Figure 1: Flow chart of recruitment and randomisation to TRIMS Study

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

Reply slips received
n = 181

Refusals
n = 52

Volunteers
n = 129

Attended BASELINE assessment
n = 106

Withdrawn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

Randomised
n = 82

Withdrawn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

INTERVENTION
n = 42

CONTROL
n = 40