



December 2020

Total recruitment:
169 Participants

ERA December update

For the moment, the ERA trial is still currently on hold. This means some of our research activities are still on pause, including recruiting participants to the trial and beginning the therapy groups. We are planning for the trial to restart as soon as it is appropriate to do so and are keeping our participants regularly updated. We are incredibly grateful for all of our participant’s patience and understanding.

ERA features in TRUSTtalk magazine

We are very pleased to appear in the autumn edition of the East London NHS Foundation Trust’s online magazine TRUSTtalk. TRUSTtalk provides a snapshot of news, innovations and developments taking place across the Trust in London, Luton and Bedfordshire. See page 8 for ERA’s feature where TRUSTtalk discuss the why and how of the ERA trial [here](#).

Mindfulness challenge: Christmas quiet

During the festive period, why not try the ‘Christmas Quiet’ challenge from the mindfulness association. They have several ideas and tips on how to bring mindfulness into your day. The small tasks call on an intention to choose a moment or two, or maybe a 20-minute period, to retreat or step back from the activity that is happening all around. For more information check out their website [here](#).

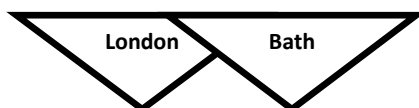
The ERA team sends warm wishes to all for the festive period and a big thank you to our participants, clinicians, wider research team and supporting organisations, for all of their help and support this year.

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

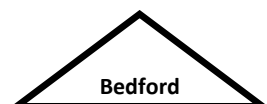
Follow the ERA team on Twitter [@study_era](#) for regular updates and have a look at our website elft.nhs.uk/era for more details about the study.



ERA project timeline



Study set-up	Recruitment for internal pilot	Pilot round of therapy groups	Assess stop/go criteria	Recruitment for main trial	Main trial therapy groups	Analysis	Dissemination and write-up
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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.