

## ADDITIONAL FILE 4: Summary of data informing outcomes themes

Outcomes themes	QUALITATIVE DATA (n=23)			QUANTITATIVE DATA (ASCOT INT4) (n=22)	
	Attendees reporting this outcome	Attendees reporting this unique contribution to their lives	Total no. of references within theme	Attendees responding that attendance made a difference to their lives in this domain	SCRQoL gain
Social participation/ companionship	21	11	247	19	Highest gain
Activities/changing way spent time	17	6	117	15 (occupation)	Joint second highest gain
Mental wellbeing & health	20: - enjoyment (n=18), laughter and fun (n=7) - sense of purpose (n=5) - sense of independence, freedom and control (n=3) - boredom/monotony kept at bay (n=5) - gained better perspective of own situation (n=4) - felt more relaxed (n=3), less lonely (n=3), less depressed (n=3), more confident (n=3), more mentally stimulated (n=3) and energised (n=1)	7: - 6 felt better - 2 an opportunity to make a difference - 2 feelings of freedom - 1 feelings of independence and control	187	11 (control over daily life)	Joint second highest gain: Dignity/personal sense of significance  Joint third highest gain: Control over daily life
Getting out of house / change of environment	13 - getting out for a change of environment (n=10) - somewhere to go (n=3)	6	46	NOT APPLICABLE	NOT APPLICABLE
Practical support, information & access to other services	18	-	47	NOT APPLICABLE	NOT APPLICABLE
Physical wellbeing, health & safety	9: - informal health and wellbeing monitoring (n=4) - increased exercise (n=4) - feeling physically safe (n=1)	-	21	12 (personal safety)	Joint third highest gain: Personal safety
Having a meal	3	-	5	10 (food and drink)	Fourth highest gain: Food and drink
Process outcomes	3: sense of independence, freedom and control Value for money (19) 15: good or very good value for money 1: reasonable value for money 1: not good value for money 2: unsure or value for money is irrelevant  23: plan to continue attending 23: would recommend DC to others (13 quite or very strongly)  16: Looks forward to or loves attending 3: Happy to or likes attending 2: Conflicting feelings 1: Makes self go – know is good for them 1: Used to love going	1: feelings of independence & control		11 (control over daily life)	Joint second highest gain: Dignity/personal sense of significance –
Accommodation cleanliness and comfort	NOT APPLICABLE	-	-	7	Lowest gain
Personal care	NOT APPLICABLE	-	-	7	No gain

Day centres for older people: attender characteristics, access routes and outcomes of regular attendance. Findings of exploratory mixed methods case study research.

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