

CZH/4/1070 - The Well! Bingo Programme: A feasibility study of a physical activity intervention delivered to older women in a bingo club setting

We are finalising the design of a physical activity intervention for delivery to older women in the Bingo club setting (the Well!Bingo project), many of whom come from disadvantaged areas. Participatory methods are being used to involve potential recipients in the design. The tailored intervention will include a combination of several components: led-exercise sessions, education on physical activity guidelines, and initiatives to build upon the shared values and social nature of the club. We now wish to test the feasibility of delivering the intervention in Carlton Bingo, Stirling, over a 12-week period. Up to 20 participants will be recruited face-to-face. They will all receive the intervention and the primary outcome (accelerometer-measured physical activity) and other secondary outcomes compared between time points (before-and-after analysis). Qualitative work will be carried out to inform refinement of intervention design/delivery, in preparation for delivery of the Well!Bingo programme in multiple Bingo clubs across Scotland.