



August 2020

Total recruitment:
174 participants

ERA participant survey

Whilst the trial is on hold our ERA researchers (right) have been in touch with some of our participants in London and Bedford over the phone to get their feedback and thoughts about how we can best support them once the trial and therapy groups are able to restart. The response from participants has provided us with invaluable information about how we can restart as soon as it is appropriate to do so and we will be working with clinical services to see how we can safely make this happen. The results of the survey have been shared with some of our local services and we will be looking to share them with the wider participating NHS Trusts soon.



From top left to bottom right: Leoni (Trial Manager), Lauren (Research Assistant), Jess (Research assistant) and Emma (Research assistant).

Being a Dance Movement Therapist in the ERA trial

This month we also spoke to Fabienne Bowden, one of our Dance Movement Therapists who shared with us what it is like to be a therapist in the ERA trial:

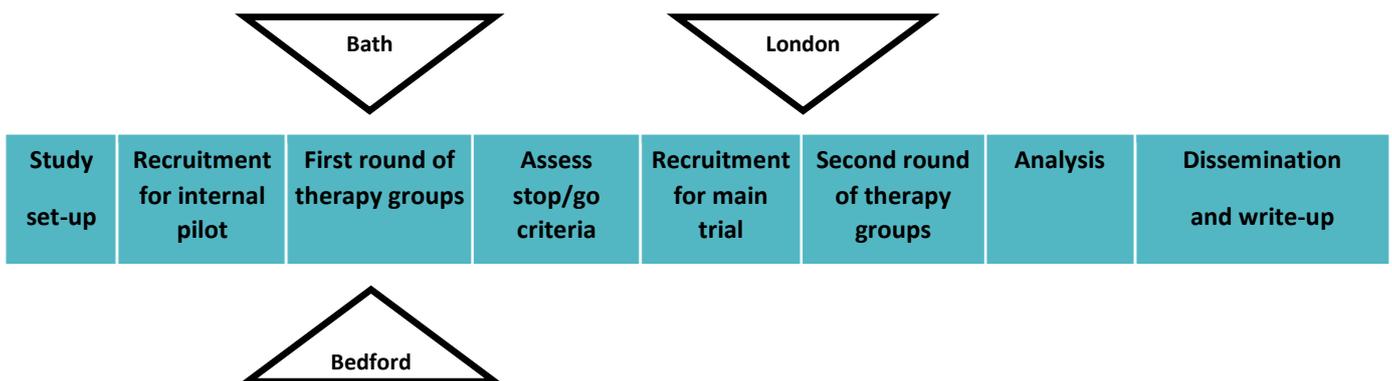
"I was pleased to be part of the ERA trial as a dance movement psychotherapist. It was an interesting experience and good learning, you can never learn too much! The trial gave me a chance to see that twice weekly therapies can be beneficial for some individuals, and once trust is built in the group the creativity can flow. Sometimes the creative element supports and builds trust. I enjoyed running the groups and being part of the trial and it was lovely to see the progression of the group over 20 weeks."

Have you seen our twitter page yet?

Our twitter page [@study_era](https://twitter.com/study_era) has regular updates and a range of resources and activities which can be accessed from home. Most recently, we tried the idea of a 'Gratitude list', which is used in counselling. Research has found it can support wellbeing, improve sleep and increase happiness. Try it out and start by keeping it simple, listing 5 things that you are grateful for from day to day. Take a look and follow us to stay up to date!

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

ERA project timeline



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.medlicott1@nhs.net.