

04 October 2017 – For immediate release

Wimbledon Guild team up with Better Wimbledon Leisure Centre and Spa to put health first in exciting new initiative

Wimbledon Guild, the Merton based social welfare charity, is teaming up with Better Wimbledon Leisure and Spa to put health and wellbeing front and centre as part of their new autumn activities programme.

Hosting a joint event at Drake House, 44 St George's Road, Wimbledon, on Friday 27 October, from 10am – 1pm, Wimbledon Guild and Better Wimbledon will showcase a range of exercise, fitness and healthy living options as well as offer free health checks.

And alongside free blood pressure and cholesterol tests there will be taster sessions for table tennis, Tai Chi, yoga, and low impact aerobics. Wellbeing sessions offering neck and shoulder massages, mini spa treatments and talks on nutrition and mindfulness will also be available.

The charity, which aims to improve the mental, physical and emotional wellbeing of the people who live, work or study in Merton, is hosting the event to encourage adults of all ages to take positive steps to improve their health and wellbeing through new exercises, learning about nutrition and mindfulness and finding out about other local services that may be able to help.

Emma Aldridge, head of welfare at Wimbledon Guild, said: "With the colder, winter months just around the corner, it's important for everyone to maintain a healthy and active lifestyle, emotionally as well as physically.

"We want to inspire people to take positive steps to improve their own health and wellbeing by finding out about the range of activities and services that are available locally. We are particularly proud to be working with Better Wimbledon Leisure Centre and Spa as part of this exciting new initiative as well as other Merton based organisations."

Commenting on the partnership, Tony Brown, community sport manager, said: "As a Charitable Social Enterprise it is important to us to grow partnerships and events like this one with Wimbledon Guild. By providing taster sessions and pathways to physical activity we can encourage people across Merton to make small changes to their daily and weekly routines, helping them to improve their overall health and wellbeing "

The event will be supported by Diabetes UK, Age UK, Heath Watch, Expert Patients Programme, Prostate Cancer UK and One You Merton amongst others.

As part of the new autumn series of events, trips and activities, Wimbledon Guild is also introducing 'Men's Matters' - a new social club for men, that meet every Friday at 10:30am to share stories, interests and discuss the latest news over a cup of tea or coffee in the relaxed surroundings of Wimbledon Guild's lounge.

In addition to its activities and exercise classes, the Worple Road based charity also organises a wide range of talks and trips. To check out the full October to December programme visit: wimbledonguild.co.uk/activities.html . To book a taster session at the Health and Wellbeing event email activities@wimbledonguild.co.uk or call 020 8946 0735

Note to editors:

ABOUT WIMBLEDON GUILD

Wimbledon Guild improves the lives of people in Merton by empowering the development of mental, physical and emotional wellbeing.

From its base at Guild House on Worple Road, Wimbledon, it offers a significant number of services across the community to make a positive difference to everyone irrespective of age or background. Whether it's feeling valued, being more active, thinking clearly, feeling confident about the future, having contact with others or an interest in new things – the focus is making a difference to their lives.

Services Wimbledon Guild offer includes:

- Transport, benefits and housing support
- Counselling services
- Bereavement support
- Small grants
- Clubs, classes, talks and trips
- HomeFood Café
- Befriending and volunteering

Wimbledon Guild's work in the local community can only continue through the generosity of the general public and rely heavily on donations and support from local people and businesses.

www.wimbledonguild.co.uk

ABOUT BETTER

Better is the UK's largest network of public gyms and leisure centres

- Better is part of GLL, a not-for-profit social enterprise
- One of Better's key objectives is to get more people, more active, more often
- One of our core values is Community engagement, accessibility and working in partnership to enable us to bring social benefits in our communities

www.better.org.uk

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