

1st November 2021

Weekly health & wellbeing sessions available as AFC Wimbledon Foundation and The Nelson Health Centre ‘club together for community health’

- **Walking football, Women’s football and Silver Youth Club social sessions now available for local residents across Merton**

A weekly series of health and well-being sessions are now available for residents across Merton in south west London, as part of a new partnership between AFC Wimbledon Foundation and The Nelson Health Centre to **‘Club Together For Community Health’**.

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 Health Centre has formed a 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 and residents to raise awareness of the local health services The Nelson has to offer, while also offering a range of activities to support community health and wellbeing. **Weekly sessions now available to local residents include:**

MONDAYS:

- **7pm-8pm: Dons Fit Football and Circuits**
- For older, less active adults. Sessions take place at Plough Lane, SW17 0NR

THURSDAYS:

- **12pm-1pm: Walking Football** for adults 50+.
- A free taster session takes place this Thursday 4th November at Plough Lane, SW17 0NR
- **6.45pm-7.45pm: Women’s Recreational Football.**
- A free taster session takes place this Thursday 4th November at Plough Lane, SW17 0NR

FRIDAYS:

- **12pm-2pm: Silver Youth Club.**
- A free social session for older people, at Old Ruts, SW19 3JS

Further details on each session are also available from the ‘Health & Wellbeing’ page at afcwimbledonfoundation.com and 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, helping to support the wellbeing of local residents and highlight the vital facilities on their doorstep at The Nelson Health Centre. These latest sessions offer local residents a range of activities to support their health, fitness and wellbeing, so we can’t wait to see lots of people come along to take part.”

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

“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. It has been great to meet members of the local community at our drop-in sessions so far, and we look forward to welcoming many more people to these latest activities.”

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 or visit www.fulcrumgroup.co.uk
- For further details on **AFC Wimbledon Foundation** please contact fiona.sutherland@afcwimbledonfoundation.org.uk or visit www.afcwimbledonfoundation.com
- Further details about the **Nelson Health Centre** are available at www.mertonccg.nhs.uk/Local-Services/the-nelson