

Important Notices!

Withdrawals!

This is to inform sites that they are **not required to withdraw individuals** from the trial **if their medication changes** due to adverse effects, etc. Such individuals should be permitted to stay in the study and should only be withdrawn if they no longer want to consent, not for reasons of adherence. This is because we are an intention to treat study and having to change medication gives us valuable insight into how this population is regulating their own condition.

Trial Extension Update

Following meeting with the funder earlier this month, we have been given permission to **continue recruitment past the original deadline of 30 November 2024**.

We are still welcoming EOIs from new sites and continuing with the greenlight process for all sites that are between EOI and site opening.

Unfortunately, we do not have a fixed date from the funder at this time but hope to provide a further update by the end of this year.

NCTU Closure Days

The NCTU is closed for the Christmas break starting from **Friday 20 December 2024**, returning to normal business on **Thursday 02 January 2025**.

SAEs

Please continue to report SAEs in the usual manner, by e-mail to nctu-sae@nottingham.ac.uk

SAEs will continue to be monitored by the NCTU during the Christmas break. You will receive confirmation of receipt within 1 working day; if you do not receive this confirmation, please e-mail us again.

Contacting RELIEF

For any and all RELIEF queries, please ensure you are only contacting relief@nottingham.ac.uk or 0115 823 1610
This should be your first point of contact for anything trial-related.



The trial team would like to extend our sincere gratitude to all our sites and the national RRDNs for their outstanding efforts and ongoing participation in the RELIEF trial. We randomised **837** participants in **2024** owing to your hard work and efforts to promote recruitment.

We look forward to working with all of you next year. Thank you again, and have a happy holiday season!

Site and Recruitment Update



Sites open:
187

New sites this month:

Derby Road Health Centre, River Brook Medical Centre, Woodbridge Hill, Warmdene Surgery, Roborough Surgery, Charter Medical Centre, Abby Field Medical Centre, Moretonhampstead Health Centre, Trentside Medical Group, Haven Health, Pulborough Medical Group, Beccles Medical Centre, Clifton Medical Centre, Little Harwood Health Centre, Mathukia Surgery, Market Weighton Group Practice, Westbank Practice, Hedena Health, Derby Road Practice, Debenham Group Practice

