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AFC Wimbledon Foundation launches new season of Healthy Hearts community programme at The Nelson Health Centre

- **Local residents in south west London encouraged to sign-up for free healthy lifestyle programme, supported by health investor Fulcrum and the Premier League Foundation**



AFC Wimbledon Foundation has launched a new season of its Healthy Hearts community programme at The Nelson Health Centre in Wimbledon, offering local residents a free healthy lifestyle programme for those at risk of heart-related conditions, as well as people living with or recovering from heart conditions.

The programme is supported by the [Premier League Foundation](#) and 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 neighbourhood hub through a range of integrated health facilities, and includes a gym space that was provided to AFC Wimbledon Foundation to launch the Healthy Hearts programme [earlier this year](#).

Following a successful launch, the Healthy Hearts programme is **now open for local residents to register for a new season** of sessions that will include:

- A **12-week healthy lifestyle programme**, taking place at The Nelson Health Centre every Tuesday at 6pm, starting from **Tuesday 17th November**
- **Weekly workshops** designed to give participants the tools to manage their heart health in the long term, covering healthy eating, sleep, physical activity, substance misuse, life skills and a **guided exercise session**
- A **completely free programme**, suitable for adults diagnosed with, or are at risk of developing, heart problems. A supportive and social environment, offering a **welcoming space to build confidence and connect with others**
- Anyone interested in joining future sessions can **register their interest at [Healthy Hearts Expression of Interest](#)**

Neil Young from AFC Wimbledon Foundation, said: *"The Healthy Hearts course has proved to be such a wonderfully supportive and informative experience for our participants who are all looking for long-term ways in which they can improve their health and reduce their risk of developing debilitating conditions. As the course leader, I have found it to be fantastically rewarding as I have watched the attendees grow in confidence, develop friendships, and build lasting healthy behaviours. I can't wait to meet the next cohort."*

Fulcrum UK Strategy Director Sarah Beaumont-Smith said: *"We are proud to continue supporting the Healthy Hearts programme as part of our long-running work with AFC Wimbledon Foundation to improve the health and wellbeing of local residents. As the Government and NHS look to build a neighbourhood health service fit for the future, buildings like The Nelson and initiatives like Healthy Hearts show the vital role our existing community health estate can play."*

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