



June 2021



Total recruitment:  
168 Participants

**The first round of Bedford therapy groups are underway!**

The ERA team would like to thank all of our participants for working with us to re-complete their baseline questionnaires. We have now randomised our Bedford participants to arts therapies (a choice of dance movement, music or art) or a talking therapy group, and the first round of therapy groups have commenced. In London, the second round of art and talking therapy groups will also be starting soon once randomised.

We are very close to re-opening to recruitment in ELFT! Keep an eye on twitter or watch this space for further news soon...

**I know what I like, and I like what I know**


PhD student Emma Millard and ERA researcher Jess Cardona recently published a study to understand more about patient preferences and expectations when choosing an arts therapies group. Our London ERA participant interviews were analysed and three overarching themes were found relating to the experience of choosing an arts therapies group and subsequently attending it: past experiences of the art forms, social interactions in the groups, and expectations of helpfulness. The findings suggest that clinicians should help to guide discussions around past experiences of the art forms, group dynamics and therapy aims, as part of the shared decision-making process. See the full paper [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](mailto:catherine.carr6@nhs.net) or ERA Trial Manager, Leoni Koutsou [leoni.koutsou@nhs.net](mailto:leoni.koutsou@nhs.net)

**Co-facilitators for the London groups**

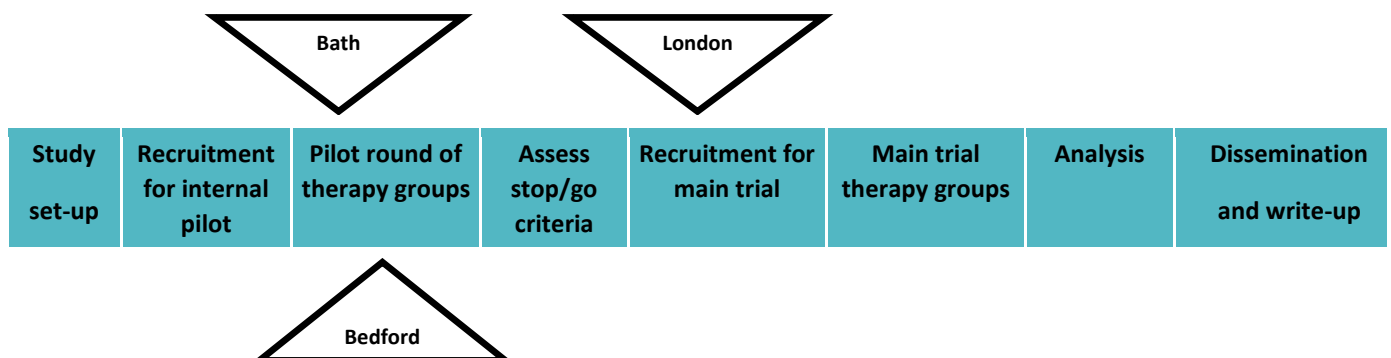
ERA recently advertised for staff interested in joining the project as co-facilitators for the counselling groups. We were thrilled by the enthusiastic response we received and the breadth and depth of experience of our applicants. A huge thank you to those who expressed their interest in the ERA study and for the work you are doing for service users in Newham.

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



From a strong field, we have identified two members of staff for the next round of groups. We are working on organising a training session for next month, so watch this space for more information on our new ERA staff!

**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](mailto:emma.medlicott1@nhs.net).