



**November 2020**

**Total recruitment:**  
**171 Participants**

**A Survey of Preferences for the Arts Therapies**

PhD student Emma Millard, has been doing research related to aspects of the ERA trial. Most recently, a Survey of Preferences for the Arts Therapies, which ended on the 30th October. 13 NHS sites participated and collected responses from a total of 1,541 participants including mental health service users and the general population, making it the largest arts therapies survey ever conducted in the UK. The results will tell us how many people are interested in taking part in group arts therapies, whether they have previously experienced arts therapies, which modality would be their preference and why – so watch this space!

**Creative Isolation – Home-based activities**

We recently stumbled across The March Network, a mental health organisation focused on the power of bringing people together with social, cultural and community assets (including art, community and social spaces). They focus on using these assets to enhance public mental health and wellbeing, prevent mental illness, and support those living with mental health conditions. In recognition of more people socially and physically distancing themselves they have created a space to share creative home-based ways to support mental health. Have a look at their page for remote events, pre-recorded live music, plays and creative activities [here](#).

**ERA update and study pause**

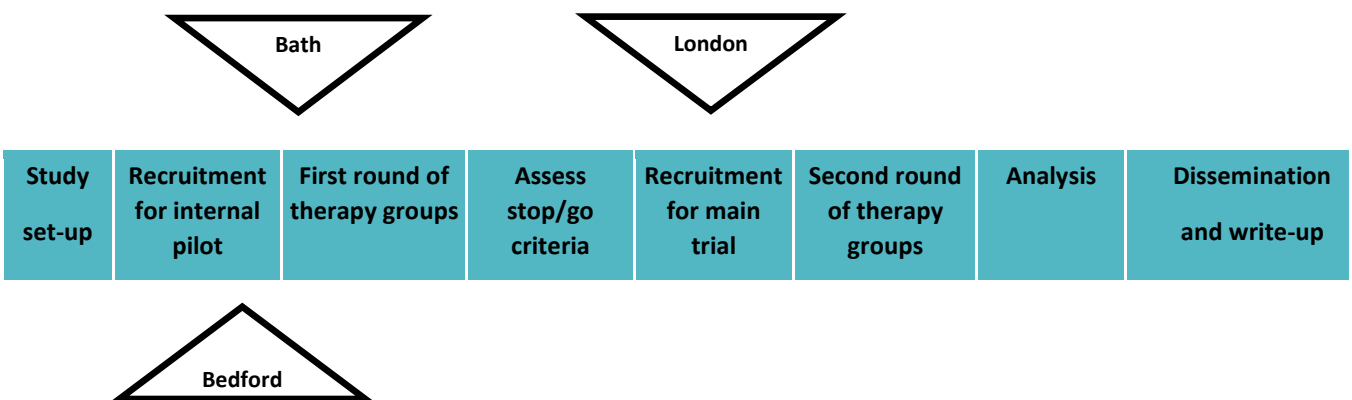
Whilst the study is on hold, we are continuing to work closely with the wider study team and local NHS teams across our study sites to plan for a safe restart, as soon as it is appropriate to do so. We are keeping our participants regularly updated but for any queries or concerns, please do not hesitate to contact the research team.

**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)

Follow the ERA team on Twitter [@study\\_era](https://twitter.com/study_era) for regular updates and have a look at our website [elft.nhs.uk/era](http://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](mailto:emma.medlicott1@nhs.net).