

15th December 2025

## New details show the huge health benefits of Fulcrum and AFC Wimbledon Foundation's Active Ageing programme after first year of partnership

- Full Year report shows consistent positive impact in happiness, health and activity levels of older adults



An [“Active Ageing” programme](#) delivered by health investor Fulcrum and AFC Wimbledon Foundation has delivered significant benefits to the health and wellbeing of older adults aged 65+ in the London Borough of Merton, a new report has found.

Funded by Fulcrum, delivered by AFC Wimbledon Foundation, and with links to The Nelson Health Centre in Wimbledon, the Active Ageing partnership was launched in 2025 to help tackle local health issues. Some 50% of Merton adults are overweight, loneliness is increasing, and mental health and activity levels are declining, particularly among older adults – the Active Ageing programme was therefore created to promote physical activity, social connection, and improved mental health and wellbeing among older adults.

Active Ageing sessions are held weekly at Saint Joseph's Roman Catholic Church in New Malden, where local residents aged 65+ can take part in gentle exercise, social games, and group activities, followed by time to socialise over light refreshments. A [new 'Full Year Report'](#) of the Active Ageing programme has shown it has delivered:

- **88 hours of sessions** so far, with **61 attendees each week on average** more than half of whom have a **disability, long term health condition or medical condition**
- Over **95% of participants either maintained or improved across all measured health and wellbeing outcomes**, highlighting the project's consistent positive impact
- Specific health and wellbeing improvements include:
  - **Increased happiness** – nearly three-quarters (74.1%) of participants reported an improvement in their happiness level since attending the Active Ageing Group
  - **Better health** – nearly two-thirds of participants (61.7%) said they were more satisfied with their health since attending the Active Ageing sessions
  - **More activity** – over half (51.6%) of participants said their activity levels had increased
  - **Less loneliness** – well over half of participants (59.7%) said they felt less frequent feelings of loneliness

The Active Ageing programme is part of a [long-running health and wellbeing partnership](#) between AFC Wimbledon Foundation, Fulcrum and The Nelson Health Centre in Wimbledon – The Nelson was built in 2015 by Fulcrum in partnership with the NHS, and which has grown to become a vital part of the local community through GP surgeries; mental health services; minor surgery facilities; and specialist outpatient clinics.



**THE NELSON**  
HEALTH CENTER



**Fulcrum UK Strategy Director Sarah Beaumont-Smith said:**

*"As the Government and NHS look to build a neighbourhood health service fit for the future, buildings like The Nelson Health Centre and initiatives like the Active Ageing programme show the vital role our existing community health estate can play. These new figures show the overwhelmingly positive impact of the Active Ageing programme, with the health, happiness and wellbeing of older adults improving across the board. Fulcrum are committed to continued investment in community health and we look forward to our partnership with AFC Wimbledon Foundation allowing us to reach even more local residents in future."*

**Cheryl Gill, Head of Programmes, at AFC Wimbledon Foundation, said:**

*"We are delighted with the outcomes from the first year of the Active Ageing programme at St Joseph's Church, made possible through our fantastic partnership with Fulcrum. Together, we have supported older adults to become more active, improve their health and enhance their overall happiness. These amazing results demonstrate the value of collaborative, accessible and engaging activities for older residents, and we look forward to building on this success in the years ahead."*

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