**Figure 2: Participant timeline**

**Participant Timeline**

Written informed consent obtained, participant enrolled into study, baseline measures completed

Participant study ID and initials sent to study-coordinator via cloud software, randomisation code generated and sent back to investigator (AR). Participant contacted with allocation to intervention or usual care control group

Minimum 8 participants recruited to intervention arm (Group B) (minimum 4-6 per meditation group with 2-4 extra to allow for 25% dropout). Participants contacted with intervention start date, location and time

Telephone reminder (all participants) the day before (or Friday before) intervention commences

Week 1: Pre intervention outcomes completed for all participants, Group and home meditation intervention commences; log sheets collected weekly (intervention group only).

Week 6: Group and home meditation intervention completed. Post intervention measures completed. Participant log sheets collected. New log sheets provided. Post intervention focus groups will be undertaken.

Week 7: Post intervention focus groups will be undertaken (intervention group only).

3 months follow up telephone interviews or online survey completion: Follow up measures completed. Follow up log book collected. Control group offered one group meditation session at 3 months and given audio CD and access to web platform to log home practice.