



May 2021



**Total recruitment:
168 Participants**

Study Update

As May saw a further easing of lockdown restrictions, the ERA researchers have been busy contacting all enrolled participants to inform them of their next steps in the trial. Meanwhile, therapy group preparations have been taking shape across Bath, Bedford and London, including the first arts therapist training day! Currently we are awaiting the go ahead to randomise our Bedford dance movement, music and first talking therapy groups, and we are on track to have these underway in early June.

Bedford Arts Therapist Training Day!

On a blustery day in May the ERA arts therapies team in Bedford and Luton met for the first time at the Bunyan Museum, where the groups will be held. This amazing community venue has some lovely, large and well ventilated rooms, a beautiful garden, a fascinating museum and - hopefully soon to re-open - a café space.



The ERA arts therapies team in Bedford and Luton

Clinical Lead, Jennifer French said: *"We are delighted to be partnering with the Bunyan Museum and really looking forward to starting work there. The team enjoyed an afternoon of connecting together to think about the ERA intervention and try out some role play. We are particularly delighted to be welcoming drama therapists to the ERA co-working teams, and the additional richness co-working can bring to the groups. Mindful of the specific needs of the local area in the context of the pandemic, we have risk assessment and management processes in place that are responsive to the changing situation with the safety and wellbeing of our participants being a top priority".*

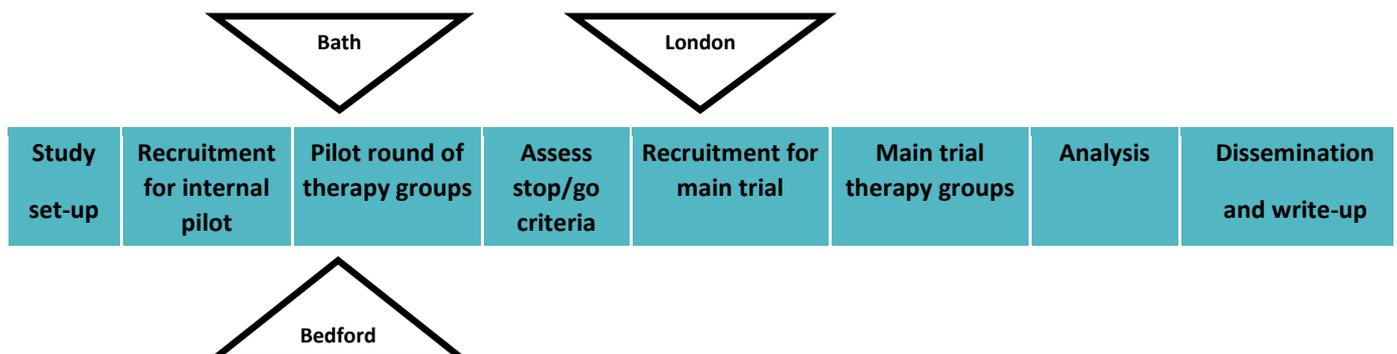
Contact us

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](https://twitter.com/study_era) for regular updates or see elft.nhs.uk/era for more details about the study.



ERA project timeline



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