



February 2021

Total recruitment:

168 Participants

ERA study update

The ERA study is on pause due to the ongoing pandemic. As we approach spring and with a path out of lockdown in sight, we are continuing to work closely with our team and services in Bath, Bedford and London and are keeping our participants updated.

Service user voice: What do we want? Choice!

We all know choice is important in life and it is the same in therapy! Choices help us find out more about who we are and what we want. Having an active part in deciding what treatment is right for us helps us make best use of it. These are some of the themes in Emma Millard's paper in *The Arts In Psychotherapy* journal, which explores service users views on decision aids for choosing an arts therapy. Find out more from Emma's short and thoughtful presentation [here](#).

Art at home

We have discovered some new ways to get your art fix from the comfort of your own home during lockdown. Check out:

- The Royal Academy of arts viewing rooms [here](#).
- A virtual tour of an exhibition by Tracey Emin/Edvard Munch: The Loneliness of the Soul [here](#).
- Get creative with a watercolour masterclasses at home via BBC iPlayer [here](#).

Contact us

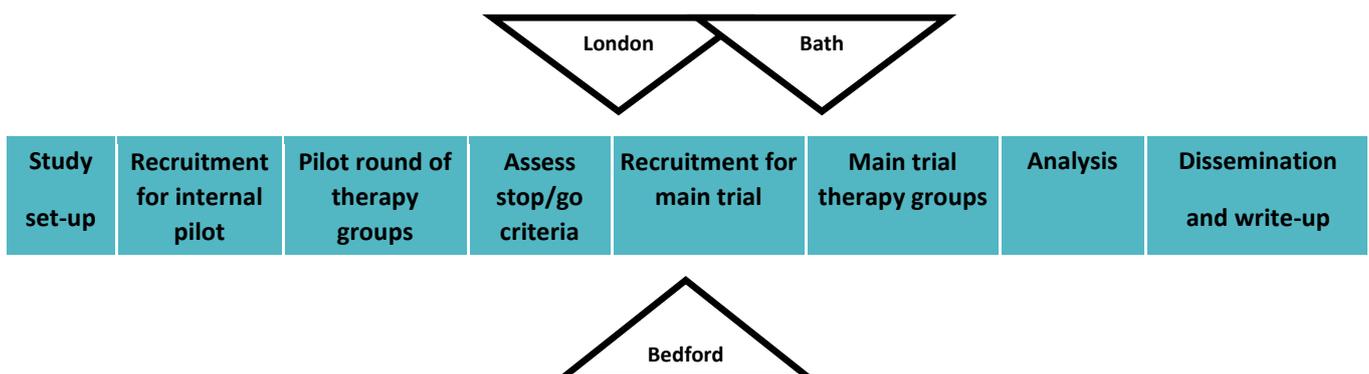
If you have any concerns or queries regarding the trial, please do not hesitate to get in touch with ERA Chief Investigator, Dr Catherine Carr catherine.carr6@nhs.net or ERA Trial Manager, Leoni Koutsou leoni.koutsou@nhs.net

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



☀️ **A warm and hopeful Spring from ERA** ☀️

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.