<table>
<thead>
<tr>
<th>Basic tailored Intervention</th>
<th>+2 weeks</th>
<th>+8 weeks</th>
<th>+2 weeks</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Tailored letter 1</td>
<td>Tailored letter 2</td>
<td>Tailored letter 3</td>
</tr>
<tr>
<td>Intervention plus</td>
<td>Community information</td>
<td>Community information</td>
<td>Community information</td>
</tr>
<tr>
<td>Evaluation</td>
<td>Baseline Q1*</td>
<td>3 months Q2**</td>
<td></td>
</tr>
</tbody>
</table>

* Q1 = baseline questionnaire
**Q2 = three months questionnaire

**Figure 1. Overview of the intervention programmes**