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AFC Wimbledon Foundation and The Nelson Health Centre “Partner for a healthier tomorrow” with launch of ‘Active Ageing’ programme to support older adults



The Nelson Health Centre and AFC Wimbledon Foundation have announced a new partnership to fund and develop an [“Active Ageing” programme](#) - an innovative health and wellbeing initiative designed to enhance the lives of older adults aged 65+ in the Borough of Merton.

The Nelson Health Centre in Kingston Road, Wimbledon was built in 2015 by health investor Fulcrum working in partnership with Community Health Partnerships - a key part of the NHS family – with the building playing a vital role in supporting community health through GP surgeries; mental health services; minor surgery facilities; and specialist outpatient clinics.

With The Nelson located just a football kick away from AFC Wimbledon’s stadium, funding from Fulcrum will help AFC Wimbledon Foundation and The Nelson “Partner for a healthier tomorrow”, starting with the delivery of the Active Ageing programme aimed at promoting physical activity, social connection, and improved mental health among older adults.

The programme is held weekly at Saint Joseph's Roman Catholic Church in New Malden, where participants can take part in gentle exercise, social games, and group activities, followed by time to socialise over tea, coffee, and light refreshments. Designed to provide accessible and enjoyable activities, sessions will include chair-based exercises, indoor games such as boccia and curling, quizzes, and board games. The programme’s emphasis on social interaction will help alleviate feelings of loneliness and isolation, fostering a sense of community among participants.

This partnership builds on a pressing need identified by Merton Council’s Joint Needs Strategic Assessment and Sport England’s Active Lives Survey, both of which highlight a decline in physical activity and increasing mental health concerns among older adults, especially in the wake of the COVID-19 pandemic. With approximately 50% of Merton adults reporting being overweight or obese, and high rates of anxiety and loneliness, the Active Ageing programme is a timely intervention to address these issues in a supportive, community-focused environment.

Fulcrum’s UK Strategy Director Sarah Beaumont-Smith visited the Active Ageing sessions recently, with Fulcrum and AFC Wimbledon publishing a short video about the new programme – [view the video here](#).

Fulcrum UK Strategy Director Sarah Beaumont-Smith said: *“The Nelson Health Centre already plays a vital role in supporting community health and this new partnership with AFC Wimbledon Foundation will allow us to reach even more local residents. At such an important time for the health and wellbeing of older adults, we hope the new Active Ageing programme will offer an important boost to over 65s throughout Merton.”*

Cheryl Gill, Community Development Manager at AFC Wimbledon Foundation, said: *“We are delighted to deliver the Active Ageing programme in partnership with The Nelson Health Centre. This initiative reflects our commitment to supporting older adults in leading healthier, happier lives. By combining physical activity with social connection, we hope to positively impact our community’s wellbeing and provide an inclusive space for older adults to come together.”*