**Supplementary table 1: Participants who did and did not complete the BASIL modules)**

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| --- | --- | --- |
|  | **Participants who completed the BASIL modules** | **Participant who did not complete the BASIL modules** |
| **Age years**  Mean (SD) | 74.5 (5.97) | 80 |
| **Sex n (%)**  Female Male | 8/15 (53)) 7/15 (46)) | 1/1 (100)  0/1 (0) |
| **Ethnicity n (%)** White | 14/14 (100) \* | 1/1 (100) |
| **Long-term conditions n (%)** |  |  |
| Cardiovascular Disease | 7/15 (47) | 1/1 (100) |
| Chronic Pain | - | 1/1 (100) |
| Thyroid | 3/15 (20) | - |
| Hypertension | 2/15 (13) | - |
| Joint issues | 2/15 (13) | - |
| Chronic Obstructive Pulmonary Disease | 6/15 (40) | - |
| Asthma | 5/15 (33) | - |
| Arthritis | 3/15 (20) | - |
| Stroke | 2/15 (13) | - |
| Rheumatoid arthritis | 1/15 (7) | - |
| Osteoarthritis | 1/15 (7) | - |
| Diabetes | 5/15 (33) | - |
| Cancer | 1/15 (7) | - |
| Vertigo | 1/15 (7) | - |
| Ulcers | 1/15 (7) | - |
| Osteoporosis | 1/15 (7) | - |
| **Shielding n (%)**  Yes No | 6/15 (40 9/15 (60) | 1/1 (100) |
| **Intervention sessions completed** Mean (SD) | 6.53 (1.54) | 1/1 |

\*one participant declined to class their ethnicity