

GHT2000 has now recruited over 330 participants: Thank you and please keep going!

Woodbridge	Guildowns	Dapdune	The Mill	Binscombe	Merrow park	Springfield	Wonersh
63	76	86	25	22	28	1	29

The variation between practices is partly due to recruitment starting at different times between December 2013 and now, with some practices just about to start. Many thanks to Dapdune who have recruited 85 patients so far, the most from one practice! We have 12 surgeries participating in the study:

- Guildowns
- Dapdune
- Wonersh
- Springfield
- Woodbridge
- Merrow Park
- Austen Road
- The Mill
- Fairlands
- Witley and Milford
- Binscombe
- Send (The Villages)

On the programme

Healthy walks and circuits sessions are proving popular in the sports arm of the trial and many have particularly enjoyed the friendly and social atmosphere within these sessions. 36 patients have now completed their 12 week programme with many expressing a wish to continue their new lifestyle changes or take up permanent membership of the sports centre.

Only three more months of recruitment left!

Patients are still able to sign up until August 2014. Recruitment through GP and Practice Nurse Consultations can make all the difference to the numbers of patients agreeing to join the trial and we are greatly appreciative of your efforts to promote the study through personal invitations and displaying publicity materials in the practice. If you would like more publicity materials such as posters, leaflets and reminder cards please get in touch with Anna Whittle.

The GHT2000 team is now working with Manchester University to increase our recruitment numbers. They are running a research study about how to improve participant recruitment in clinical trials. They have created a website with accompanying videos showing our exercise professionals, project leaders and previous participants. Half of patients sent an information pack will now be sent links to this fantastic new website!

Why are we doing the study and why do we need your help?

What will happen during the study?

Questions and Answers

Study care and safety

What happens after the study?



Jodie, an exercise referral specialist, explains what taking part involves. Hear Penelope's story, a participant, at the bottom of the page.

Eligibility Criteria for GHT2000:

- **BP 135/85 or higher** or diagnosis of **hypertension** within the last 6 months
- Scores **Inactive or Moderately inactive** on the GPPAQ
- Not Pregnant
- Aged 18-75

Brief overview of the trial:

A randomised controlled trial comparing gym-based exercise with sports-based exercise for inactive people referred by the GP practice. The main outcome measures are about persistence with exercise long-term.

Patients who are eligible contact our research assistant who will generate an exercise referral form. This is then checked over by their GP, sent to the Surrey Sports Park and then patients are ready to start their 12 week programme.

Patients attend one hour per week of either sports sessions or gym sessions for 12 weeks and are assisted by our exercise professionals throughout their programme.

We will be following up with patients at 6 weeks, 12 weeks, 6 months and 12 months to assess their progress and see if they have maintained their new exercise behaviours and built sport or gym into their lifestyles.

Quick stats for GHT2000

- **330 active participants signed up to GHT2000**
- **116 now inducted and attending at the Surrey sports park**
- **56 have just passed the 6 week point**
- **36 have fully completed the 12 programme**



For further information or any queries regarding the study please contact:

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Thank you again for your continued support of the project