

Hello!

This edition marks one whole year of our newsletter! This month's newsletter not only looks back on the month in ORIGIN, but our year in the newsletter team as well! In this edition, our team share our reflections on the past year, there are work package updates, and Ammaarah shares a wellbeing Wednesday centered around tolerance. Thank you for reading, and happy birthday to the newsletter!

What's been going on?



*1 Year of the Youth-Led Newsletter
Written by the Newsletter Team*



To celebrate 1 whole year of the ORIGIN newsletter, the newsletter team have taken this opportunity to reflect on our time working on it.



Rosie: Working on the newsletter as part of ORIGIN has been a great experience! It has taught me how to write/share information effectively and is a really lovely team to be a part of. Each edition is so interesting, and I love being able to share updates from all different parts of the project!

Fae: The last year on ORIGIN has been incredibly rewarding and I feel so grateful to have had this opportunity. Working closely with the young people has been an amazing experience and I have learned so much about research into mental health which has been invaluable to my professional and personal growth!

Robin: Writing the newsletter has been a really rewarding opportunity to reflect on my involvement in ORIGIN and feel connected to parts of the project I'm not directly involved in. It's been exciting to create a record of the project's evolution through young people's perspectives.

I've really enjoyed experimenting with ideas and seeing the creativity everyone brings to each edition!

Dee: One whole year of working on the ORIGIN newsletter has been an amazing learning opportunity for all things Canva, editing and writing. Making the monthly newsletter alongside such an incredible group of young people has been one of my favourite parts of ORIGIN, and it has been very affirming to see the project come to life through the newsletter. I'm excited for another year!

Ammaarah: Being a part of the newsletter team is wonderful! It has taken me out of my comfort zone and helped me channel a new level of creativity. Writing well-being Wednesday is so much fun, it's boosted my confidence, and it has allowed me to come up with creative ways to boost mental health, spread awareness and spark discussions. It is inspiring to watch how the project is developing, and it's been amazing working with the newsletter team to get our work published every 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 up to 100 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.

young people about their mental health experiences.

- Organising a meeting to summarise all the data from the interviews together ready for the next stage of analysis.

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

WP2 involves giving up to 30 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.

- Finishing code transcripts from the interviews with young people about their mental health experiences.
- Attending a conference and presenting some of ORIGIN's work around youth involvement.

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.
- Meeting with young people to start designing the online platform user experience.

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.

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!

For this month's Well-being Wednesday, let us explore the act of 'tolerance'. According to UNESCO's 1995 Declaration of Principles of Tolerance, it refers to showing "respect, acceptance and appreciation of the rich diversity of our world's cultures, our forms of expression and ways of being human" in recognition of the International Day of Tolerance (November 16th). Let us take a few minutes to explore this digital resource that explores objects and artworks from across the world (Click [**here!**](#)). Examine the pieces from other regions of the world and reflect on what the objects mean to you.

As you explore, try reflecting mindfully.

- Recognise your emotions and thoughts as you view the artwork -- what draws you in or feels unfamiliar.
- Ask yourself what you can learn from this piece. Are there any assumptions or biases?
- Reflect on how the art makes you feel and why?



Reflect and plan how you may carry this awareness into your daily life.



Tolerance is about respecting and appreciating the amazing diversity of people, cultures and ideas that make up our world. By practising our reflections, we are able to understand our feelings and recognise the uniqueness of perspectives across cultures and create harmony. It also allows us to make better choices, feel less stress, create harmony with others and make sleeping easier!

Meet the team

For the 1 year birthday of the newsletter, the team are reintroducing themselves with three words and emoji to describe their experience with the newsletter



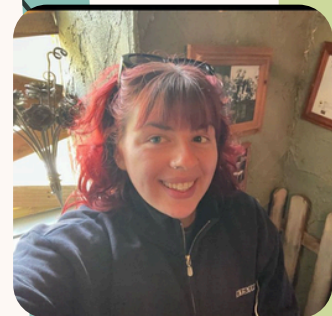
Rosie (she/her)

3 words: collaboration, cooperation, and information :)

Emoji: 📄

Fae (she/her)
3 words: Growth, insight and collaboration!

Emoji: 🔥



Robin (they/he)

3 words: Reflection, creative, (Microsoft) Teams!

Emoji: 💧

Dee (she/her)

3 words: Sharing, design, teamwork!

Emoji: 🧑💻



Ammaarah (she/her)

3 words: fun, togetherness, vibrant
emoji: 🧚‍♀️

Thank you for reading!

Throughout this month, Movember campaigns aim to start conversations around men's health, including mental health. ORIGIN's focus on underrepresented young people includes young men who often face high levels of stigma opening up about their challenging experiences, so we wanted to share some resources around this:

The Movember website has a set of articles around supporting men, including this one about challenging stigma. It includes some tips for talking with other men about mental health.

As LGBT+ young men can often experience additional mental health difficulties, we're also spotlighting Switchboard, the national LGBTQIA+ support line. They can discuss anything related to sexuality and gender identity over the phone, email, or their chat service.

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



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