

# Could FaME Work in Your Neighbourhood?

As part of the Dorset Innovation Hub Priority Projects Programme, the Falls Prevention Project was launched in 2025. This impact case study showcases the real-world impact of the FaME Project through storytelling, data-driven insights, and collaborative working across organisations.

A globally recognised falls prevention programme successfully delivered by Postural Stability Instructors in Weymouth & Portland and ready to scale across Dorset.

Proven to reduce rate of falls, increase Physical Activity and enables people to get up, stay up and live their best lives.

## Why FaME?

- Evidence-based falls prevention
- Improves strength and balance
- Helps people stay independent
- Reduces concern about falls
- Improves confidence in stability
- Supports ageing well

## Significant FaME Outcomes at 24 Weeks

- improvement in Quality of Life
- improvement in Timed Up & Go
- improvement in Grip Strength
- improvement in Sit-to-Stand ability
- improvement in Balance (180° Turn)
- improved confidence and reduced concern about falls

81% regained ability to rise from the floor independently

All outcomes showed statistically significant improvement at 24 weeks measured across 41 participants

## Ready to deliver FaME in your area



One hip fracture costs £15,000 - enough to provide FaME for 100 people for 12 months

FaME realises significant economic and social return on investment

£1 → £50.59  
For every £1 of public health money invested in FaME the social return to the public purse is £50.59

Every £1 of healthcare money invested in FaME saves £2.28 in future healthcare costs

Floor Rise Recovery  
0% at Baseline  
16% after 12 weeks  
81% after 24 weeks



## Ready to implement?

Everything your Integrated Neighbourhood Team needs to implement FaME is available through the toolkit and supporting resources



Scan the QR code Ageing Well in Dorset Connecting healthcare to the local community



Scan the QR code FaME implementation toolkit

## Participant Feedback



“I feel stronger and more confident.”  
“I am using public transport again.”  
“It gave me a reason to get out of the house.”



Successfully delivered through partnership working across primary care, community services and local providers in Weymouth & Portland.



Supporting Dorset’s prevention, independence and demand management ambitions through evidence-based strength and balance interventions