



February 2020

Recruitment figures

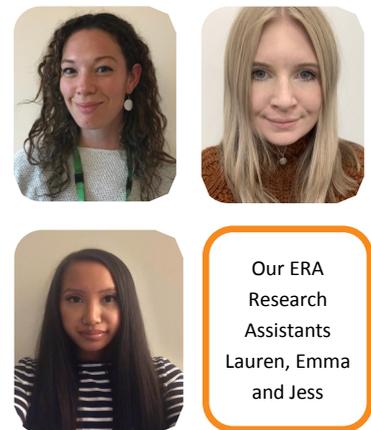
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Bath and Bedford will soon be beginning the first round of groups!

We have randomised our Bath participants into their choice of arts therapy or a talking therapy group and their 5 months of group therapy will commence in March. In Bedford, we are fast approaching the point of randomisation and their groups will be starting soon. The ERA team is incredibly grateful to all of our participants for working with us to complete their baseline questionnaires prior to randomisation and to the clinicians and teams who have supported us with this.

Recruitment

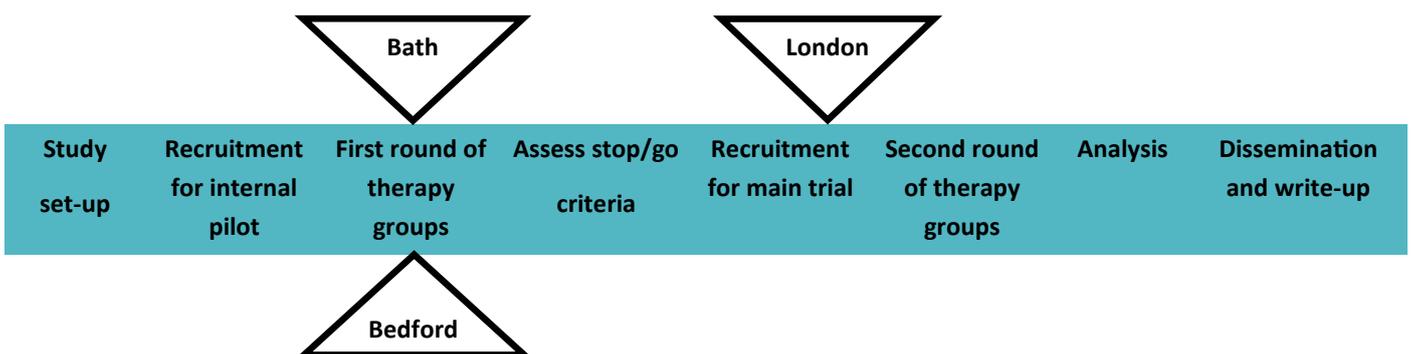
Recruitment for the ERA trial is continuing in Bedford and London. Every referral counts! So please keep them coming. Our ERA Research Assistants Jess, Emma and Lauren will be present in the CMHT clinics across East London and Bedford and are always happy to talk to patients and practitioners about ERA. If you would like us to come to your team meeting for an update, please contact Leoni Koutsou at Leoni.Koutsou@nhs.net.



Engaging with the arts makes you live longer!

A study recently published has found that engaging with the arts may have a protective association with life longevity. Fancourt and Steptoe (2019) followed a cohort of 6710 adults for 15 years and found that those who engaged in the arts even on an infrequent basis (once or twice a year) had a 14% lower risk of dying compared to those who never engaged. Those who engaged with receptive arts activities on a more frequent basis (every few months or more) had a 31% lower risk of dying. A very good excuse to get yourselves to art galleries, exhibitions and the theatre very soon!

ERA project timeline



Please circulate this newsletter with your team or anyone else who may be interested in hearing about ERA. If there is anything you would like to see included in the newsletter please contact Emma at emma.medlicott1@nhs.net