

Welcome to this month's newsletter!

A lot has been going on in ORIGIN this month, with more upcoming as we approach the 30 month mark of our project!

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In this edition:

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WP4 Story Exhibition

In-person ORIGIN Meeting

Work Package Updates

Wellbeing Wednesday

Meet the team (special edition!)

## What's been going on?

### WP4 Story Exhibition

*Written by Ammaarah*

On August 29th, a group of young people from the Youth Feedback Panel visited the story exhibition in Sheffield as part of work package 4.

The day kicked off with an energetic game of foosball, setting a fun and lively atmosphere for the group! From there, we immersed ourselves in the exhibition, reflecting on the stories and all of the fantastic and creative work on display, sharing thoughtful insights on the stories as well as what we would expect to see from future stories and feedback sessions.



After enjoying a tasty lunch, we sat as a group to review more stories. This included discussing the positive and negative impacts, having meaningful conversations about our perceptions of the story, and whether we would like to hear the story from a different viewpoint and why.

A special highlight of the afternoon was reviewing stories as a group, which resulted in led Google searches and endless curiosity! The day wrapped up with laughter, thoughtful conversations, a strong sense of collaboration and plenty of fun!

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## In-Person ORIGIN Meeting

*Written by Dee*

On the 4<sup>th</sup> September some of the ORIGIN team met in Milton Keynes to prepare for the upcoming milestone report which will cover all the progress made over the 30 months ORIGIN has been going for.

It was helpful to share updates from across ORIGIN and discussing different areas of the project going forward.



We discussed some of the intricacies around analysing qualitative data in detail, and how best to use this data in for the online arts and culture platform for mental health. It was really interesting to hear more of the 'behind the scenes' of how research projects work.

It was so nice to see everyone in person rather than the usual online meetings! We are excited to share the different milestones with the newsletter readers soon.

# 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 with the aim of finishing the coding by the end of September.
- Planning the next steps for the analysis of the data gathered from the interviews.

## **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 recruit for interviews in Cornwall and the surrounding areas.

## **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 be reviewed by peer researchers, published and used to inform how the online arts and culture platform will work.

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

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

- The co-designers in Sheffield finished their part of the story development process and are handing over to the rest of the ORIGIN team for further development.

## **Work Package 5 (Randomised Controlled Trial)**

- Updates to come soon!

## **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.

# 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!*

The month's segment of Well-being, Wednesday, ties together the International Day of Peace (21st September) and the International Day of Sign Languages (23rd September).

Take a moment to learn how to sign the word "peace" in British Sign Language (BSL). Sharing these signs with someone else is a meaningful way to nurture connection

Click [here](#) to watch a video tutorial on how to sign peace.



Reflect on what peace means to you and how you can incorporate more of it into your life.

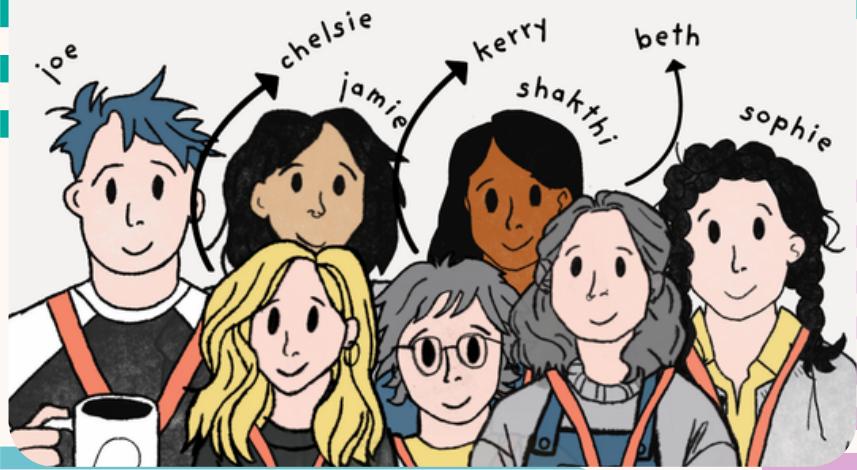
Remember! Sharing these signs with someone else is a meaningful way to nurture connection and create friendships :)

*Both open hands, with fingers apart, held in front of body. Hands move apart while index finger and thumb on both hands move together to touch at tips.*

# Meet the team

To say **thank you** to the co-design staff who have been working on all the stories that will go onto the online arts and culture platform for mental health, the newsletter has a special edition of meet the team. Now their contracts with ORIGIN have come to an end, we wanted to hear some of their reflections about ORIGIN from one of the co-designers!

## CREATIVE RESEARCH TEAM!



### **Joe's Reflections**

It's been a crazy but fantastic year. ORIGIN was a great opportunity to try something new.

It felt very validating to see lived experience as valid and as an employable skill. The initial interview for being a co-designer was based on lived experience and how it was navigated through artistic avenues. Feels like this experience has given experiences that will help with entering into mental health and research fields.

It was such a great team, and that worked really well together, not just academically but as a support network. As a self-taught artist who used art to help mental health, it was rewarding to see how art and lived experience fed into an academic project.

The experience helped build teamwork skills as well as illuminating the intricacies of academia and how personal experience is valid within it.

Going forward, this experience will help to apply feedback, to stand up for yourself and to work collaboratively - implementing other people's ideas. Overall, really loved it and learnt a lot from ORIGIN.

## **Thank you for reading!**

This month, we wanted to share resources related to World Suicide Prevention Day, which takes place on September 10<sup>th</sup>.

Samaritans have spoken to people with lived experience of suicidal thoughts to put together these ideas for supporting yourself if you are feeling low. You can also find plenty of advice around helping others and resources for those affected by suicide on their website.

If you're a young person looking for help with your mental health, The Mix covers a range of topics that might be on your mind, such as relationships, money, and school or university.

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



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