



7th September 2022

QPR Community Trust and Parkview Health Centre announce new community health initiatives to continue supporting local residents

- 'FIT FANS' initiative to help local residents aged between 35-65 develop healthier lifestyles
- 'Cook and Eat' health sessions for West London schoolchildren to continue for a 4th year running

QPR Community Trust and Parkview Health Centre in White City have announced two new community health initiatives to continue supporting the wellbeing of West London residents young and old.

Parkview Centre for Health and Wellbeing is just a football kick away from QPR's Loftus Road stadium and is one of 6 health centres that West London Health Partnership has invested in. QPR Community Trust and West London Health Partnership first joined forces in 2019 to help fund and deliver a range of projects centred around Parkview Health Centre to help support local residents, the NHS, and local health priorities. The two further initiatives announced today include:

FIT FANS programme for men aged between 35-65

- FIT FANS was established by the English Football League (EFL) as a free health programme for people aged 35-65 who are looking to lose weight, get fitter and lead a more active lifestyle
- Through partnerships with a range of clubs, EFL's FIT FANS programme has helped thousands of fans achieve long-term health improvements - with support from Parkview Health Centre, QPR are the latest club to sign up
- Starting from Tuesday 13th September, a group of 15-20 local residents will take part in a free 13-week 'FIT RANGERS' programme at Loftus Road, with a mixture of workshops on improving their health and lifestyle, and also physical activity sessions such as walking, circuit training and yoga
- Spaces for the September 'FIT RANGERS' course are filling fast and further programmes are also planned for January, potentially to also include a women's programme – local residents can contact fitfans@qpr.co.uk to enquire about a free place on the next available course

'Cook and Eat' after-school sessions for Phoenix Academy students

- With [local authority figures](#) showing that up to a third of children in Hammersmith and Fulham are overweight or obese, West London Health Partnership and QPR Community Trust set up 'Cook and Eat' to help tackle local health issues and give local students the skills and confidence to cook healthy and nutritious meals
- 'Cook and Eat' is a free after-school club for Year 7, 8 and 9 students at Phoenix Academy in Hammersmith and Fulham. Managed by QPR Community Trust and teams from Parkview Health Centre, the sessions allow students to develop new cooking skills and also learn about food hygiene, how to shop healthily and household budgeting
- By learning how to cook healthy food, students are able to try out their new skills at home, with many parents saying that children were now cooking healthier foods for the family
- With the new school year underway, QPR Community Trust and West London Health Partnership have renewed their partnership for a 4th year and will continue 'Cook and Eat' sessions throughout the 2022/23 academic year

West London Health Partnership General Manager Andy Rowlands said: "Our health centres across West London already play a vital role in supporting community health and our partnership with QPR allows us to reach even more local residents so we are delighted to announce the new FIT FANS programme and to continue 'Cook and Eat' sessions for another year. These fantastic new projects will help support the wellbeing of residents young and old as we continue to club together for community health with QPR."

Sinead Friel from QPR Community Trust said: "We are thankful to West London Health Partnership and Parkview Health Centre for their continued support, and are delighted to deliver these free programmes to help improve the health and wellbeing of the local community in a sustainable way."

West London Health Partnership includes investment partner Fulcrum - a leading investor in community healthcare facilities who have worked with [Community Health Partnerships](#) (a key part of the NHS family) to deliver more than 40 healthcare centres across England under the [NHS LIFT Programme](#).

QPR in the Community Trust uses the power and huge reach of the football club to develop an inclusive range of sporting, educational, cultural and social opportunities, improving the quality of life for individuals and neighbourhoods.

- Ends -

Notes to Editors

- For further details on **Fulcrum** please visit the [Fulcrum website](#), [Twitter](#), [LinkedIn](#) or email info@fulcrumgroup.co.uk
- For further details on **QPR Community Trust** please visit www.qpr.co.uk/community or on [Twitter](#)
- Further details about the **Parkview Centre for Health & Wellbeing** are available at www.parkvieww12.co.uk