



Monday 3rd December 2018

Recruitment
Recruitment is scheduled to begin in January 2019.

Website
Coming soon

Gaining approvals

The project was reviewed by the Yorkshire & The Humber - South Yorkshire Research Ethics Committee on 29th November. The team are awaiting a response from the committee which is expected within the next 2 weeks.

Trial Preparation

The research team has now presented to clinical leads at all 3 boroughs in East London in preparation for the start of recruitment. The team will continue to go in to CMHT's across all 3 sites (East London, Bedford and Avon & Wiltshire) to increase awareness of the trial within services.

Trial Management Group (TMG)

The ERA TMG had its second meeting on Monday 19th November. They met to discuss the next steps for the trial team in terms of preparing services, finalising the therapy manual and specifying randomisation procedures. The next meeting will take place in January with further dates for February and March in discussion.

Trial Steering Committee (TSC) and Data Monitoring Committee (DMEC)

Members of the TSC and DMC have been confirmed; they will have an initial meeting to become familiar with the project and to agree on a charter. The first DMEC meeting will take place in December and the first TSC meeting in January.

Lived Experience Advisory Panel (LEAP)

Six members have been recruited to the ERA LEAP. They will meet 3-4 times per year to give feedback on the project - their first meeting will take place in this month.

Presentations

Staff at Avon & Wiltshire NHS Trust were given an introduction to ERA by Dr Catherine Carr at their trust R&D day. The project was also presented as part of the Psych-Arts Conference hosted by East London NHS Foundation Trust.



Study set-up	Recruitment for internal pilot	First round of therapy groups	Assess stop/go criteria	Recruitment for main trial	Second round of therapy groups	Analysis	Dissemination and write-up
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If there are any items you would like to see included in the newsletter please contact Helena Tee at h.tee@nhs.net