

# Welsh Government host public events in North Wales to tackle obesity as part of new plan

In Wales 60 % of the adult population and 27% of four and five year olds are overweight.

The Welsh Government has launched a new plan to to help people in Wales maintain a healthy weight and wants to hear the people of Wales' views on the actions proposed.

Launched by Health Minister Vaughan Gething. '[Healthy Weight: Healthy Wales](#)' is an online consultation with a series of engagement events across Wales in January, February and March.

The first events will take place in North Wales with a launch and public meeting at the Quay Hotel in Conway on Tuesday 29 January starting at 6:30pm. People will have an opportunity to hear more about the proposals as well as share their own ideas on how to best combat obesity in Wales.

Information and representatives will also be on hand in the following locations to capture the views of people:

- Tuesday 29 January, 6:30pm-8:30pm – Quay Hotel, Conwy
- Wednesday 30 January, between 9am-1pm – Conwy Farmers Market
- Thursday 31 January, between 9am-5pm – Bangor University
- Friday 1 February, between 10am-4pm – High Street, Bangor
- Saturday 2 February, between 10am-4pm – Queens Square, Wrexham

Being overweight increases the risk of developing major health conditions such as coronary heart disease, type 2 diabetes and some cancers. It is also a risk to people's mental health leading to low self-esteem, depression and anxiety.

Teresa Owen, Executive Director Public Health at Betsi Cadwaladr University Health Board, said:

"Obesity is a major public health issue, with many people in North Wales struggling to maintain a healthy weight. The Betsi Cadwaladr University Health Board is working hard to review and implement new healthy weight approaches to support children and adults.

"In addition, teams are working with partners to encourage people to be more active, as part of the Let's Get Moving and Sport North Wales collaborative, so we welcome the opportunity to comment on the new Healthy Weight: Healthy Wales Strategy and encourage other partners to be involved in the North Wales launch."

Health Minister, Vaughan Gething, said:

“This is an issue we simply cannot ignore, it is the greatest public health challenge facing our generation and I urge people to engage fully with this consultation.”

“Tackling the root causes of why people become overweight is complex; it will require intervention at every level. We are under no illusion – there is no quick fix or easy solution to this problem. The proposals outlined are based on the best evidence available of what could work to turn the tide on obesity.”

The proposals set out in the consultation have a strong focus on prevention and are supported by research and international evidence from Public Health Wales into what can help people maintain a healthy weight. Feedback from the public gathered during the consultation will be used to help inform the final Healthy Weight: Healthy Wales strategy, due to be published in October 2019.

The consultation runs until 12 April 2019. To read the consultation document and proposals in full, as well as respond, visit <https://beta.gov.wales/healthy-weight-healthy-wales>.

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## [Tourism funding to build better destinations](#)

The funding has been made available through the Tourism Amenity Investment Support scheme (TAIS), aimed at public, third sector and not for profit organisations for investment targeting small scale infrastructure (visitor amenity) projects in the tourism sector in Wales. This project has received funding through the Welsh Government Rural Communities – Rural Development Programme 2014-2020, which is funded by the European Agricultural Fund for Rural Development.

The funding has been allocated to infrastructure projects across Wales which will see improvements to visitor amenities as well as products which help develop high quality destinations.

Deputy Minister, Lord Elis-Thomas, said:

“This scheme is an excellent way for us to assist the tourism sector to make the improvements to local facilities and amenities, and I’ve seen the improvements made in many areas with the help of this funding over the past year. Facilities such as footpaths, toilets, signage, car parking are often only noticed when the

provision is lacking or not up to scratch – which shows that they are an important part of the experience that people have of Wales. This is also an investment by the public sector for in amenities those who live in the area and will benefit locals and visitors alike. These projects also make it easier for local residents and visitors to become more active in Wales' natural environment."

The funding has provided an opportunity for local partners to identify a cluster of products which can make a difference in their area. Visitors expect the best quality in all aspects of their visit from the accommodation through to information provision, toilets and parking.

The projects include Improvements to cycle paths; Upgrades to access & facilities at blue flag beaches; Visitor parking; Signage and public conveniences and reflect local and regional destination activity as well as national priorities.

Specific examples include:

- Antur Stiniog Cyf, Llechwedd, Blaenau Ffestiniog New bike trail network with the addition of three new trails to the existing trail network at the Llechwedd site and develop and restructure one of the original trails to appeal to a wider market. There will be a new blue grade trail (1.4km long) to appeal families and beginners; a new red trail (1km long) suitable for intermediates, a new black section (0.7km) to link to the existing trail network.
- Dwr Cymru Cyf – Llyn Brenig Visitor Centre, Cerrigydrudion. The work will include the installation of cameras and supporting technology to provide access to high quality images of breeding ospreys. Access improvements surfacing 296m of existing forestry track at Llyn Brenig and Signage improvements including new directional exit route signage.
- Ceredigion, Gwynedd, Pembrokeshire & Powys County Councils This joint project will see the installation of 'Smart' CGI display screens on Traws Cymru T2 & T5 CGI Display Screens showing public information in seven strategic locations along the West Wales Coastal Corridor and at bus stops serviced by the Traws Cymru T2 & T5 bus routes, between Fishguard & Porthmadog.
- Pembrokeshire Coast National Park Authority – pilot a roll-out of drinking water fountains across seven key Pembrokeshire tourist destinations.
- Swansea Council To make the Blue Flag Caswell Bay, Gower an accessible destination for visitors with profound learning or physical disabilities. New facilities will include a modular Changing Places unit, complete with hoist, shower and changing bed, as well as specialist beach equipment, such as floating beach wheelchairs to allow easy access to the beach and water. A storage unit will also be purchased to store the new equipment safely.

All organisations have received a letter offering the funding through TAIS, these offers will be formally accepted over the next few weeks and a project

plan put in place with the relevant managing authority.

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## [Powis Castle's Book of Hours amongst collections being protected in Wales](#)

In total six Welsh institutions will benefit from conservation funding.

Successful projects also include shipping records held by Anglesey Archives; the records of the 41st Regiment at the Regimental Museum of the Royal Welsh in Brecon; the Barbier Archive preserved at Cardiff University; and an eighteenth century estate map from the collections of Powys Archives.

This funding forms part of a Welsh Government / NMCT partnership allocation of over £41,000 to conserve items currently held under restricted access because of their fragile condition, making them much more accessible to students, researchers and local users. Additional funding for these projects was also provided by the Colwinston Charitable Trust.

Deputy Minister for Culture, Sport and Tourism, Lord Elis-Thomas said:

“This partnership, established in 2008, has opened up access to items and collections of national and international significance across Wales. This year’s projects illustrate the wide ranging value of our archival heritage, from illuminated treasures such as the Powis Castle Book of Hours, to the records of our industrial past in North Wales.”

“I’m very pleased that the Welsh Government have again been able to provide support for the preservation of this material, and am grateful to the NMCT Trustees and the Colwinston Charitable Trust for their support of archive conservation projects in Wales.”

Professor David McKitterick, Chairman of NMCT, added:

“I am absolutely delighted that such a range of important collections will be conserved, thanks to the support of NMCT, the Welsh Government and the generosity of the Colwinston Trust. Our partnership with the Welsh Government has seen investment of nearly £300,000 in the conservation of Wales’ written heritage since 2008 – and all of it is now publicly accessible thanks to our support.”

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## Health Minister announces £1.8m investment to redevelop Gower health centres

The funding will enable Abertawe Bro Morgannwg University Health Board to refurbish and redevelop Penclawdd and Murton health centres, providing modern, fit-for-purpose facilities.

The investment in Penclawdd will see a wide range of primary and community services provided from seven fully-modernised, multi-functional clinical rooms.

In Murton, the refurbishment work will involve significant external and internal work, including the refurbishment of four consulting/treatment rooms to comply with current standards.

These changes will result in more sustainable and efficient service provision for people living in the Gower, Swansea. The Penclawdd Centre will also be ready to accommodate additional people who may move into the area – the Swansea Local Development Plan outlines plans for up to 5,000 additional homes in the Gowerton area.

The refurbishments are scheduled to be completed by summer 2019.

The investment is part of a Welsh Government commitment in Taking Wales Forward to invest in a new generation of integrated health and care centres across Wales.

Health Minister Vaughan Gething said:

“The Welsh Government is firmly committed to investing in our NHS, making sure it provides the very best care to people across Swansea and the Gower and the rest of Wales.

“The funding I’m announcing today will help transform the health centres in Penclawdd and Murton into modern healthcare facilities. This will help us deliver our long-term plan for health and social care in Wales by providing care closer to people’s homes.”

Professor Andrew Davies, Chair of Abertawe Bro Morgannwg University Health Board added:

“I am delighted with this investment in our services in Gower. It will enable the provision of modern facilities which will greatly

enhance the accommodation and services provided to patients.

“The investment will be very much welcomed by the local community.”

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## Health Minister announces £7m investment in south Wales’s hospitals

£1m will be used to develop an extra operating theatre at the University Hospital in Llandough, as part of a new elective treatment centre at the hospital.

The centre is part of Cardiff and Vale University Health Board’s clinical services strategy, which involves separating planned care from the theatres used for complex and emergency surgery at the University Hospital of Wales, in Cardiff.

A further £2.542m is being invested in a replacement MRI scanner at Prince Charles Hospital in Merthyr Tydfil, and £2.185m in a replacement CT scanner at the Royal Gwent Hospital in Newport.

Both of these investments will help the NHS to deliver timely diagnostic and imaging scanning, which will help to reduce the time patients spend in hospital.

Health Minister, Vaughan Gething said:

“The Welsh NHS treats hundreds of thousands of people each and every week so it’s vital we invest in the equipment and infrastructure our healthcare professionals need to ensure they can care for patients using state-of-the-art equipment in the most modern facilities.

“The investment I’m announcing today will allow the NHS to develop services, which benefit patients across South Wales, ensuring the health service can provide timely care and help reduce waiting times.”

Dr. Graham Shortland, Executive Medical Director at Cardiff and Vale University Health Board said:

“This important investment will allow us to continue to implement our Clinical Services Strategy by developing sustainable services and an infrastructure to deliver high-quality and timely care for

patients resident in Cardiff, the Vale of Glamorgan and wider south Wales.”

Dr. Balan Palaniappan, Clinical Director for Radiology Services at Cwm Taf University Health Board said:

“We are delighted with the announcement. Alongside the Diagnostics Hub at the Royal Glamorgan Hospital, replacement of the ageing MRI scanner with a state-of-the-art machine at Prince Charles Hospital will provide equitable access to a high quality diagnostics service for the people of Cwm Taf. This will be hugely beneficial, also providing MR imaging support for the excellent cancer diagnostics work that we are currently undertaking in the health board.”

Judith Paget, Chief Executive of Aneurin Bevan University Health Board said:

“We are delighted with this important funding that has been announced today from Welsh Government. This will ensure we have a new state-of-the-art CT scanner at the Royal Gwent Hospital to help us to continue providing patients with the highest standard of care in the most timely manner.”