



19<sup>th</sup> July 2021

## **AFC Wimbledon Foundation and The Nelson Health Centre club together for community health**

- **Local residents across Merton invited to have their say on types of health and well-being activities they would like to see from new community partnership**

AFC Wimbledon Foundation and the Nelson Health Centre in Wimbledon will 'Club Together For Community Health' this year through a new partnership that will deliver a range of physical and mental health and well-being activities for families and residents across Merton in south west London. As part of the plans, **local residents have been invited to have their say** by putting forward suggestions of the types of health and well-being activities they'd like to see in the local community.

The Nelson Health Centre in Kingston Road, Wimbledon opened in 2015 and already plays a vital role in supporting community health with facilities including: GP surgeries and a pharmacy; mental health services; minor surgery facilities; support services for older people; and a range of specialist outpatient clinics. The Nelson is also currently being used for COVID-19 vaccinations for local residents.

The Nelson Health Centre has now formed a new partnership with **AFC Wimbledon Foundation** who deliver vital community-based activities and initiatives on behalf of the football club. The partnership will use AFC Wimbledon Foundation's huge reach with local supporters, families and residents to raise awareness of the local health services The Nelson has to offer, helping support community wellbeing and easing the strain on local hospitals at a critical time for the NHS.

The new partnership will involve a range of activities to support community health and wellbeing, with initial plans including:

- Mid-week and evening affordable/free **football or walking football programmes** for targeted groups, including inactive adults, males over 50, women and patients from the nearby St George's Hospital
- **Health and fitness programmes for families and older residents** such as Pilates, yoga and dance sessions
- **'Sporting Memories'** sessions to help with dementia support for local residents
- **Matchday activities at the Plough Lane Stadium** such as health checks for supporters
- Activities that support **local health campaigns** focusing on heart disease, nutrition, diabetes, and mental health
- Establishing a **community sport and health activity hub** at the new Plough Lane Stadium

To build on these initial plans, The Nelson and AFC Wimbledon Foundation are **asking local residents and families to put forward ideas and suggestions of other health and well-being activities they would like to see**. Residents can share their thoughts through the Fulcrum website at [www.fulcrumgroup.co.uk/haveyoursay](http://www.fulcrumgroup.co.uk/haveyoursay) or via social media on the **AFC Wimbledon Foundation Twitter** page and the **Fulcrum Twitter** page.

The Nelson Health Centre was delivered by **South West London Health and Care Partnerships** including **Fulcrum** - a leading investor in community health – whose CEO **Sarah Beaumont-Smith** said:

*“We are delighted to club together for community health with AFC Wimbledon Foundation, offering fans and local residents a range of events to support their wellbeing and highlight the vital facilities on their doorstep at The Nelson Health Centre. As this exciting new partnership starts to take shape, we look forward to hearing suggestions from local residents on the types of activities they would like to see.”*

**Fiona Sutherland** from **AFC Wimbledon Foundation** said:

*“Using the recent momentum and excitement behind the opening of the new stadium at Plough Lane, the AFC Wimbledon Foundation is excited to be partnering with the Nelson Health Centre to help increase the health and wellbeing of football fans and local residents alike. Working hand in hand to showcase the services that the Foundation and the Nelson provide is going to be a win win situation for all residents in Merton.”*

AFC Wimbledon Foundation was formed in 2013 after recognition that the ground-breaking creation and success of AFC Wimbledon Football Club was built on the energy and effort of its supporters. The football club wanted to pay back this support by forming the Foundation to continue delivering vital community-based activities and initiatives.

The Nelson Health Centre was built in 2015 by South West London Health and Care Partnership and Fulcrum, who work in partnership with Community Health Partnerships (CHP), a key part of the NHS family responsible for delivering health and social care facilities.

- Ends -

#### **Notes to Editors**

- For further details on **The Nelson Health Centre** or **Fulcrum** please contact [info@fulcrumgroup.co.uk](mailto:info@fulcrumgroup.co.uk) or visit [www.fulcrumgroup.co.uk](http://www.fulcrumgroup.co.uk)
- For further details on **AFC Wimbledon Foundation** please contact [fiona.sutherland@afcwimbledonfoundation.org.uk](mailto:fiona.sutherland@afcwimbledonfoundation.org.uk) or visit [www.afcwimbledonfoundation.com](http://www.afcwimbledonfoundation.com)
- Further details about the **Nelson Health Centre** are available at [www.mertonccg.nhs.uk/Local-Services/the-nelson](http://www.mertonccg.nhs.uk/Local-Services/the-nelson)