March 2020

Bedford recruit 60 participants!

Our Bedford site has recruited 60 participants and we have randomised participants into their chosen arts therapy or talking therapy group. We wanted to say a massive thank you to all of the clinicians in Bedford who have supported us in getting to this stage. Also, a big thank you to our Bedford team who have worked incredibly hard during the recruitment stage.
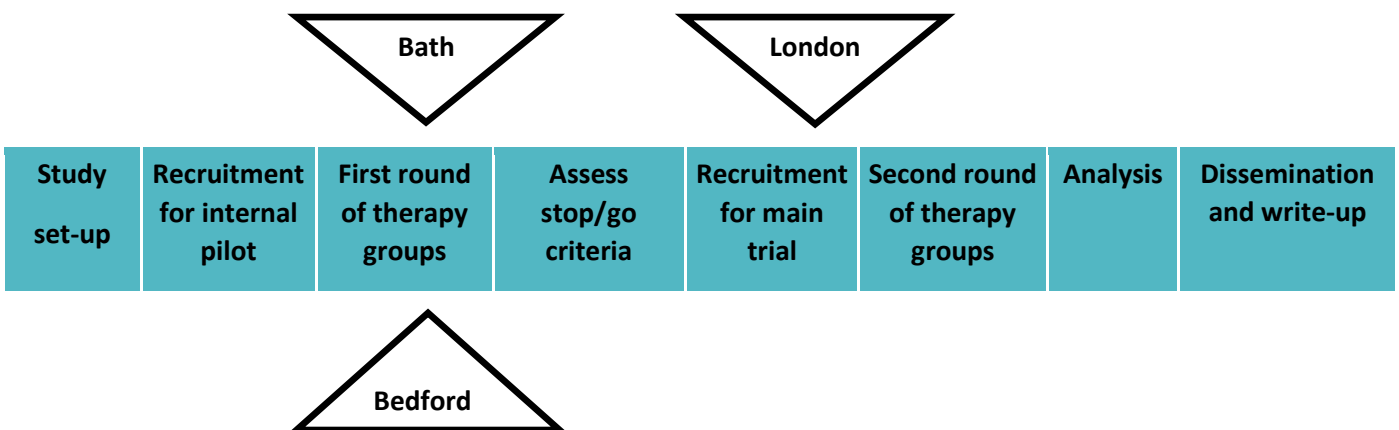
London follow ups

The first round of therapy groups have come to an end in London and we are half way through carrying out the follow up assessments and interviews with our participants. This has been a great experience for our researchers and we want to thank our participants for taking part. Similarly, we cannot forget to say thank you to our ERA therapists for supporting our participants and researchers with this process.

ERA update in light of the COVID-19 outbreak

Along with other studies, our study team has been asked by the study sponsor to put research activities on hold. This includes pausing new recruitment and cancelling face to face appointments. In response, we have adjusted our procedure to ensure the completion of our follow ups and are carrying out appointments over the phone. We want to ensure the safety of all our participants and our research team by following public health advice and that from the study's sponsor.

During this time, our priority has been to communicate the delay to start of the therapy groups in Bedford and London to our participants and their clinicians. If your team or any of your service users has any concerns or questions you can get in touch with the Chief Investigator, Dr Catherine Carr: Catherine.carr6@nhs.net or the Trial Manager, Leoni Koutsou at leoni.koutsou@nhs.net.

ERA project timeline

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

Bath — First round of therapy groups

London — Recruitment for main trial

Bedford — First round of therapy groups

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