



July 2025 Newsletter

As July is disability pride month, we really wanted to highlight this as ORIGIN really is all about giving a voice to the underrepresented. We aim to make our research as accessible and representative as possible, for example

Work Package 2 focuses on how adjustments can be made for people with autism. This month, as interviews for Work Package 1 have drawn to a close there's been a shift to focus on coding and data analysis. We have created a new story feedback group, and team members from ORIGIN have attended a conference centered around youth mental health.

What's been going on?

Story Feedback Group

Written by Noah

ORIGIN's new Story Feedback Group met for a first induction meeting this month. Some of us have been involved in ORIGIN already, while others are new to the project - we're looking forward to bringing different perspectives together!

Firstly, we were introduced to the group's role in reviewing the stories that will make up ORIGIN's online museum, which aims to support young people's mental health. The collection will explore diverse historical figures and communities.

We discussed how the feedback process could work in a way that feels meaningful and effective for the group. We also explored the project's 'conceptual framework' – the key elements that help stories positively impact mental health, such as human connection and alternative viewpoints. This provides a starting point for thinking about how stories can be shaped to resonate with young people.

Towards the end of the meeting we had the chance to try reviewing a story, and we're excited to get stuck in over the next couple of months!

ATTUNE Dissemination Conference

Written by Laaiqa, Louise and Fae

We attended the final ATTUNE conference on the 27th June. ATTUNE is a 4-year programme of research across both arts-based research, social science and health research. They work 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.

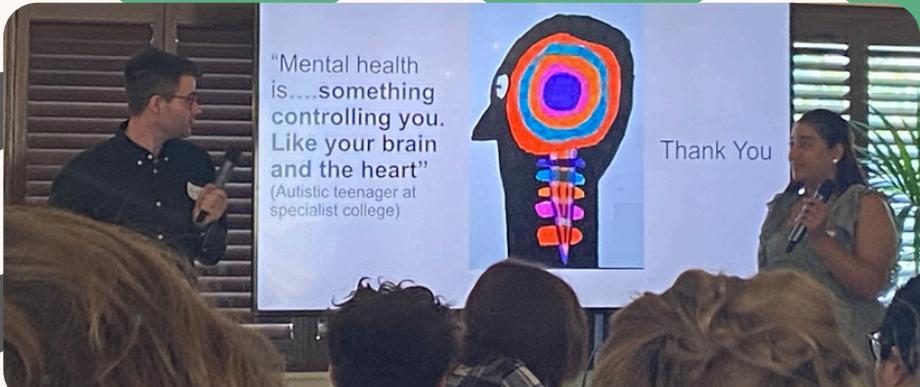


Louise: It was interesting to hear about how people aged 16-24 had been involved in the different elements of the projects including as advisors, co-designers and peer researchers.

Fae: The day was filled with so many fun activities and dissemination of the project. For example, we watched short films created by young people, such as Doctor Who and Stamps which we found to be such a creative way for young people to express themselves in a safe, supportive environment.



Laaiqa: I attended the Ace of Heart overview and found it fascinating to see the different types of games that were developed. Each one incorporated elements aimed at supporting mental health, with a consistent underlying theme of acceptance and inclusivity.



Laaiqa: They also discussed the basis of creative work and collaboration and how this can improve adolescent trauma. There was emphasis on the validation of the present in art-based culture research and the importance of being heard, understood and believed. Their findings showed that experiences such as childhood abuse, neglect, family dysfunction were original ACES and that school adversity (e.g educational failure) came after these, showing how early trauma can affect so many parts of a young person's life.



Overall, it was a lovely event and we can't wait to do the same for ORIGIN!



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 the transcripts from the interviews, completing almost 50% of the coding.
- Pulling information out from the coding completed by the research team, including young people, and organising it into 'Context, Mechanism and Outcomes' to help better understand the data.

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.

- Continuing to interview and organise interviews.
- Organising 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.

- Finalising the framework created from reviewing different studies.

Work Package 4 (Co-Design)

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

- Starting a youth led panel to review and provide feedback independently on the stories from co-designers, the co-design network and cultural partners.
Having the first meeting with more coming up.
- Focusing on developing stories, with over 100 currently in production.

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!

This month is all about celebrating the people that lift us up!

In celebration of the ***International day of Friendship*** (30.7.25), let us celebrate the amazing people in our lives who make our days brighter! This special day emphasises the importance of friendship between people, countries and cultures to inspire peace, understanding, solidarity and respect.



Some simple activities to celebrate friendship include:

- Catching up with friends/colleagues whether it be online or in-person
- Setting up a digital board (Padlet or Canva) to share pictures, quotes, stories and memories
- Writing a short message to someone special saying why you appreciate them
- Creating a collaborative playlist and invite everyone to add songs that remind them of good times with friends
- Asking people to write short, kind notes about someone else and drop them in a jar, and at the end of the day distribute them to others to spread smiles.

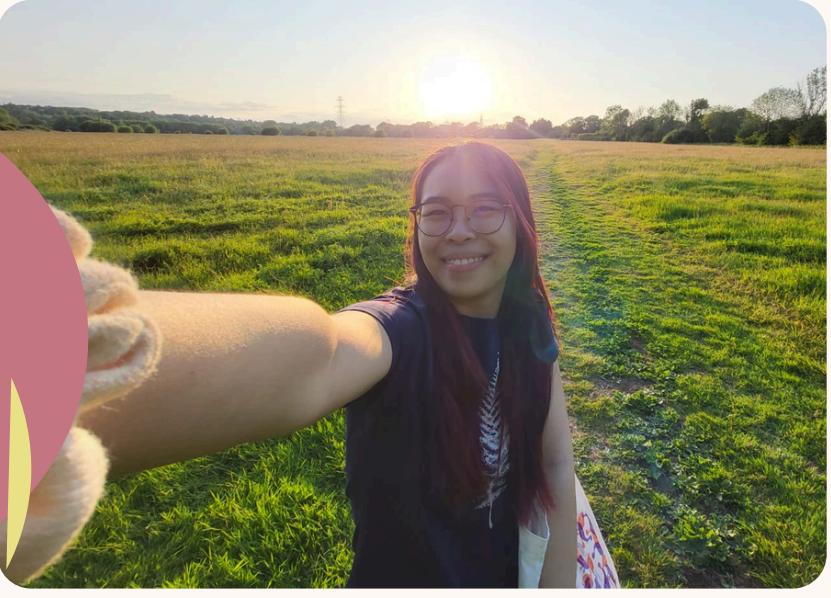
Every friendship – big or small – makes the world a little brighter. Happy International Day of Friendship!

Meet the team

Charlotte (she/her)

Role : Feedback Panel Co-Ordinator

Why did you join ORIGIN? : I joined ORIGIN because art was something I loved as a child, but drifted away from as school became more academic. University



helped me reconnect through galleries, zines, and cultural events, and I was reminded how powerful creative spaces can be. Art has helped me understand myself, process emotions, and feel part of a wider conversation. I'm especially excited by the idea that museums could be reimagined not just as places of history, but as creative, supportive spaces for young people to grow and reflect.

What does your dream weekend look like? : A long countryside walk with my camera, followed by a picnic on a quiet patch of grass with way too many snacks! I'd probably spend the afternoon reading something, doing a bit of writing in my journal, and sketching whatever catches my eye. Somewhere in there would be music, and perhaps even spontaneous conversations with kind strangers.

What is your favourite food? : I love cheesecake! I make it every year with my family for my birthday, and it's become a quiet tradition that means a lot to me. It reminds me of the people who are important in my life and marks the passage of time in a sweet, familiar way.

Thank you for reading!

To continue celebrating Disability Pride Month, we recommend this podcast series from YoungMinds, which centres the voices of disabled young people and their experiences with mental health.

You can find all four episodes on Spotify and Apple Podcasts, with transcripts available on the YoungMinds website.

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



[@chimes.collaborative](https://www.instagram.com/chimes.collaborative)  origin@psych.ox.ac.uk

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