Figure 1. AgeWell Study CONSORT-style flowchart

- The AgeWell Centre is 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.

- 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.