**Supplementary Materials: Focus Group Guide**

To begin:

Thank everyone for participating, inform them that intervention phase is now complete and that we got the numbers we needed.

Facilitators introduce themselves, and ask everyone around table to introduce themselves.

Introductory Questions:

* Are you happy that you participated in the research?
* Did you enjoy being a volunteer?
* What did you enjoy most about being a volunteer?

Social Interaction

* How did you get on with your participant?
* Did you feel that you were well-matched?
* Is there anything further that you think could have helped to facilitate the interaction?

Cooking

* Did you enjoy the shared mealtimes?
* How did you find the actual preparing and sharing of the meal?
* Did you both participate equally in the food preparation, cooking and cleaning process?

Training and Support

* Did you feel adequately trained and supported for your role as a volunteer?
* Can you explain what was particularly useful?
* Can you identify anything that should be added to the volunteer training and support structure?
* Is there anything about the intervention that you would change?

Ending

* If we were in a position to keep the intervention going, would you remain involved? If not, why not?
* Would anyone like to add to what has been said?

Finally, thank everyone again for coming in and remind them that they can contact us directly if they would like to discuss anything in a one-to-one fashion.