

Thursday 7th May 2026

AFC Wimbledon Foundation launch new Healthy Hearts community programme at The Nelson Health Centre

- Fulcrum supports new healthy lifestyle programme as part of long-running partnership with AFC Wimbledon Foundation
- AFC Wimbledon first-team ambassador Nathan Bishop joins local residents at one of first sessions



A new Healthy Hearts community programme has been launched at The Nelson Health Centre in Wimbledon, designed to support local residents at risk of heart-related conditions, as well as people living with or recovering from heart conditions. The programme is part of a [long-running partnership](#) between AFC Wimbledon Foundation and health investor Fulcrum, who built The Nelson in 2015 in partnership with the NHS.

The Nelson has grown to become a vital part of the local community through a range of integrated health facilities, and also includes a gym space which has now been provided to AFC Wimbledon Foundation to launch its new Healthy Hearts programme that includes:

- A **12-week healthy lifestyle programme** aimed at individuals at increased risk of developing a heart condition, including: those who smoke, drink excessively or have low levels of physical activity; people with existing health conditions such as high blood pressure, high cholesterol, type 2 diabetes, or obesity; and people with a family history of heart disease
- The programme provides **community-based support** to help participants become more active and build confidence in managing their health. Sessions take place in a safe, supportive, and social environment, offering a **welcoming space to build confidence and connect with others**
- Weekly sessions include **45 minutes of gentle, supervised physical activity**, followed by a **45 minute workshop on heart health**, lifestyle changes, support to improve eating habits and overall wellbeing



The 12-week programme has now been launched and at one of the first sessions, [AFC Wimbledon's first-team ambassador Nathan Bishop](#) joined the local residents taking part. Anyone interested in joining future sessions can register their interest here | [Healthy Hearts | Expression of Interest](#)

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 Health Hearts programme show the vital role our existing community health estate can play. 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:

"AFC Wimbledon Foundation is proud to continue working alongside Fulcrum, and the launch of our new Healthy Hearts programme at The Nelson Health Centre marks an important step in collaboratively supporting our local community to take control of their health and wellbeing."

"We know that many people face barriers when it comes to staying active or making positive lifestyle changes, which is why creating a safe, welcoming and supportive environment is so important. We're delighted to have first team goalkeeper Nathan Bishop as our ambassador, supporting participants and encouraging them throughout their journey."

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