

Welcome to this month's newsletter!

ORIGIN has been busy over the summer – from weekly Feedback Panel meetings for reviewing the stories that will feature in our online platform, to the start of *Work Package 6*, the project's economic evaluation.

In this edition:

WP6 Meetings

Work Package Updates

Wellbeing Wednesday

What's been going on?

Work Package 6 Meeting

Written by Noah

WP6 is the economic evaluation that will help us consider the cost effectiveness of ORIGIN's arts and culture platform. As part of this, peer researchers have started looking at which services the young people who have been interviewed for ORIGIN have used for their mental health.

We met in London last week to share our experiences of this process so far, and how it can best work moving forward.

We made some changes to the way we are categorising different forms of support, as well as the analysis layout, to be able to visually spot patterns in the person's story.

We'll now be analysing about a quarter of the interviews before meeting again to review the process next month!

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 people aged 16–24 years old from diverse backgrounds the opportunity to share their stories and experiences from their perspective. These experiences will feed into designing an online arts and culture intervention for mental health.

- Continuing to analyse transcripts from the interviews with the young people.
- Organising a meeting with peer researchers to review the coding process together.

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 the same as WP1 but focuses on how an online arts and culture intervention could be made useful for autistic people specifically.

- Organising and conducting interviews.
- Planning co-design workshops.

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 academic publication to be later reviewed by peer researchers.

Work Package 4 (*Co-Design*)

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

- In the final stages of developing the stories for the online arts and culture platform for mental health.
- Reviewing the stories through a youth feedback panel with weekly meetings to discuss the stories as a group.

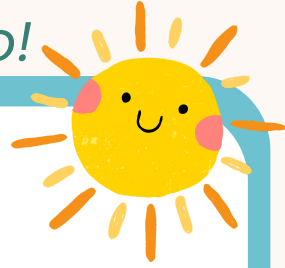
Work Package 6 (*Economic Review*)

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

- Starting the coding to review the cost effectiveness of mental health interventions.
- Meeting in-person to discuss the process and to set the approach for the next month.

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!



Happy August!

For this month's well-being-Wednesday segment let us slow down and rest. A crucial part of well-being is rest, it can reduce stress, improve cognitive function, support physical recovery, boost mood and creativity.

Tips to embrace a slower summer:

Take breaks: Make sure to take regular breaks whether it be meditating, taking a walk or sitting with a cup of tea

Digital reset: Pick one evening a week to unplug from your devices to give your mind a rest and reconnect with the present

Savour the season: Eat something seasonal each day – e.g strawberries, blueberries, tomatoes

Practice self-care: Nurture yourself by trying something new or making time to engage in your favourite hobby

Gratitude journal: spend a few minutes each day jotting down what you're thankful for

Remember to soak up the sunshine and savour the season!



Thank you for reading!

As we head into the rest of August – we're excited to keep building on momentum and sharing the progress of ORIGIN. Until next time, wishing you a restful and inspiring month ahead.

Are you a young person under the age of 25 seeking support? The Mix is a free and confidential online service designed to support young people who need help with mental health, relationships, work, money and much more.

[Click here](#) to access their website.

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



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