

This month has been so exciting and productive for ORIGIN! As the weather changes ORIGIN has continued to evolve. This edition will highlight how this project is growing and share an insight on what's happening within each work package, along with what's happening overall.



Recruitment Spotlight



Work Package One are still recruiting young people aged 16-24 to share their stories! Your experiences will help influence and create an online arts and culture platform to help with feelings of anxiety and depression. We especially want to hear from you if you are part of a marginalised ethnicity, are a young parent, have grown up in care or are a young offender.

[Click here to find out more and get involved.](#)

What's been going on?

Ideation Workshop 18.3.25 *Written by Fae*

On Tuesday 18th March, ORIGIN members met in Milton Keynes for the first time since the project began. We met for an Ideation workshop where we explored the progress of ORIGIN – from the pilot work of O-ACE, to how each of the active work packages are doing now. It was an incredible experience meeting everyone.



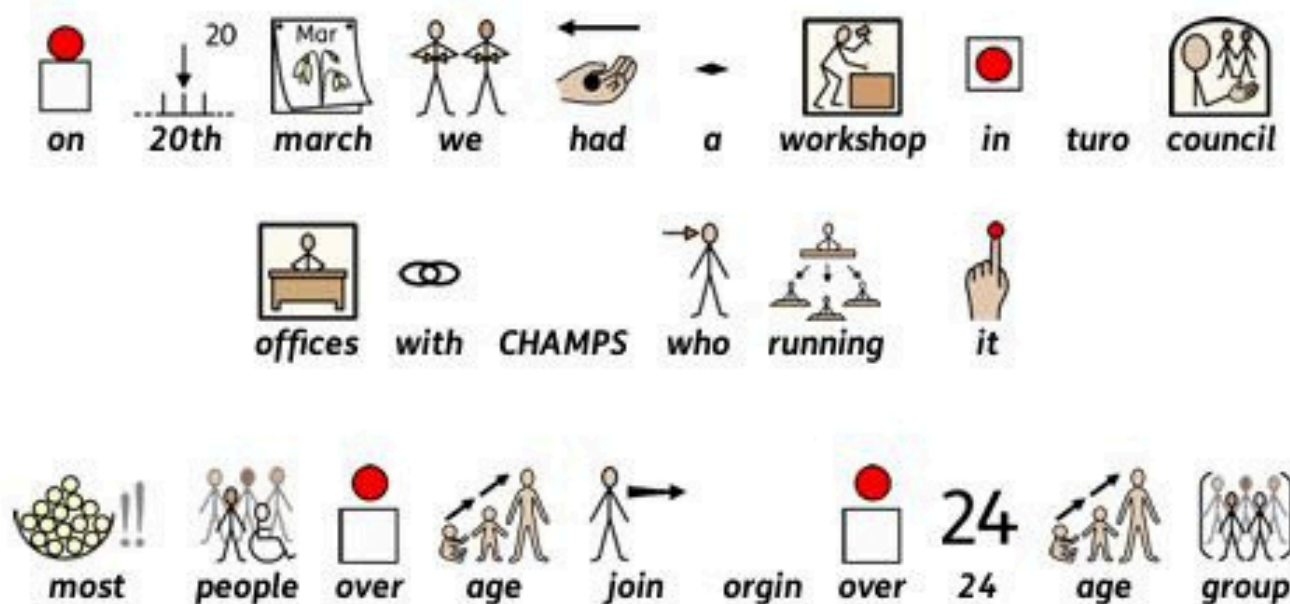
Click the red button to see more!



Throughout the day we had various presentations from research leads and members from each work package and discussed the conceptual framework of the project together.

We particularly focussed on storytelling and worked closely with the co-designers from work package 4 as they took us through feedback from the ORAG and how this has shaped their process for their story collection. We had the opportunity to work in groups to look through different stories such as those from the lives of Harriet Tubman and Henrietta Lacks who were both women who have changed the world in such different ways. We were also introduced to the co-design kits which also looked amazing!

On the 20th March, Roger, a researcher on WP2 (**adjustments for autistic young people**) and Grace, a peer researcher on WP2, presented the ORIGIN research at a workshop in Truro with CHAMPS (**Cornwall Health And Making Partnerships**) to recruit participants for WP2. Although there was lots of interest in ORIGIN, we are still looking for participants in Cornwall, within the age range.



What have our Work Packages been up to?

Throughout the project, people aged 16-24 are working as peer researchers or co-designers, and have shared their experiences through our Work Package updates.

Work Package 1 (Youth Voice)

WP1 involves giving 100 people aged 16-24 years old from diverse backgrounds the opportunity to share their experiences. These will feed into designing an online arts and culture intervention for mental health.

- Organising and completing interviews with around 58 interviews conducted and just under 180 valid responses to the preliminary forms before the interview.
- Continuing recruitment across the country, especially in the North and mid-lands, in areas such as Liverpool, Sheffield, Manchester, Nottingham, Birmingham and surrounding areas. If you'd like to share your story, get in touch with us!

Work Package 2 (Adjustments for Autistic Young People)

WP2 involves giving 30 autistic people aged 16-24 the opportunity to share their experiences. It is the same as WP1 but focuses on how an online arts and culture intervention could be made useful for autistic people specifically.

- Reaching out to organisations in neighbouring areas to Cornwall to establish new connections.
- Developing the co-design process.

Work Package 3 (*Realist Review*)

WP3 involves reviewing the existing research to investigate the effectiveness of online arts and culture for mental health in people aged 16-24. This will feed into designing the online arts and culture platform.

- Finalising the CMO (Context Mechanisms and Outcomes) framework following meetings and continuous feedback from peer researchers.

Work Package 4 (*Co-Production*)

WP4 involves co-designing an online arts and culture intervention for mental health in people aged 16-24.

- Sending out finalised co-design kits after receiving feedback from ORAG and adjusting to suggestions.
- Planning how to process stories sent in from young people with the co-design kits in line with the ORIGIN conceptual framework, and how to then present them on the online arts and culture platform.
- Finishing interviews and analysing the feedback to understand how the platform should look.

Wellbeing Wednesday



Take some time for yourself with our wellbeing space, created by Ammaarah. ORIGIN is all about helping our mental health, so our Newsletter is too!

When life gets busy, it's easy to forget the magic of nature. With Earth Day soon approaching (April 22nd), it's the perfect excuse to embrace the great outdoors.

There are many activities to take part in to celebrate Earth Day. Perhaps take a walk around a local park and enjoy the colours, sounds and textures of nature or maybe find a comfy spot and lie back outdoors and watch the clouds float across the sky.

Nonetheless, allow your mind to wander, settle into the present moment and enjoy the beauty around you.

Findings have shown that nature is linked to improvements in mental and emotional well-being, regardless of how much time is spent outdoors (American Psychological Association, 2020). So, in recognition of Earth Day let us all enjoy the natural beauty that surrounds us.

Happy Earth Day!

To find more ways to celebrate Earth day visit :
<https://onetreepanted.org/blogs/stories/best-ways-celebrate-earth-month>

Thank you for reading!

The Stress Management Society marks April as **Stress Awareness Month**. This year's theme, *Lead With Love*, encourages us 'to approach ourselves and others with kindness, compassion, and acceptance, no matter the challenges we face'.

Explore their website [here](#) for a range of free wellbeing resources, including workbooks, reflective journals, and a collection of relaxing activities!

**See you next month,
The Newsletter Team**



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