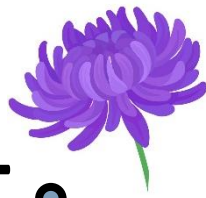




September 2021



Total recruitment:
173 Participants

Recruitment update

Recruitment is still going really well - in total 30 patients have signed up to take part in the trial since we reopened to recruitment. Our Bedford and East London sites part of the East London Foundation Trust (ELFT) opened to recruitment towards the end of July, with our new site in Central and North West London Foundation Trust (CNWL) opening to recruitment in August. We have 18 participants recruited in Bedford and 11 in East London, with 1 recruited in our new site CNWL. A huge thank you to everyone who has been supporting us with this. Art therapy is still proving to be the most popular modality, with over 20 patients choosing it as their preference.

LEAP update

The ERA Lived Experience Advisory Panel (LEAP) have been meeting regularly to make suggestions about the trial. We are very grateful for all of their input and dedication to the study. They have also been involved in interviews for new members of the team. We are currently advertising for a new LEAP member from CNWL so watch this space!

ERA process measures

Part of the ERA project includes a nested process evaluation, with the aim to better understand the processes of group arts therapy in comparison to group counselling in practice. Our participants in Bath, East London and Bedford have been completing short questionnaires at different time points of the groups to report on their depression symptoms, group experiences and appraisal of the session. A huge thank you to our participants for their time and commitment to supporting the research project and to the therapists for supporting participants and researchers with this part of the project.

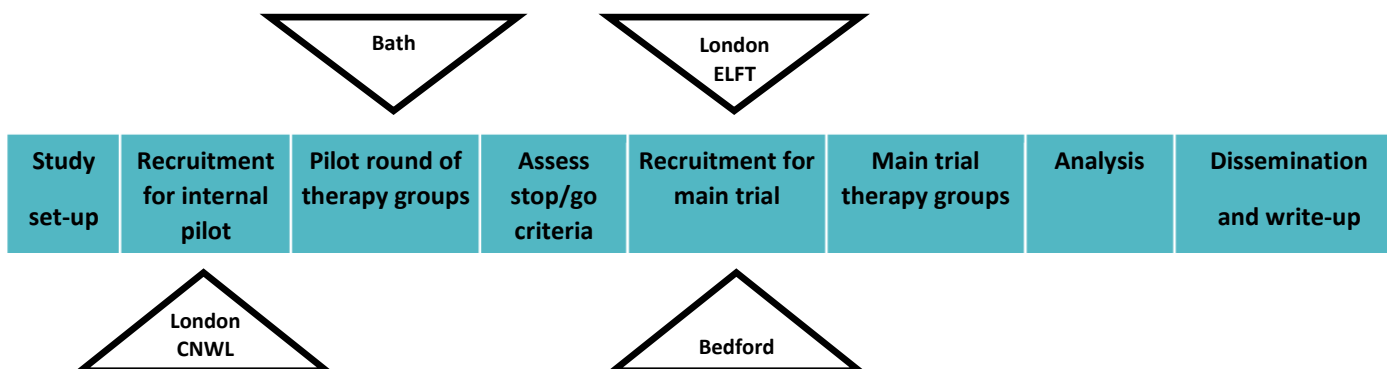
Follow the ERA team on Twitter [@study_era](https://twitter.com/study_era) for regular updates or see elft.nhs.uk/era for more details about the study.



Contact us

If you have any concerns or queries regarding the trial, please do not hesitate to get in touch with ERA Chief Investigator,
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catherine.carr6@nhs.net or
ERA Trial Manager,
Emma Medicott
emma.medlicott1@nhs.net

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.