



Total recruitment:
168 Participants

ERA study update

As the lockdown restrictions continue to be eased, we are beginning to contact our enrolled participants to update them about the next steps of the project. We are following the governments roadmap closely and working with our services to ensure we resume activities safely. For any queries or questions in the meantime, please do not hesitate to get in contact with the study team.

London follow up totals

Last month we completed our 1 year follow-ups with participants who attended the first therapy groups in London. We reached our goal of completing questionnaires with 48 participants. This is a massive achievement and means we have maintained the same number of participants as we had at the previous two time points.


The British Association of Music Therapy Conference 2021

Members of the Arts Therapies team in Bedfordshire and Luton (Polly Bowler, Katherine Rothman & Andy Critchley) and Nicki Power, Doctoral Researcher, delivered a roundtable discussion at the British Association of Music Therapy Conference 2021 (9th-11th April). This conference was entirely online, so the presenting team of art, dance-movement, drama and music therapists joined from across three counties to share their work with the virtual audience!

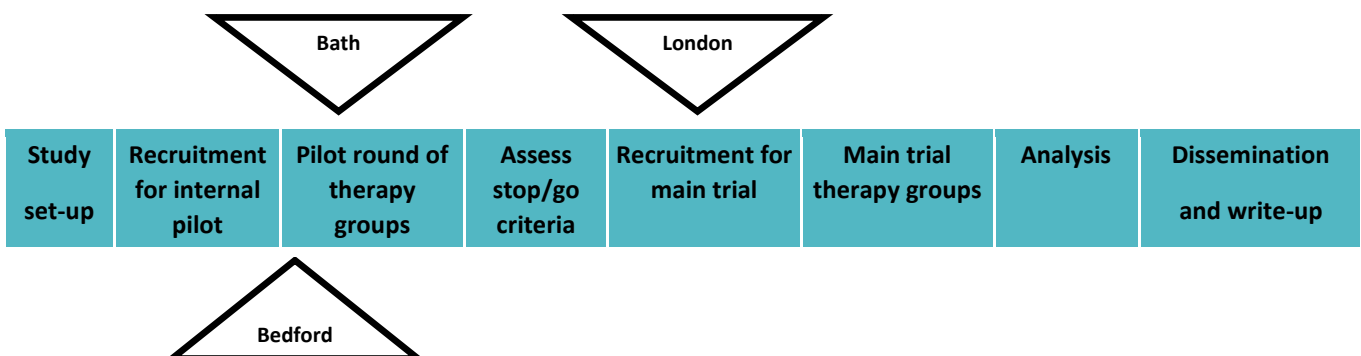
The session focused on a novel four-session arts therapy assessment delivered in adult learning disability services across Bedfordshire. The team talked about the varied referral needs of this diverse population group, the importance of empowerment through a recovery-focussed approach in arts therapy, moving the groups online during the pandemic and finally, the barriers and facilitators from a clinician’s perspective. The value of working across the arts modalities, using the full range of creative tools to meet individual client needs in a group context, was expressed throughout the presentation. There was a rich discussion with the online attendees which included considerations around the flexibility of this intervention to support people with different levels of diagnosed learning disability and the importance of informed consent when accessing a non-verbal psychological therapy.

Contact us
If you have any concerns or queries regarding the trial, please do not hesitate to get in touch with ERA Chief Investigator, Dr Catherine Carr catherine.carr6@nhs.net or ERA Trial Manager, Leoni Koutsou leoni.koutsou@nhs.net

Follow the ERA team on Twitter [@study_era](https://twitter.com/study_era) for regular updates or see elft.nhs.uk/era for more details about the study.



ERA project timeline



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