



THE R.E.A.D.Y. Activity Depression TRIAL NEWSLETTER

Group sessions will start in the New Year!

- ★ Referrals are increasing at all sites
- ★ Protocol paper accepted for publication

⚠ The Universities of Hertfordshire and East Anglia will be closed 19th December – 3rd January for the Christmas period.

For any URGENT READY matters during this time, email readytrial@herts.ac.uk

A message from the Chief Investigators

thank you

A great big THANK YOU for all your support this year in successfully opening the trial under unprecedented circumstances. It has been a huge team effort and we are proud to be able to finally deliver this trial.



We have started to recruit!

Sites are screening to identify potentially eligible young people to take part in the study. Trained exercise professionals are ready to deliver online exercise sessions. To date we have identified a number of young people aged 13 – 17 and we are looking to recruit more!

🎄 Season's greetings and very good wishes for the New Year! 🎄

David and Daksha

RECRUITMENT

Referrals are steadily increasing at all sites – thank you referral services for your hard work! Several YP are at the consultation stage and we look forward to enrolling our first participants! Initial feedback highlighted the need for referral sources - opportunities are being explored locally and by the central trial team.

Young Person's Advisory Group

We had a great YPAG meeting on 1 December by zoom, attended by 12 young people and their youth workers. We say goodbye and a massive thank you to Amy Eymor (Healthwatch Central Bedfordshire) and Kelly Seaman (HPFT Youth Council) who have left their roles, keep in touch! We are excited to welcome new youth workers, Steve and Eleanor, in 2021.

We are engaging with community-based organisations such as the Stevenage Young People's Healthy Hub to extend our reach to Young People outside of Children and Adolescent Mental Health Services (CAMHS). We are excited to develop a working relationship with these organisations.

www.readytrial.co.uk
readytrial@herts.ac.uk
[@READYTrial](https://twitter.com/READYTrial)



Contacts

Dr Daksha Trivedi

01707 286389

d.trivedi@herts.ac.uk

Dr David Wellsted

01707 286291

d.m.wellsted@herts.ac.uk

Claire Rourke

01707 284139

c.rourke@herts.ac.uk

Megan Smith

01707 286381

m.smith25@herts.ac.uk