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Recruitment rates
 147 of 180 participants have been recruited for the ERA pilot study so please keep your referrals coming as we begin to recruit for the main trial.



The first London therapy groups are underway!

The London site recruited the required 60 participants for the pilot study back in September and the therapy groups are now well underway in Tower Hamlets and Whitechapel. Participants were randomised to their chosen arts therapy (art, music or dance movement) or a talking therapy group. Our art therapist Jenna said *“At this half way point, service users are working very hard to make positive and meaningful changes in their lives. This is evident through their growing confidence and faith in the art making process and their commitment to the groups.”*



The ERA London Arts therapists

Thank you to the community mental health teams and health care professionals

A massive thank you from all of the ERA team to everyone who has helped us with recruitment. Our researchers have been working with healthcare professionals in various CMHTs across all three sites and are grateful for all of their time and support with the project. Our ERA researchers are regularly available at clinics to talk to potential participants so please keep those referrals coming.

Goodbye and hello to ERA team members

We said good bye to our trial manager Helena Tee in November and thank her for all of the fantastic work she contributed to the project. We wish her the best of luck for her new role. We welcomed Leoni Koutsou our new trial manager and Emma Medicott our new research assistant who are excited to join the team.



Leoni and Emma

ERA project timeline

