



September 2020



Total recruitment:

171 Participants

Study update

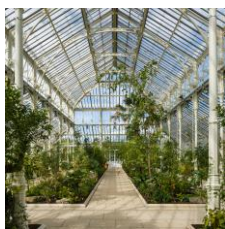
The ERA trial remains on hold for the time being. We are working closely with the wider study team and local NHS teams across our study sites to plan for a safe restart as soon as it is appropriate to do so. For any queries or concerns, please do not hesitate to contact the research team.

ERA 6 month follow ups

It has been 6 months since the first ERA groups ended in London and our Research Assistants Lauren and Emma have been working with our participants to complete their questionnaires remotely (via zoom or phone call). As many services have switched to remote contact during the pandemic, we have adapted some of our questionnaires so we can capture what our participants might be engaging in remotely. Most importantly, we want to thank our participants for taking the time to complete their questionnaires and adapting with us during this time.

Socially distanced team away day

The ERA team were very lucky to have our first socially distanced in-person meeting recently at Kew gardens at the end of August. We started the day with a mindful walk and went on to discuss plans for the next steps of the trial.



Royal Botanical Gardens, Kew, Richmond

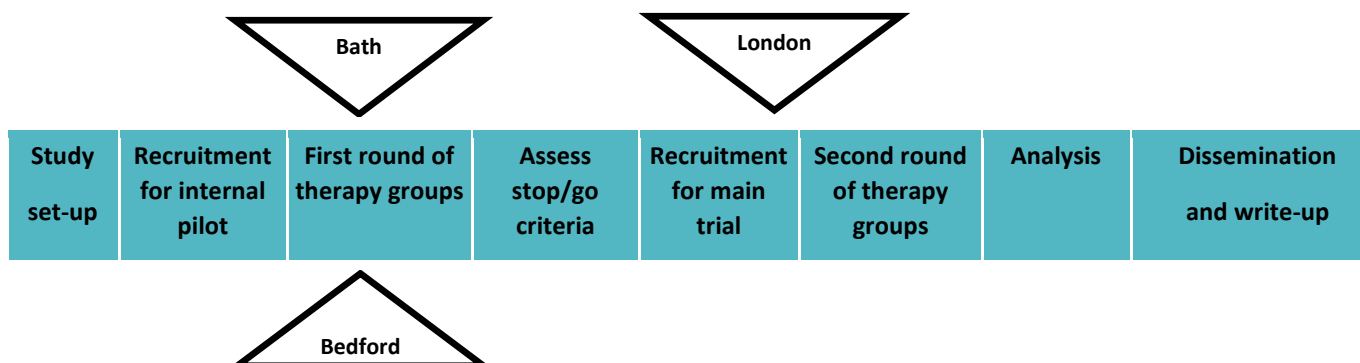
Contact us

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.medicott1@nhs.net.