

This month has been full of collaboration for ORIGIN, with in-person workshops bringing together young people and researchers from across the project.

This edition features reflections from these events, alongside the usual Work Package updates, Wellbeing Wednesday, and a new Meet the Team feature!

## What's been going on?

On the 3rd of April some of the Work Package 1 (*Youth Voice*) researchers met in London for a day full of Coding training. After catching up we got to work on reviewing transcripts which were already coded and discussing potential new categories for coding. After a quick lunch break it was straight back into training where we focused on connections between the overarching themes and codes. I found this day really insightful as it taught me so much about the coding process.

***In-person WP1  
Transcript Meeting  
3.4.25 Written by  
Rosie***



Click the  
red button  
to see  
more!

## **Youth Vision Day 27.4.25** Written by Rosie and Ammaarah

Birmingham; the home of the bullring, the Hippodrome and for one day only the ORIGIN vision day where Work Package 1 (*Youth voice*), 3 (*Realist Review*) and the ORAG united to discuss the future of ORIGIN. After initial introductions we did some icebreakers. Then it was onto presentations; people from Work Package 1, 3 and the ORAG all shared what they'd been up to.



After lunch, we came together to focus on Work Package 4 (*Co-design*). In small groups, we explored questions surrounding the themes of storytelling and creative expression, and how they help us make sense of the world and connect with it.

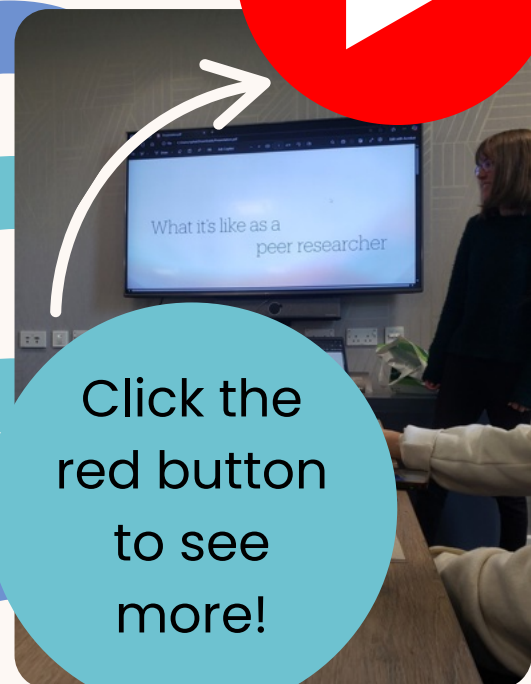


We also discussed other forms of storytelling that can support mental well-being. ORAG Members strongly preferred stories with 'realism' rather than 'happy endings' to highlight the authenticity.

A special afternoon highlight was reviewing and sharing feedback on a new story of the inspiring tight-rope walker Selina Young.



We also had the exciting opportunity to hear about developments underway as ORIGIN set its sights on Stream B funding – this is a unique opportunity to run a parallel project called FAIR (Finding and Adapting methods of Inclusive Research). With a focus on contribution, involvement, and support, it would offer a valuable chance to expand impact and be applied more widely across projects to allow young people to contribute, be involved, and offer support. Fingers crossed for a successful proposal!



Then, to wrap up the day, ORAG members headed out to unwind with a well-earned pizza feast!



If you're interested in **ORIGIN**, why not have a look at...

**The final conference of The ATTUNE Project 27.6.25** *Sharing our learnings on Adverse Childhood Experiences (ACEs) in adolescents using creative arts*

On **Friday 27th June, 10.00am - 4.00pm**, we would like to invite you to the third ATTUNE Impact and Dissemination Conference where key findings will be shared from the project.



ATTUNE is a 4-year programme of transdisciplinary research across both arts-based research, social science and health research. We are working with 10–24-year old children and young people across Cornwall, Kent, London, Oxford and Leeds who have experienced multiple adversities, that risk poor mental health.

If you're interested or want to find out more about the event, please click **[here](#)**.



# 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.

- Completing around 67 interviews with more scheduled in the upcoming weeks.
- Meeting to review and explore themes in interview transcripts to help link different people's perspectives in order to gain an understanding of what would be helpful in the arts and culture mental health intervention.

## **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.

- Organising more interviews in Cornwall and surrounding areas.
- Thinking about recruitment strategies to find young autistic people aged 16–24 to share their experiences.

### **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.*

- Finalising the CMO (*Context Mechanisms and Outcomes*) framework following meetings and continuous feedback from peer researchers. This will help guide the co-designing process of the online arts and culture platform by helping to understand the effects these stories could have.

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

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

- Designing a way to review stories to go onto the online arts and culture mental health intervention platform, including reviews from young people aged 16–24.
- Hosting workshops to share the ORIGIN storytelling process and mechanics as well as how art can support mental wellbeing.
- Collecting stories, both from the in-house co-design team as well as from the co-designers network who receive the co-design kits. If interested in joining the network, check out [@lab4living](https://www.instagram.com/lab4living) on Instagram for more information.

# 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!*

In honour of Mental Health Awareness Week, let us come together to shine a light on the journey to better mental health. This year, the theme is 'community' – because together, we're stronger!

Socialising provides an important element to boost mood, reduce stress as well as improve our quality of life and well-being.

So let us celebrate Mental Health Awareness Week by engaging in feel-good activities that bring us all together, such as joining a club or group centered around your interests, identity and values, showing your appreciation for others, volunteering or catching up with old friends.



Showing kindness, engaging in conversation and connection with others is a hugely fulfilling moment that benefits us all both mentally and physically.

## Meet the team

**Myra Maliha Binti Aidisham** (She/her)

**Role :** Peer Researcher and ORAG member

**Why did you choose to join ORIGIN? :** I wanted to be a part of research that was meaningful and that mattered to me personally. As a young person who



has experience with mental health struggles, I'm fueled with passion when exploring new ways for others to feel supported, connected and seen.

**What song do you have on repeat right now?** : Bitter Water  
by The Oh hellos

**What is your favourite hobby?** : I love hobby hopping! I've gone from making postcards to building miniature models to restoring wood furniture to knitting plushies. Currently, with the great weather, I'm hooked on cycling and enjoying nature <3 🌸 🌲 🌹 🌳 🌸



**Thank you for reading!**



This week is Mental Health Awareness Week, and the theme is **community** - celebrating how connection can strengthen our wellbeing.

You can read more in this [blog](#) from the Mental Health Foundation, which includes tips on getting involved in your community, whether in physical spaces or online.

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



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