need it.



CAMPAIGN Mirror