**Summary**

**ACE is a study which is looking at ways people who are 65 years and older can stay mobile and maintain their independence for longer**

**If you decide to take part in ACE this is what will happen**

1. We will call you on the phone and ask you some questions about your health and any medical conditions you have. This is to make sure taking part in ACE would be suitable for you.
2. If ACE is suitable for you, we will arrange to meet you at a local community centre where we will ask you some questions about you, your health and your everyday life. We will also measure your height and weight. Then we will ask you to do some simple physical function tests such as walking 4 metres, doing some simple balance tests and sitting in a chair and then standing up. We will also give you a movement monitor to wear on your wrist for 16 days. We will do the same things again at the end of the study. This is so we can see if taking part in ACE has led to any changes in your health and well-being.
3. Then you will be randomly put you into one of two groups (this will be done by a computer)
   1. If you are in **Group 1** you will be matched with a volunteer who is a similar age and has similar interests to you. You will meet with your volunteer over a six-month period (at times to suit you) and choose some local activities you would like to try out together. These can be anything from joining a choir or a walking group to starting to knit and natter or trying short mat bowls.
   2. If you are in **Group 2** you will be given an information pack on healthy ageing. We will also invite you to two social events over the course of the study with talks about ageing well.

People in **Groups 1 and 2** are both crucial to the success of the study. Comparing the two groups is the only way to understand whether the ACE programme has benefits for older adults.

**Whether you take part in this study is entirely up to you.** However, getting out and about more has been shown to increase levels of physical activity in older adults. This in turn helps us maintain our physical function and ability to live independently. Our aim is to make taking part in ACE sociable and fun. Older adults often find being involved in research interesting and enjoyable. For more

information please read your enclosed Participant Information Sheet or post the reply form back to us.