



March 2021

Total recruitment:
168 Participants

1 year follow ups in London completed!

This month ERA reached a milestone as we marked 1 year since our first therapy groups finished in London. Throughout March our research assistants Lauren and Emma have been working with the participants who took part in the first round of groups to complete their final follow up assessments. We want to say a massive thank you to our participants for their huge contribution to the project, and to our research assistants for the care and attention they have given to ensure our participants have felt heard, understood and supported throughout the study. The team has been thrilled to hear positive feedback from participants, with many expressing their appreciation for the opportunity to be able to reflect on their experiences with our researchers, and to contribute to the body of learning and understanding about therapies for mental health. therapies

Welcome to our ERA Clinical Lead

As we continue to make plans for the restart of the study, the ERA team has welcomed a new role to the team. Our Clinical Lead Jennifer is a music therapist with more than 20 years experience as a clinician, manager, supervisor and educator in arts therapies. She has worked for East London NHS Foundation Trust for 6 years including as Professional Lead for Arts Therapies and PI for the pilot phase of the ERA trial. Jennifer also holds a post with the regulatory body for arts therapists (HCPC) where she is involved with assessing and approving training courses for arts therapists. She is delighted to be joining the ERA team and looking forward to the next phase of work on this exciting project. Jennifer can be contacted on Jennifer.french1@nhs.net or 07943 081620. Welcome back Jennifer!



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

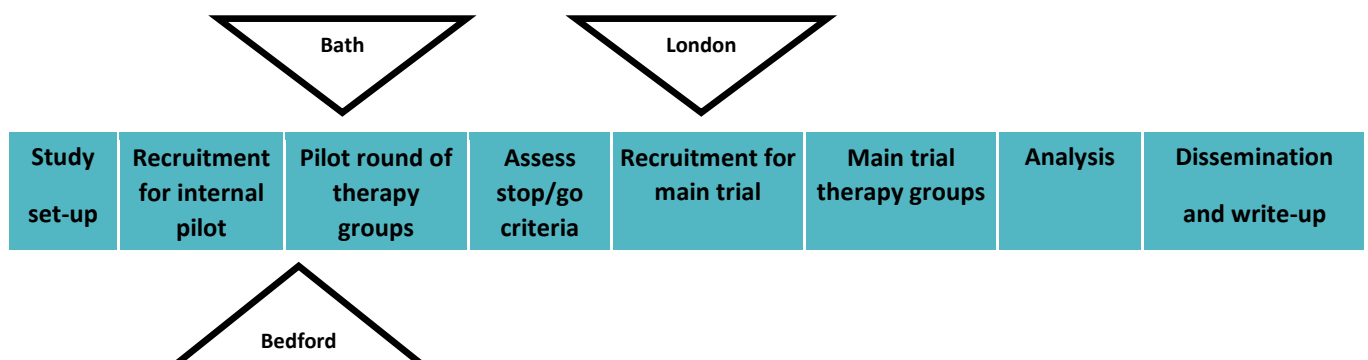
ERA study update

The ERA study has been on pause since the onset of the pandemic last March. We are following the governments roadmap closely and working with our services to make plans for our restart. We will continue to keep our participants updated and will have an update for them soon. We are incredibly grateful for their patience and understanding throughout this period.

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.