Subject: Fall-Proof: Helping Gloucestershire Stay Strong, Steady and Independent

Dear [Name],

This week marks Falls Prevention Awareness Week (21st – 25th September 2026), and we're shining a spotlight on **Fall-Proof**, a Gloucestershire-wide campaign that supports older adults to build their strength, balance and confidence, helping them stay active, independent and connected to the things they enjoy.

Developed by **Active Gloucestershire** in partnership with **NHS Gloucestershire**, Fall-Proof provides practical resources, simple at-home exercises and information about local strength and balance opportunities available across the county.

As we age, maintaining strength and balance becomes increasingly important for supporting our health, wellbeing and independence. The good news is that strength can be built at any age, and even small changes to our daily routines can make a meaningful difference.

Throughout the week, there will be five key messages:

- Falls are not an inevitable part of ageing
- Strength builds confidence and independence
- Small actions make a big difference
- It's never too early to start, or too late
- Strength can be built at home or in the community

Through Fall-Proof, Gloucestershire residents can access:

- Free strength and balance resources
- Easy-to-follow exercises that can be done at home
- Practical tips to build activity into everyday life
- Information about local strength and balance classes
- Inspiring stories from people improving their strength, balance and confidence across the county

Whether you're looking to stay active yourself, support a family member or carer, or simply learn more about healthy ageing, Fall-Proof offers simple and accessible ways to get started.

We encourage you to explore the resources, share them with friends, family and colleagues, and help spread the message that it's never too early, or too late, to build strength and improve balance.

Find out more at: fallproof.me

Together, we can help more people across Gloucestershire stay strong, steady and independent for longer.