

AgeWell Centre established

All over 50s attending informed of study by researchers and Centre staff, and invited to participate; no exclusions
Expected n approached = 100
Consent taken from those willing to participate

Baseline assessment
n = 75

Randomisation n = 75
Researcher triggers randomisation; results sent to interviewer; interviewer sets up initial interview

Group 1
General chat
n = 25

Group 2
Goal-setting interview
n = 25

Group 3
Goal-setting interview
With follow-up
telephone mentoring
n = 25

Ongoing participation in Centre
according to personal choice for 12 months

In-depth
interviews
n = 25

Group 1
Follow-up chat
at 12 months

Group 2
Follow-up interview
at 12 months

Group 3
Follow-up interview
at 12 months

Interviewer triggers follow-up assessment

12 month follow-up assessment
by blinded researcher