



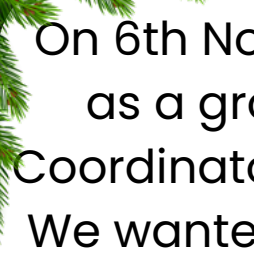
# ORIGIN December 2024 Newsletter

As we come to the end of the year, we want to thank you for your interest in ORIGIN and wish you a happy and restful holiday season! This month, we have continued conducting interviews with young people to understand their personal experiences of mental health. Peer Researchers have had an essential role in this – taking part in interviews, reviewing transcripts, and offering feedback on the process. The project has evolved greatly over the past year, and we're excited to share the most recent updates in this edition of our monthly newsletter.

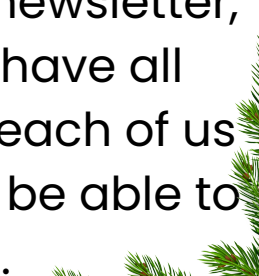
## What's been going on?

***In person Youth Co-ordination team meeting 6.11.24***

***Written by Fae***



On 6th November – myself, Dee and Laaiqa met up in Oxford as a group to discuss how we want to proceed as Youth Coordinators with the help of Louise (our Youth Co-applicant). We wanted to be able to create a structure for us all to follow which would help with workflow and decided we were going to split who is in charge of which aspect of youth coordination. Laaiqa has since focussed on leading the ORAG, Dee is in charge of developing the social media group and newsletter, and I am coordinating the peer researchers. We have all realised since that this structure is so beneficial to each of us as we can divide our time more constructively and be able to dedicate individual attention to our areas.





Thank you Rebecca and Lili for hosting us and giving us the space to plan the next steps!



## ORAG Meeting 28.11.24

*Written by Fae and Ruby*

On the 28th November we had an ORAG meeting to discuss updates and the future of ORAG. This became such a constructive session with ORAG members feeding back on how they've found their involvement. Laaiqa worked on making the ORAG members feel heard so we began the session with letting them know how they have made an impact on the research.



Updates on optimising ORAG moving forward and upcoming opportunities



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ORAG Meeting  
28.11.24

How has ORAG made a difference in the research?



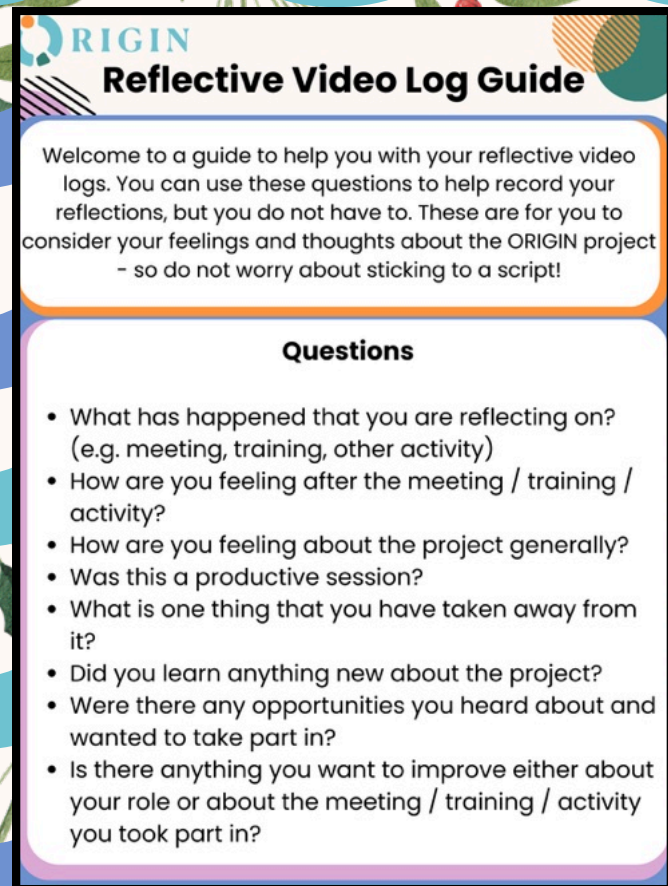
We then discussed how members could be more intricately involved with the project to which we had a positive response to, particularly with the upcoming social media group still in process. Moving forward myself and Dee are going to have 1:1 meetings with ORAG members to discuss more thoroughly how they are finding being in the ORAG and any ideas on how we could improve moving forward.

- Fae

We also spoke about how we can collaborate more closely with the other groups of young people on the project, such as Peer Researchers and Co-Designers, to improve our understanding of how our roles intersect.

At the end of the meeting, we had some time to begin personal reflective logs on our involvement in ORIGIN through our preferred medium - a video, illustration, or written notes. I found this really helpful to process the discussions we had and clearly articulate what I wanted to take forward from them. I am especially looking forward to deepening my involvement in individual Work Packages, and seeing how our role as ORAG will evolve through these opportunities.

- Ruby



**ORIGIN**  
**Reflective Video Log Guide**

Welcome to a guide to help you with your reflective video logs. You can use these questions to help record your reflections, but you do not have to. These are for you to consider your feelings and thoughts about the ORIGIN project - so do not worry about sticking to a script!

**Questions**

- What has happened that you are reflecting on? (e.g. meeting, training, other activity)
- How are you feeling after the meeting / training / activity?
- How are you feeling about the project generally?
- Was this a productive session?
- What is one thing that you have taken away from it?
- Did you learn anything new about the project?
- Were there any opportunities you heard about and wanted to take part in?
- Is there anything you want to improve either about your role or about the meeting / training / activity you took part in?



**Going forward, we would like to keep reflective notes about the project.**

You could do this in any format you feel comfortable in, for example:

- Voice notes
- Written notes
- Video logs
- Anything else you want!

# What have our Work Packages been up to?

*Throughout the project, people aged 16–24 are working in ORIGIN, and have shared some of 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 stories and experiences from their perspective. These experiences will feed into designing an online arts and culture intervention for mental health.

- Conducting interviews both online and in person.
- Understanding the new guidelines and formatting for transcribing the interviews in a standardised way across all members of the interviewing team.
- Meeting to discuss what information is being used from these interviews and how, with a focus on the process of thematic analysis.
- Learning about how bias can affect the research and how it can be avoided by becoming aware of them through practicing reflexive research methods.

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

WP2 involves giving 30 autistic people aged 16–24 the opportunity to share their 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.

- Starting recruitment after having gotten all approvals in place.

## 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.*

- Reviewing research papers and other resources about how people interact with art, focusing on how circumstances and certain contexts affect the person interacting with it. Preparing for a January meeting to discuss these.
- Focusing on CMOs (**Context** – a person's background, the intervention they are receiving, the environment in which the intervention is being delivered, **Mechanisms** – how the intervention impacts them and how it works, **Outcome** – how the participant is after the mechanism) in relation to the impact of receptive art interventions for young people. In particular, exploring the holistic part of the participant's experience and how different CMOs can interact with one another.
- Questioning whether art based activities have enough representation or diverse viewpoints, applying these ideas to the future platform for ORIGIN's intervention.

## Work Package 4 (Co-production)

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

- Starting interview training with practices to get comfortable with the process. Delegating roles such as the interviewers, recruitment and marketing. Aiming to finish by the end of January.
- Further developing the co-design kits, with a first prototype created from seven different interpretations of the brief. Evolving this to the next stage with a consistent branding

- image, ready for the second prototype development to be tested by university students to gain honest feedback.
- Developing 'story templates' alongside 'Imagineear' (who are delivering a platform for desktop and mobiles to present stories in a visual way). Organising the stories to go onto this platform through thematic links. The platform will allow for data collection to analyse the effects these stories have.

## 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!*



As we reach the end of the year and enter the cosy, festive season, it is also a time to pause and reflect on what truly matters. Creating a **gratitude jar** is a simple way to boost your well-being during this festive season. Gratitude means being thankful for anything a person receives, whether physical or something you can't see or touch. Research has shown that practising gratitude is linked to greater happiness, boosts positive emotions, and allows people to handle problems more easily. Grab a jar (or any container), some small slips of paper and a pen! Write down one thing you're grateful for each day, whether it be something that made you smile, a person who brightened your day, or something you are proud of. Get your family and friends to join in, too! On New Year's Eve, pop open the jar and read the notes. It's a touching way to reflect on the season and carry those positive feelings into the new year. This activity is a reminder that wellbeing doesn't have to be complicated and is about finding joy in the little things and sharing that joy with those around you!



# Meet the ORIGIN team

**Laaika** (She/her)

**Role:** Youth- Coordinator

**Why did you choose to join ORIGIN? :**

I wanted to be a part of a group where the main focus is helping adolescents' mental wellbeing.

**Favourite food:** Definitely steak and mash- would have it for breakfast, lunch and dinner ;)

**What movie do you watch over and over again? :** Interstellar

**Rosie** (She/her)

**Role:** ORAG member!

**What drew you to ORIGIN?**

I've always been interested in mental health, and with this project I knew I could make a real impact. I really like the fact that it focuses on underrepresented groups because I firmly believe that representation is essential for everyone, and that no-one should fall through the cracks, especially when it comes to support with mental health. I'm really interested in social sciences, and plan to pursue one at University once I finish sixth form, and so ORIGIN is really helpful with expanding my experience within this field.

**What movie do you watch over and over again? :** Fatal attraction or Submarine, they're just so well-made and draw me in every time

## Thank you for reading!

As the year draws to a close, taking time for yourself is important. The festive and shorter season can be challenging for some. Remember, it is okay to seek support when you need it. Mind is a mental health charity offering guidance and information on mental health challenges such as Seasonal Affective Disorder (SAD). Furthermore, YoungMinds offers mental health support to young people.

As we close this edition of the newsletter, we want to thank you for your support. We're looking forward to seeing you in our upcoming editions in the new year!

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



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