

# ORIGIN December 2025 Newsletter

Welcome to our final newsletter of 2025!  
Thank you for your interest in ORIGIN this year, and we wish you a happy and restful holiday season.

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## What's been going on?

*WP6 Meeting with ORAG 3.12.25*

*Written by Ammaarah*



On the 3rd of December, ORAG members had a meeting with the WP6 team (work package that overlooks the economic evaluation and considers the cost effectiveness of ORIGIN's platform) to discuss and gather insight of the Client Service Receipt Inventory (CSRI), this questionnaire will be used to assess the value of money of the ORIGIN app in the short and long term.

During the meeting, ORAG members discussed the wording, clarity, and sensitivity of the questionnaire.


The structure and order was also reviewed, making sure it reflects real-world experiences like access to school-based support, peer groups, hotlines, and charities. Discussions surrounding the clarification of the differences between psychological therapies and exploring the practical issues to make sure the questionnaire works well for participants were also raised.

Overall, the meeting was a success, and with ORAG's feedback, adjustments to various elements of the questionnaire can be reviewed and implemented, with further opportunities to relay additional feedback ahead of piloting.

### *Imagineear x ORAG Meeting 9.12.25* *Written by Laaiqa*

We had the ORAG x Imagineear meeting where they went through the first wireframe designs for the online platform. These were created based on previous meetings where ORAG had feedback to their initial questions. There were very important discussions regarding the recommender system, the positive implementation of emotional grids, emojis in response to the stories and what they mean and a whole lot more!

It's always a pleasure to be working with so many different teams where young people's input is always essential.



# What have our Work Packages been up to?

*Throughout the programme, 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 people aged 16-24 years old from diverse backgrounds the opportunity to share their stories and experiences from their perspective. These experiences are feeding into designing an online arts and culture intervention for mental health.

- Completing deeper analysis of the transcripts now that the coding is finished – thank you to all our peer researchers for all that time spent coding!

## **Work Package 2** (*Adjustments for Autistic Young People*)

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

- Finished coding the transcripts from the interviews with young people.



### **Work Package 3** (*Realist Review*)

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

- Drafting an academic publication to inform the online arts and culture platform for mental health.

### **Work Package 4** (*Co-Design*)

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

- Reviewing stories from co-designers, cultural partners and the wider co-designer network and providing feedback to help further development.
- Designing the user experience for the online arts and culture platform.
- Preparing for further waves of story identification and development

### **Work Package 6** (*Economic Review*)

WP6 involves considering how cost effective the online arts and culture platform is.

- Continuing coding to review the cost effectiveness of the online arts and culture platform for mental health.
- Meeting with ORAG to make sure questions are clear for young people ahead of piloting.



## Wellbeing Wednesday



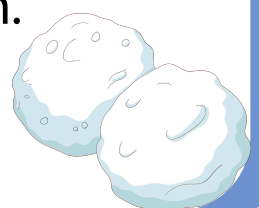
*Take some time for yourself with our wellbeing space, created by Ammaarah. ORIGIN is all about helping our mental health, so our Newsletter is too!*

Once again, we've reached the end of the year, and as this year comes to a close, it is also a time to celebrate our achievements, reflect on our journey, and carry those lessons forward as we step into a new year.

For this month's festive Well-being Wednesday segment, let us take part in the fun activity of snowball messages. Snowball messages are a warm, anonymous activity in which individuals write uplifting notes, scrunch them, and exchange (throw) them. This activity aims to spread kindness and foster a connection without the pressure of writing something to someone specific.

So how does it work?

- 1) Give everyone a piece of paper (any scraps will do!)
- 2) Prompt them to write a positive message; this can be an affirmation, a quote, a well-being reminder, or a message of encouragement/motivation.
- 3) Scrunch the paper into a 'snowball.'
- 4) Throw the 'snowballs' into a pile.





- 5) Everyone picks one 'snowball.'
- 6) Give everyone a minute to read and absorb their message.

This activity is soft and powerful, allowing you to feel an emotional uplift at a time of year that can be stressful or isolating. Moreover, this activity is a perfect way to encourage connection and spread kindness freely during this festive period without pressure.

### **Thank you for reading!**

Thank you for following ORIGIN this year!  
The Newsletter Team looks forward to sharing all future ORIGIN updates with you in the new year.  
Happy holidays and have a wonderful festive break.

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



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