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# May 2020

Total recruitment:  
**176 participants**

## ERA study update

ERA groups and study recruitment are still on hold for the time being, due to the Coronavirus pandemic. We are keeping in touch with our participants regularly to keep them updated about their participation and the trial being on pause. If your team or any of your service users have any concerns or questions please do not hesitate to get in touch with ERA Chief Investigator, Dr Catherine Carr at [catherine.carr6@nhs.net](mailto:catherine.carr6@nhs.net) or ERA Trial Manager, Leoni at [leoni.koutsou@nhs.net](mailto:leoni.koutsou@nhs.net).

## ERA participant and therapist interviews

Our researchers have been conducting interviews remotely with our London participants and therapists (via phone or video call) to find out a bit more about their experience of the ERA therapy groups. This process is off to a smooth start and as we adapt our interview methods, we want to thank all of our participants and therapists for taking part, and for being both flexible and understanding.

**While the study is on hold, here are some wider creative initiatives that might be of interest!**

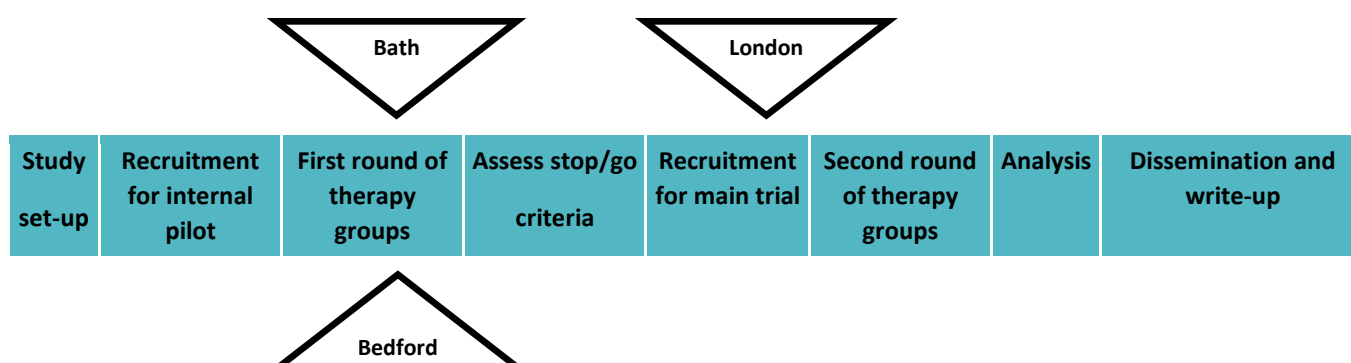
## Creativity and Wellbeing week

From Monday 18<sup>th</sup> to Friday 24<sup>th</sup> May, The Culture, Health and Wellbeing Alliance are hosting Creativity and Wellbeing week. They will be hosting a variety of online events and workshops throughout the week for all ages. The annual festival aims to bring together culture, creativity, health and wellbeing and celebrates creative work, organisations and networks from all over the country. Have a look at some of the highlights of what they have planned for the week ahead [here](#).

## Want to be a part of a creative community project?

The Stitches in Time charity based in Tower Hamlets began in 1993 as an experiment to see if sewing could start conversations between strangers. They now engage with over 2,000 people a year by offering a safe and supportive space to develop and share creative skill. They are inviting people to join them in making the 'BY YOU' tapestry, and stitch the story of your daily life during the Coronavirus pandemic. Each individual embroidery will be joined into a giant, historic textile, made by all ages across the country. Check out their website [here](#).

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