



CFASCYMRU
GWEITHREDIAD GWYBYDDOL A HENEIDDIO
CFASWALES
COGNITIVE FUNCTION AND AGEING



Prifysgol Abertawe
Swansea University



PRIFYSGOL
BANGOR
UNIVERSITY

Project Update (December 2012):

The CFAS Wales project is well underway and we are a little over halfway through the first phase of interviews. By the end of November we had completed 1489 interviews across Gwynedd, Anglesey, Neath and Port Talbot, providing us with valuable information about ageing and later life in the 21st century.

In addition to the main interviews Eryl Roberts, a NISCHR CRC Clinical Studies Officer, is in the process of contacting some of our participants in North Wales who have kindly agreed to provide a blood sample for the study. These will be used to look at various measures including glucose and vitamin B12 levels. We will also be launching the qualitative phase of the project this month in which our qualitative interviewers will be exploring topics of cognitive reserve, nutrition, resilience, and social networks in more detail with some individuals.

We would like to thank all the GP practices and their staff who have helped us with participant recruitment for this study. Your continuing support is greatly appreciated and without it this research couldn't take place.

We would also like thank all those who have taken part in the study so far and very much look forward to meeting more of you over the coming year!

Introducing.... Delyth:



"As part of the team of CFAS Wales research project support officers based in Bangor, I have spent the last 18 months discovering roads and villages all over Gwynedd and Anglesey which were previously unknown to me. Having lived in the area for 35 years since my student days and having brought my family up here, I am continually surprised at yet another breathtaking view around another unexpected corner.

What has surprised me more, however, is what I have learned from the interviewees I have met. Many not only give their time to help with this project, but in doing so often share wisdom and life experiences which can only serve to inspire. It's difficult to go home and justify being a couch potato when you have met a 97 year old person who still plants and grows his own potatoes or an 88 year old who can cycle further than you can! Clearly I need to keep up with the older generation."



**Merry Christmas
and Happy New
Year from the
CFAS Wales Team!**

Centre for Innovative Ageing,
College of Human and Health Sciences,
Swansea University, Room 313,
Vivian Building, Singleton Park,
Swansea, SA2 8PP



Bangor: 01248 383050
Swansea: 01792 606386

<http://cfaswales.bangor.ac.uk/>

Institute of Medical & Social Care Research,
Bangor University
45 College Road,
Bangor, Gwynedd,
LL57 2DG