



October 2020

Total recruitment:

169 Participants

ERA 6 month follow ups completed!

We recently finished our 6-month follow up questionnaires for those who were in the first round of groups in London, and reached the same number of participants as we did at the post-intervention follow up! A huge and sincere thank you to our participants and our clinical services for their support.

World Mental Health day - October 10th 2020

The World Health Organisation (WHO) recognises World Mental Health Day on the 10th October every year and this year has particular pertinence in the setting of the ongoing pandemic. For the first time ever, WHO will be hosting a global online advocacy event on mental health. World leaders, mental health experts and celebrity guests will join to tell the world what we can all do to improve our mental health and how WHO, together with their partners, are helping improve the mental health of people in countries throughout the world. There will also be a selection of internationally renowned artists performing some of their most popular music. Tune in from 3pm Saturday via the World Health Organisation's YouTube channel, [here](#).

The role of arts in improving health and wellbeing

The Department for Digital, Culture, Media & Sport (DCMS) recently published a summary of the evidence collected investigating the role of the arts in improving health and wellbeing. The report explores how engaging with the arts may affect social outcomes and prevent both mental and physical illness, with strong evidence that arts can support wellbeing in adults. For a more detailed summary of the findings, check out the full report [here](#).

ERA 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. For any queries, please do not hesitate to contact the research team.

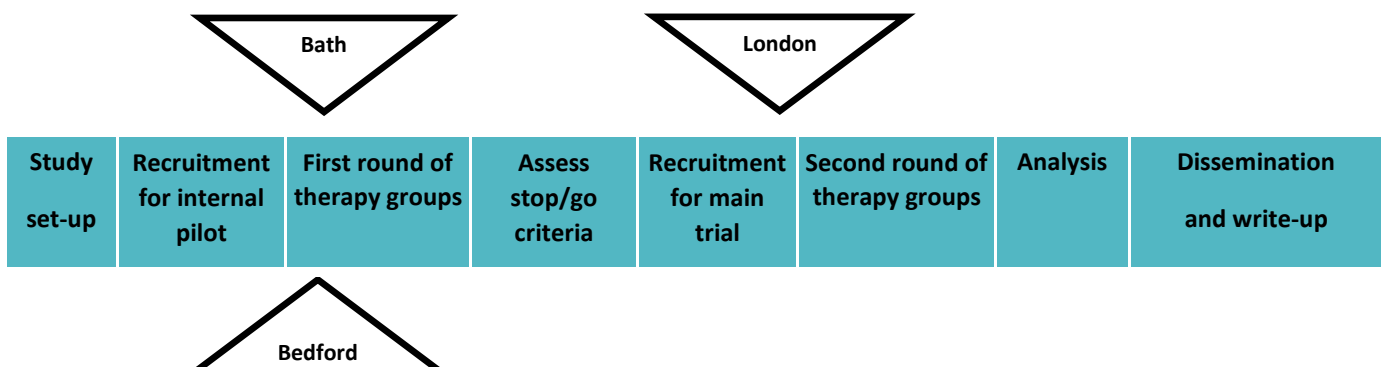
Contact us

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 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 and have a look at our website 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 any items you would like to see included in the newsletter, please contact emma.medlicott1@nhs.net.