



## Happy New Year!

After a busy 2025, 2026 will be another productive year for ORIGIN. With several major milestones achieved – such as finishing interviews, analysis and starting platform development – the new year brings with it the chance to keep developing.

For this New Year issue of the ORIGIN newsletter, the Youth Leadership Team (YLT) looks back on some major events from last year followed by a 'Meet the Team' with the lead researcher of ORIGIN!

## What happened in 2025?

*Highlights written by the YLT*

### Milton Keynes Day

The Milton Keynes day (11.12.25) was absolutely amazing and a real highlight for the ORIGIN team. We began by discussing the structure of the milestone report, drawing on key findings from the early work packages, and made some important decisions around the protocol. This also led to useful conversations about academic papers and the importance of authorship. After a lovely lunch, we moved onto deeper discussions about the protocol, focusing on unanswered questions, for example, how best to personalise the online intervention, and refining participant flow.

We also had the chance to review Imagineear's wireframe design as a wider group and share feedback. It was fantastic to see how young people's advice had shaped the work so meaningfully, and to watch the ORIGIN programme take its next steps!

One of the most valuable parts of the day was the input from young people.

We received so much feedback, particularly around additional outcome measures for the trial they felt were important, such as social connectedness. As a result, an outcome measures package was developed, with the ORAG contributing their responses to each measure.

We wrapped up the day with an amazing dinner at Banana Tree and for anyone reading this, the Pad Thai is definitely recommended :))

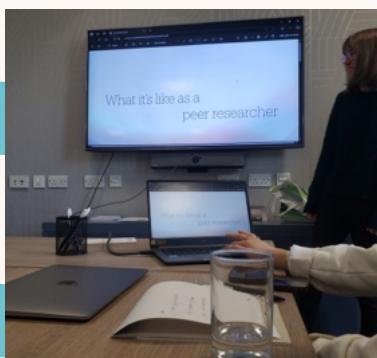


## WP1 Progress in 2025

The analysis process for WP1 is complete. Peer researchers have been involved throughout the process, including in conducting interviews, data verification, coding and interpreting the findings of over 75 interviews. We are currently preparing a pre-print paper to share these findings.



It has been an incredibly collaborative and innovative year, with a strong focus on ensuring meaningful involvement throughout. We are really looking forward to ensuring that lived experience continues to shape the programme over the next year.



Thank you to our Peer Researchers!

## Vision Day and ORAG Work

In 2025, the ORAG (ORIGIN Advisory Group) met in Birmingham for a 'Vision Day' to talk all things ORIGIN and youth involvement. From reviewing stories for the online arts and culture platform, to insights into the experience of peer researchers, the ORAG threw themselves into a day of activities.

The 'Vision Day' helped to inform the next steps ORIGIN would take to keep young people and their voices at the core of the programme.



The ORAG has provided incredible insight into how ORIGIN can keep focussed on helping 16 - 24 year olds throughout 2025. With regular meetings and work between official discussions, the ORAG has given crucial input that will continue to affect ORIGIN into 2026. We're excited to keep working with ORAG to see what happens in the new year!

# Meet the team

**Rebecca** (She/her)

**Role:** Chief Investigator

**What drew you to ORIGIN:** I was driven to design research that had young people at its core - you have the fantastic ideas, experience, energy, understanding and leadership skills. It is essential that communities, services and researchers start to appreciate, harness and develop this extraordinary talent.



**What is a motto you try to live by?:** Build strong bridges for those who come next.

**What is your favourite hobby?:** Coaching football to kids from very different backgrounds.



**ORIGIN is Moving!**



Birmingham is characterised by the youth and diversity of its population, with young people of different backgrounds at the core of many exciting initiatives making it a perfect home for the next phases of ORIGIN. - Rebecca

The team is very excited for this move and the Newsletter will keep you updated for any and all changes that are upcoming to ORIGIN!

## **Thank you for reading!**

We look forward to keeping you updated ORIGIN's progress through 2026!

Since a new year often means resolutions, take a look at the [Mental Health Foundation's guide](#) for making sure your resolutions are actually good for you. Thank you for your continued support and interest in ORIGIN!

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



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