

# Healthier living NOW can reduce dementia risk

The Welsh Government and Public Health Wales are encouraging people in Wales to pledge to take six steps to reduce their dementia risk.

The second phase of the dementia risk reduction campaign launches today and aims to raise public awareness that you can reduce your risk of dementia and calls on us to ACT NOW:

- Active (physically and socially)
- Check your health regularly
- Try new things
- No to smoking
- Only drink alcohol within the guidelines, if at all
- Watch your weight.

The Minister for Social Services and Public Health, Rebecca Evans AM explains:

“The risk of dementia increases with age and as more people are living longer, the number of people developing dementia will grow. These are simple steps that people can take not only to reduce the dementia risk, but other conditions including cancer, heart disease and stroke. The message is clear – don’t wait; act now to reduce your risk.”

One person who is determined to keep active to help reduce his dementia risk is 47-year-old Norman Parselle from Newport. Norman lost both his mother and his father to dementia, and is keen that others follow his lead to a more healthy lifestyle to reduce their dementia risk. Norman explains:

“When my parents were alive, my family made a big effort to make sure that they stayed active. Even when their dementia got quite bad, we would take them out and about. They played skittles regularly and always had music on at home. We managed to keep them living at home until the last six months before they died, so they could lead as normal a lifestyle as possible.

“Who knows what’s around the corner for any of us? But I do know that lack of physical activity, isolation and depression can contribute to the decline of people with dementia, so keeping fit and active, and socialising with friends may reduce the risk of getting dementia, and stave it off for as long as possible. That’s why, seeing how the disease affected my parents, I decided to get

involved with my local walking football club in Newport. About 20 of us regularly play on a Monday night, 6-7pm, in the sports hall at Llanwern High School. I enjoy the banter and camaraderie that we have, and, it still has an element of light-hearted competitiveness, keeps me fit, and is lots of fun."

The campaign is being supported with a 10-day roadshow across Wales to provide help and advice on how people can reduce their risk of dementia. Key roadshow venues include:

- St. David's Shopping Centre in Cardiff on Saturday 11th February 2017
- Aberystwyth Arts Centre in Ceredigion on Wednesday 15th February 2017
- The Quadrant Shopping Centre in Swansea on Saturday 18th February 2017

For those who can't make it to a roadshow they can get lots of information and tips to get them started by searching for Change4Life Wales on Facebook and Twitter.

For information on walking football clubs and other initiatives in your local area, visit [change4lifewales.org.uk](http://change4lifewales.org.uk)

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## Economy Secretary visits set of big budget US drama

Ken Skates visited the set of TNT's Will, a high end drama series based on the early life of William Shakespeare and met members of the cast and production team.

Will is being filmed largely in Pontyclun's Dragon Studios and is due to broadcast in the US this summer with UK dates to follow. It boasts the largest budget and highest spend of any production shot in Wales to date.

Will is the latest in a growing list of US productions to be filmed in Wales and follows other high profile productions such as Da Vinci's Demons, The Bastard Executioner and The Collection.

It is anticipated that the production, which has been backed by Welsh Government finance, will generate around £18m spend into the local economy.

The first series of Will was commissioned following the success of an initial pilot programme filmed in London. Following support from the Welsh Government

the production company decided to undertake a significant proportion of filming and production of the first series of Will in Wales.

Speaking after his visit, Ken Skates said:

“I was so pleased to be able to visit the set of Will, which really is an impressive and quality production with the highest budget of any film or programme to be in Wales so far.

“The scale of the project is resulting in the largest local spend related to TV and film production even seen in Wales which is great news for the local economy and a real coup for the Welsh film and TV sector more broadly.

“We are continuing to work hard to attract high end drama to Wales with a specific focus on the lucrative US market and the probability of repeat series.

“I know the Will production will act as another great endorsement for what Wales can offer the film and TV industry, in terms of our location, expertise and talent. I am delighted that Welsh Government has been able to play a decisive role in bringing this investment to Wales.”

Ninth Floor UK Productions Limited – the company behind the series – will be based at Dragon Studio in Pontyclun for nine months of the year with location shooting in and around South Wales as well as London.

Executive Producer Alison Owen said:

“Filming at Dragon International Film Studios has provided many advantages for the production – using Dragon’s four stages and its extensive backlot, we have been able to create a whole world in one place.

“The streets of Shakespeare’s London spread out on the backlot, whilst the huge Theatre takes up one whole stage, additional interior sets complete the show’s universe. Other breath-taking exterior locations are a stone’s throw away, giving scope and breadth to the show’s visual landscape.

“The close proximity of so many locations has given us an ease and efficiency enabling us to be ambitious with our show, giving us terrific ‘bang for our buck’ and putting the budget on the screen. With access to the experienced Welsh crew based in the area, in Cardiff and Swansea, while only a couple of hours from London on the train, it has been the perfect choice for us.”

Last month the Welsh Government launched a promotional showreel featuring

clips from the latest major productions filmed in Wales to promote Wales worldwide as a premier location for TV and feature film production.

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## Swansea school receives prestigious health award

This prestigious accolade rewards 'healthy schools', which take responsibility for maintaining and promoting the health of all who learn, work, play and live within it.

The National Quality Award is the highest accreditation a school can achieve through the Welsh Network of Healthy School Schemes, which is run by Public Health Wales on behalf of the Welsh Government.

The Minister said:

"I am delighted to present Cwm Glâs school with this award.

"The school has worked really hard to achieve the standards required in promoting the health and wellbeing of all its pupils and staff.

"Everyone is encouraged and educated about the issues which affect their health, such as diet, physical activity and not smoking.

"I am very pleased to present Cwm Glâs school with this plaque in recognition of its commitment to the health and wellbeing of its community. Well done!"

Mrs Osborne, Headteacher of Cwm Glâs Primary School said:

"We have worked extremely hard for many years on this scheme and are proud of our achievement, which would not have been possible without the dedication of Mrs Williams and an excellent team of staff, management, parents and pupils at Cwm Glâs Primary School."

The National Quality Award is independently assessed after a school has been involved in the scheme for nine years. It is provided to schools that have proven they are putting the health and wellbeing of all members of its community at the heart of everything.

This also involves teaching pupils about how to lead healthy lives and

enabling pupils and staff to take control over aspects of the school environment which influence their health.

Cwm Glâs school is the 128th school in Wales to achieve the National Quality Award and the second in Swansea to do so. To date 130 schools in Wales have achieved the award.

Julie Bishop, Director of Health Improvement for Public Health Wales, said:

“This is a fantastic achievement for Cwm Glâs Primary School! To have received our top health award has taken a great deal of hard work and commitment from pupils, staff and parents alike.

“Everyone at Cwm Glâs deserve this important recognition for their commitment to embedding health and wellbeing in the culture and fabric of the school.”

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## **£1m to be invested in Wrexham to deliver 100 new businesses and create 260 new jobs**

The two year pilot, that aims to help secure at least £1m of private investment for its member entrepreneurs, will provide wrap round support for aspiring entrepreneurs and will be delivered by Business Wales in association with Welsh ICE.

Ken Skates said:

“I am delighted to announce funding for the new incubator in Wrexham to harness, support and encourage the fantastic entrepreneurial talent in the region.

“Innovation and entrepreneurship are vital drivers for the economy and I want to continue to create the best environment for entrepreneurs across Wales and will be using the pilot to inform my future economic priorities.

“The importance of providing space, community and support for aspiring entrepreneurs is key to success and I am keen to build on and complement the existing infrastructure across Wales.”

The Hub will provide a community for entrepreneurs that will link to the

wider ecosystem including Glyndwr University, Coleg Cambria, industry and support agencies in the region.

It effectively will roll out the successful business incubator models that are established in Wales and will focus on providing a supportive environment for like minded entrepreneurs to develop their businesses.

Welsh ICE CEO and Founder Gareth I. Jones, said:

“We are excited to start to work more with the community in Wrexham, and partners at Welsh Government and Business Wales, to help anyone with an idea for their own business, no matter how big or small, to make positive steps towards launching their own start-up.”

The Hub will be delivered through the Business Wales consortium – which is backed by EU funding – who will work collaboratively with Caerphilly based Welsh ICE which has four years of experience of running a successful incubation facility.

It will provide a shared work environment, business advice, structured workshops, increased opportunities and challenges designed to inspire potential entrepreneurs to develop resilient and successful companies.

It will also provide entrepreneurs with international trade support, high quality business advice, intercompany and individual networking opportunities, and mentoring and training support.

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## **Cabinet Secretary confirms £18m of funding for Glastir Advanced**

Glastir Advanced is the flagship component of Glastir, through which the Welsh Government offers financial support to farmers and land owners to improve the environmental management of their land. Glastir pays for the delivery of specific environmental goods and services aimed at combating climate change, improving water management and maintaining and enhancing biodiversity.

Glastir Advanced offers targeted financial interventions, aimed at helping farmers and landowners to achieve value for money environmental improvements for habitats, species, soil and water.

The new round of funding for Glastir Advanced is worth £18.36m and is expected to deliver up to 340 Glastir Advanced contracts in 2018 (estimated at £54k per contract). The Expression of Interest window for Glastir Advanced

2018 will open on 28 February 2017 and will close at midnight on 31 March 2017.

The Cabinet Secretary made the announcement as she officially opened the new Farmers Union of Wales offices in Newtown. She said:

“I am very pleased to announce, here at these impressive new FUW offices in Newtown, the opening of a new round of Glastir Advanced funding worth over £18million.

“Glastir Advanced is very much at the forefront of delivering the Welsh Government’s objectives for the rural environment. I encourage farmers and landowners across Wales to find out more information on whether they are eligible to apply for a Glastir Advanced contract and, if they are, to submit an expression of interest before 31st March.”

More information on [Glastir Advanced](#), including expression of interest guidance will be available shortly.

Glastir is funded by the [Welsh Government Rural Communities – Rural Development Programme 2014-20](#), financed by the Welsh Government and the European Union.