

**Letter of invitation
mailed in batches to
eligible people
n = 322**

**Reply slips received
n = 181**

**Refusals
n = 52**

**Volunteers
n = 129**

**Withdrawn
n = 23**
*Excluded not eligible n = 12
Did not attend ≥ 3 times n = 3
Unable to contact or changed mind n = 3
Unable to make dates left n = 3
Volunteers not contacted n = 2*

**Attended
BASELINE
assessment
n = 106**

**Withdrawn
n = 24**
*Excluded not eligible n = 22
Withdrew consent prior to randomisation n = 2*

**Randomised
n = 82**

**INTERVENTION
n = 42**

**CONTROL
n = 40**