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## Brits are so lazy we'd drive to avoid a 20-minute walk

ALMOST half of Britons admit they are so lazy they would rather jump in the car than make a 20-minute journey on foot.

And one in 20 say they take the

car to avoid a five-minute walk. The survey of 2,500 adults, commissioned by national exercise charity Living Streets, found that one in four accepted there was nothing physically stopping them from exercising more, while 6 per cent said they 'simply couldn't be bothered' to be more active.

Living Streets chief executive Joe Irvin said: 'Our findings show

#### **Daily Mail Reporter**

that worryingly for many people there is an unwillingness to make short journeys on foot. Instead there's a readiness to sit behind the wheel, which is not only bad for our health and finances, but also the environment.

'By making small changes to our daily routines – skipping a stop on public transport or parking further away - we can all reduce the risk of significant health issues including heart disease, cancer, depression and type 2 diabetes.'



## **Sunshine's on the way** after grey bank holiday

MANY of us are set for a bank holiday washout today - but things will take a turn for the better at the end of the week as the weather hots up.

Just days after being hit with hail and snow we will see 'genuinely warm conditions' on Thursday and Friday, according to forecasters.

Temperatures are expected to top 20C (68F) in the South and 16C (61F) in the North - making parts of Britain hotter than Barcelona, which will be 19C (66F).

In the meantime, however, the weather looks much gloomier for the bank holiday. Yesterday's grey conditions – with only the South By Chris Brooke

East seeing some sunshine - are expected to continue.

A band of rain sweeping across Britain is forecast to ruin many a family day out and only intrepid dog walkers are likely to venture anywhere near a beach.

Met Office forecaster Steven Keates said: 'All parts of the country will see a spell of rain, although it's moving quite quickly. It's not a total washout of a day.'

But, he said, as we head into the weekend, temperatures will be in the 'early twenties' centigrade.

#### From **John Stevens**

**Brussels Correspondent** 

NIGEL Farage has claimed up to £15,000 a day in taxpayer-funded expenses for bodyguards, it can be revealed today.

The Ukip leader used EU funds to pay for a team of ex-military personnel to follow him around the country as he made referendum campaign speeches.

Documents leaked to the Mail show how the security firm, whose guards have previously protected Sir Elton John, sent a series of hefty bills to the European Parliament for its services. A checklist of tasks included 'ensuring refreshments have been arranged' for Mr Farage.
The team, led by a former military police

officer who served in Afghanistan, accompanied the MEP at great expense through his tour – even when he was speaking in

front of only a few hundred people.

Mr Farage, who has repeatedly criticised wasteful EU spending, racked up a security bill of £58,000 for just five events held in modest venues such as a darts arena in Essex where there was not a single demonstrator. Opponents last night branded him a 'hypocrite' as he confirmed the

seemingly extravagant spending.
The European Parliament refused to condemn the payments, saying it was up to Mr Farage how his Europe of Freedom and Direct Democracy group (EFDD) spent its £2.5 million-a-year EU funding. Mr Farage embarked on the 'Say No to

the EU' tour – a series of public meetings he described as 'the largest Eurosceptic campaign perhaps ever seen' – in the final four months of last year. Leaked paperwork shows how Secura Associates, the firm hired to provide

### 'The height of hypocrisy<sup>1</sup>

bodyguards to Mr Farage in the run-up to the General Election, was tasked with offering security for the events. Despite the relatively small size of some

of the venues, the company charged at least £9,000 for each appearance. As Mr Farage kicked off the tour at the Emmanuel Hall in Westminster, security

cost £15,000, even though it was claimed there were just 15 protesters outside. For a speech on September 7 at the

Winter Gardens in Margate - the scene of the Ukip leader's election defeat four months earlier - the company charged £9,000

The next week, Mr Farage flew to Belfast to speak at a hotel in the city, where according to the local party, 'a packed house of 300 people were in attendance'.

Northern Irish police provided armed officers outside the venue, yet according to a bill addressed to Mr Farage's group in the European Parliament, Secura charged £10,000 for its services.

Three days later, as Mr\_Farage spoke at a darts arena in Purfleet, Essex, the sum was again £10,000. Organisers said there were no demonstrators at the venue, which is

downstairs from a strip club.
Additional spending records for the tour show £14,000 was charged for an event in Gateshead on October 12. It is thought the security firm provided about ten close pro-

tection officers for each event.

The EFDD group, which funded the tour, last night confirmed the £58,000 security bill was charged to the taxpayer through its allowances. A spokesman for the group, which is made up of Ukip MEPs and Eurosceptics from other countries, said: All spending on the speaking tour in late 2015 came out of the delegation budget in conformity to the rules. Everything is

# Farage's £15,000 a day bodyguards .on the taxpayer



Protection: Ukip leader Nigel Farage leaves the party's Rotherham office during a protest in February last year

THREAT assessments produced by Secura Associates and submitted to the European Parliament to justify the hefty bills included how it was necessary to have enough guards to create a decoy and ensure there were adequate refreshments for Mr Farage.

In the documents, leaked to the Mail, the firm said the assessments had 'been conducted based on historic events, current open source intelligence and liaison with local law enforcement agencies'.

They claimed it was necessary 'to assess all potential risks and weigh these against the security

measures we can employ to negate them prevention being better than cure'.

The firm set out how a 'venue security team leader', 'team members' and 'intelligence gathering staff' were needed for each event. It added: 'Our aim is not simply to stop an attack or a protest - we are there to prevent harm from whatever source befalling our principal and event delegates'

A checklist of actions to be carried out by the security officers included 'ensuring refreshments have been arranged'.

completely above board and was done before the regulated referendum period.'

He added: 'Incidents have demonstrated that as a high-profile figure, Nigel Farage needs professional security cover.

But Lib Dem leader Tim Farron said last night: 'Once again Ukip have been found taking the British taxpayer for a ride. Nigel Farage complains about EU funding but he's got no qualms about using it for his own ends.'

Tory MP Damian Collins said: 'For

Nigel Farage to complain about EU waste while billing European taxpayers for the costs of his tour is the height of hypocrisy. It is very clear that the people of Britain cannot trust Farage and his crew

with what is best for our country.' In a book published last year, Mr Farage wrote about hiring James Woolfenden, the owner of Secura Associates, who he described as a 'former British Army man'

Mr Farage said the appointment was 'unavoidable' after he was forced to retreat to a pub in Edinburgh in 2013 when confronted by dozens of protesters.

The Secura Associates website describes the company as 'a global team of dedicated security industry professionals, offering a complete range of security, surveillance and investigational services to a diverse portfolio of clients'.