



Newsletter

December 2025

Charity No. 1191177

Welcome to The Ealing Trailfinders Foundation newsletter, where we share updates on our programmes, celebrate community achievements, and keep you informed about the exciting developments ahead.

Welcome from the Chair of Trustees

As we reach the end of the year, I am pleased to share this December update and reflect on the progress across our projects, as well as the plans taking shape for 2026. Our work continues to grow thanks to the enthusiasm and support of everyone connected with the Foundation, and this festive season we are delighted to be running a fundraising initiative at Trailfinders Sports Club, where supporters can contribute by adding a personalised message on a bauble to the club's Christmas tree. Thank you for staying engaged with our work and for helping us continue to make a positive impact.

Tom Roberts

Chair of Trustees

Christmas Bauble Donation

Add your sparkle to our Christmas tree!

Purchase a bauble, write a message and support the Ealing Trailfinders Foundation

The tree is up in the clubhouse at Trailfinders Sports Club and you can add the bauble anytime!



Programme Round Up

Team Talk

Team Talk is a new weekly wellbeing programme launching in January 2026 in Ealing, supporting older people experiencing loneliness, long-term health conditions, and cost-of-living challenges.

Delivered at Trailfinders Sports Club, the two-hour sessions provide a safe, welcoming space to connect through social activities, gentle exercise, and practical support.

Led by trained wellbeing coaches and volunteers, all activities are inclusive and built around the Five Ways to Wellbeing, helping participants improve both physical and mental wellbeing while building lasting friendships.

The Movement Hub

The Movement Hub is a new community initiative for men aged 65+ in Ealing, helping participants move more, feel better, and build social connections through simple, enjoyable physical activity.

We have been running two sessions a week, one at Acton Gardens Community Centre and the other at Trailfinders Sports Club, offering low-impact activities such as walking rugby, chair-based exercise, and movement to music, suitable for all fitness levels.

The sessions are free, welcoming, and pressure-free, designed to boost mood, improve wellbeing, and encourage everyday movement



[Walking Rugby Video](#)

Trailfinders Lift-Off

We're excited to launch Trailfinders Lift-Off, a 12-week community fitness and wellness programme, starting on 7 January 2026 at Trailfinders Sports Club. Lift-Off is designed for adults in our Ealing community who want to build healthier, more active habits. Each Wednesday evening will combine guided exercise with wellness education, tailored to individual fitness levels, with the aim of establishing sustainable lifestyle change. Whether you're new to exercise or simply looking to reset after the holidays, this inclusive and free-to-join programme offers a great opportunity to improve your wellbeing, meet others and start the new year on a positive note.

[More info](#)

TrailfindHERS

We were delighted to deliver the Ealing TrailfindHERS Programme at Ellen Wilkinson School for Girls, with support from Arnold Hill & Co Chartered Accountants. Their backing helps us bring this initiative to schools across the borough, giving more young women the opportunity to build confidence and enjoy being active.

TrailfindHERS is a six-week initiative designed to encourage long-term positive engagement in physical activity. Led by Trailfinders Women's players, the programme combines practical sessions with open discussions around breaking down barriers, challenging stereotypes, and celebrating what girls can achieve in sport.



[More info](#)

Fit Futures

During the Spring and Summer terms, we will be delivering our Fit Futures programme to local schools. Building on the success of last year, we aim to expand the programme by creating a more holistic experience for participants through the introduction of health and wellbeing classes. Alongside this, we will continue to promote tag rugby as a fun and inclusive way to stay active, encouraging students to adopt healthy lifestyle habits. The programme will come to a close with a tag rugby tournament, bringing together all participating schools to showcase all they have learned during the programme.



[More info](#)

Ealing Trailfinders Join Forces with Age UK Ealing to Deliver Festive Cheer to Elderly Residents

Mike Willemse, James Kenny, PJ Sheck, Alivia Leatherman, Mikaela Nelson from the men's and women's teams delivered over 250 Christmas Hampers in partnership with Age UK Ealing to help reduce isolation over the festive period.



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The Ealing Trailfinders Foundation | Registered Charity Number: 1191177

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