

THE R.E.A.D.Y.

Activity Depression

TRIAL NEWSLETTER

✉ readytrial@herts.ac.uk

A message from the Chief Investigators



Follow us on Twitter!

[@READYTrial](https://twitter.com/READYTrial)

- The reveal of the READY Logo and our “new look” newsletter!



- Received approval from the Health Research Authority!!
- Vice Chancellor awards finalists!

After pausing during Covid-19, meetings have continued online, and we are now looking forward to progressing our activities. Addressing the mental health of young people is even more paramount and easing the lockdown means we can:

- Get young people into the exercise sessions for the autumn term
- Resume work with Active Sports Partnerships to plan the delivery of socially distanced exercise
- Provide online training to exercise professionals
- Provide online site training to mental health service providers before recruitment of young people begins
- Working with our partners to understand referral patterns
- Continue to engage with our young people’s advisory group for their input into their preferences for receiving the interventions during this time.

A big thank you to everyone! We will continue to stay in touch.

Hi from the Young Persons’ Advisory Group!

We held our second YPAG meeting by zoom on 6 July, with 13 young people and five youth workers joining the meeting. YPAG members shared their views on how best to re-start the READY feasibility study in September, which we are now incorporating into our ‘re-start’ plans. We also discussed the design of the YPAG page on the new READY website, and ideas for a YPAG logo.

The READY Trial team were nominated for “research success of the year” in the Vice Chancellor Awards at the University of Hertfordshire. Although the award went to a much-deserved winner, it was an honour to be recognised!

#UHVCA2020

Ethics

The Health Research Authority (HRA) granted us **approval on the 30th June!!!**

We are now **proceeding with study set-up** and are hoping to start recruiting in early Autumn.

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NIHR | National Institute for Health Research



Read all about it!

ITV News:

<https://tinyurl.com/sl8fqsq>

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>



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