

# THE READY TRIAL NEWSLETTER



Claire (Trial Manager) and Megan (Research Assistant) to the Hertfordshire team!

A message from the Chief Investigators

WATCH THIS SPACE!  
READY TRIAL LOGO PENDING....

Welcome to our first issue! We are very excited to launch this newsletter which will give news and updates about the READY Trial. You will have noticed the media interest as we embark on this trial which we hope will encourage young people to participate.

Please share this newsletter and we always welcome feedback!

Thank you

Daksha and David

- Establishing Study Oversight Committees
- Establishing the Young Person Advisory Group (YPAG)
- Being Featured in the National News



Read all about it!

ITV News:

<https://tinyurl.com/sl8fgsq>

Eastern Daily Press:

<https://tinyurl.com/v5zsyah>

UEA:

<https://tinyurl.com/qu3ytxl>

UH:

<https://tinyurl.com/yx3nbs48>

UoB:

<https://tinyurl.com/vwrgupt>

KL.FM 96.7:

<https://tinyurl.com/vep45yu>

Welwyn Hatfield Times:

<https://tinyurl.com/unekacy>



## Dates

12<sup>th</sup> February 2020

Research Ethics Committee

3<sup>rd</sup> March 2020

Co-Applicants Meeting

The first **READY Young People's Advisory Group (YPAG)** was held in November '19. Ten young people attended with their youth workers from Norfolk, Bedfordshire and Hertfordshire. There was lots of discussion, writing on tablecloths and getting to know each other. The young people reviewed some research ethics documents and gave us some great ideas for activities for the social group of the intervention.

**Next meeting is in March '20**



## To Do

- Prepare promotional material for recruitment
- Set up social media
- Identify Registered Exercise Professionals and Mental Health Support Workers
- Training
- Site specific plans
- Test study database
- Obtain HRA approval (including ethics)
- Safety protocol from each site

## The Intervention



### High Intensity Physical Exercise

- Basketball
- Football
- Circuit training to music
- Boxing drills



### Low Intensity Physical Exercise

- Walking football
- Walking netball



### The Social Control

- Board games
- Group discussions
- Chosen by the young people



## Contacts

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