

A photograph of a group of people, including several older adults, sitting around a table in what appears to be a community center or a meeting room. They are engaged in conversation. In the background, there are some exercise machines and a banner with red, white, and black stripes.

Our Values

Community – “The whole is greater than the sum of its parts” - Aristotle. Working together with all members of our diverse community ensures that everyone’s voices are heard and are central to decision-making.

Health and wellbeing – Our holistic approach to improving health and wellbeing strives to add life to years, not just years to life.

Opportunity – We tear down barriers and create the opportunities not afforded to individuals and groups within society.

Integrity – We are person-centred in all that we do and promise to make decisions that create a healthier, happier and more equal world.

Curiosity – We will always strive to learn, become better and encourage others on this journey to do the same.

Excellence – We are committed to the highest possible standards in research, innovation and the delivery of *moments that move people*.