

Welcome to the February edition! As we celebrate love in all forms, it's important to nurture the most important relationship – the one with yourself. In this issue, we share insights from our January ORAG meeting and Research Methods meeting, highlighting the amazing research that has been done, sparking fresh ideas and gaining inspiration on future work to shape our project. This edition also features a DIY self-care kit as part of Wellbeing Wednesday, a step-by-step guide to creating your own personal sanctuary for relaxation and mindfulness. Plus, we introduce more of the ORIGIN team. Enjoy this edition!

## **What's been going on?**

### ***Research Methods Training 22.1.25***

***Written by Ruby***

As most of us joined the ORAG with little research experience beyond school or university projects, this training session provided valuable insight into different approaches and methods.

We began by comparing quantitative and qualitative research, both of which play a role in ORIGIN. This highlighted how, despite not being verifiable in the same way, qualitative methods are just as rigorous as quantitative ones.

Qualitative



Quantitative



We also discussed the broader research process, from asking key questions like “What do you want to know and why?” to making decisions about methodological approach and data analysis.

An interesting takeaway for me was the distinction between ‘methodology’ and ‘methods’. It was fascinating to gain a better understanding of their differences and touch on various theoretical approaches to research. I’ll definitely be reading more on this topic!



Many of us were particularly drawn to the ethical dimensions of research, such as considering participants’ wellbeing and the power dynamics between them and researchers. I found it especially thought-provoking to reflect on how this applies to ORIGIN, such as in the narrative interview process for WPI. For instance, the researcher must be taken into account in the analysis of this type of data collection – since complete objectivity is impossible, they inevitably influence the outcomes.



A huge thank you to Roger for delivering this training – we’re looking forward to taking these insights forward into other aspects of ORIGIN!

# **ORAG (ORigin Advisory Group) Meeting 31.1.25**

***Written by Rosie***

As January drew to a close, we had the chance to attend our monthly ORAG meeting. To start, we all got reminded about the impact ORAG has had on the research. We were told about how we were very helpful with our feedback regarding the codesign kits, and how there is still the opportunity for further involvement. In addition to this, some groups which are being contacted in relation to the research, such as Young Minds, were suggested by ORAG members which has really positively impacted the project as it has expanded the participation in research from our target demographics. We discussed how the newsletter had had positive feedback due to our 'colourful resources' which was very nice to hear.

In addition to this, the social media team is working on developing our social media presence this month, on the Chimes Instagram account.

After discussing the impact of the ORAG and having a monthly recap, Helen Adams spoke about possible ORIGIN events. We looked at when events could be, especially to centre them around already existing weeks, such as Mental health awareness week in May. We looked at ideas that were reproduceable as well as requiring minimal funding, especially in and around Oxford. One idea was to repeat the slow art workshops in areas outside art galleries, looking at graffiti in a local area.

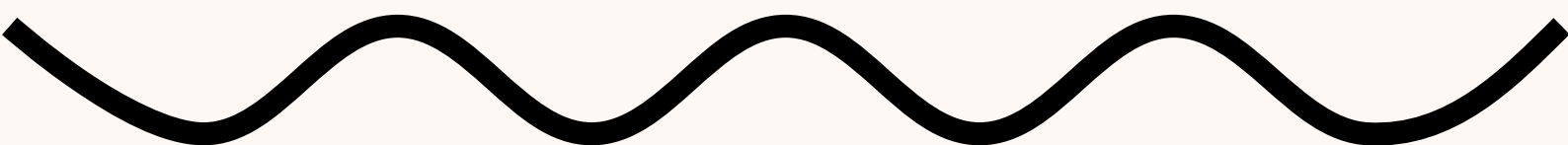
We also discussed how to introduce ORIGIN to more people, discussing the possibility of having stalls at freshers/refreshers weeks.

Another idea to share ORIGIN was to possibly deliver talks/workshops in schools. One suggestion we had regarding schools was to produce video resources, allowing schools to work at their own pace. We also discussed reaching out to the Story museum in Oxford.



Then we spoke to Sophie Cochrane-Powell from WP4 and discussed the codesign kits that are currently being developed, and how we can link artifacts into creatively reproducing stories. As everyone in the ORAG is so interested in WP4, we decided that now it will have a slot in all of our monthly meetings.

Overall our meeting this month was very productive, and it was brilliant to see everyone as it really feels as if the project is properly coming together now.



## **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 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.

- Completing around 40 interviews with young people aged 16–24 and beginning to analyse them so far, noting bias and considering reflexive practices.
- Working to refine and standardise how transcripts are written and formatted. Organising meetings within the upcoming month to discuss this further and find the best approach going forward.
- Further recruiting for interviews in Cornwall, Birmingham, Blackpool, Liverpool, Sheffield and surrounding areas.

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

WP2 involves giving 30 autistic people aged 16–24 the opportunity to share their experiences. It's the same as WP1 but focuses on how an online arts and culture intervention could be made useful for autistic people specifically.

- Interviewing is underway.
- Reviewing and analysing interview transcripts.

## **Work Package 3** (*Realist Review*)

*WP3 involves reviewing existing research to investigate the effectiveness of online arts and culture for anxiety and depression in people aged 16–24.*

- Collaborating with researchers to investigate how



people interact with receptive art. Meeting to discuss the holistic methods of research.

- Looking at Context, Mechanism and Outcome (CMO) models about how individuals respond to art – superficially, emotionally and in other ways. Exploring how art can affirm aspects of identity and help with negative emotions such as loneliness.
- Examining written descriptions of the CMO to see how they can be worded differently to better represent the youth experience and to make it more accessible.
- Exploring the links between different parts of the model and how the experience of viewing receptive art can engage an individual through areas such as self-expression as well as community.
- Preparing for upcoming meetings including literature reviews and further discussion about the CMO model.

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

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

- Finalising the co-design kit to send to 50 young people aged 16-24 which will help people to navigate museums and archives to later be used to co-design stories.
- Starting the interview process to explore the experiences of 20 young people who have had mental health struggles and have used an online arts and culture intervention (named 'Ways Of Being'). Their feedback will be used to develop the next stage of the ORIGIN online arts and culture intervention.

- Analysing the data from the interviews through thematic perspectives for patterns or similarities to be part of a feedback package to go to the software developer making the arts and culture platform (Imagineeaar).

## 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!*

**\*DIY Self-care kits! \*** It's essential to pause and nurture the most important person in your life – you. In this month's edition, as we celebrate love in all its forms, why not turn some of the energy towards yourself? A DIY self-care kit is a personalised kit of comforting, joyful and relaxing items and activities that remind you to slow down, recharge and care for your mental and emotional well-being. This kit serves as a mini sanctuary and a reminder to honour the unique journey of loving yourself.

**Step 1:** Choose a container. This could be a box, basket, reusable tote bag, decorative jar, or shoebox.

**Step 2:** Select items that promote relaxation and joy, such as a scented candle and comfort items like a blanket and personal care products. Don't forget to add your favourite book!

**Step 3:** Include tools for mindfulness and reflection. Add a notebook and pen to jot down your thoughts, feelings, goals and reflections. Use prompts like “What went well today?” or “What can I do to care for myself?” Add a puzzle or a colour book with pencils as creative outlets. Feel free to include a few cards with simple breathing exercises. Is for mindfulness and reflection. Add a notebook and pen to jot down your thoughts, feelings, goals and reflections.

**Step 4:** Add personal touches. Write affirmations on small cards so you can flip through them, or a photo or small keepsake to remind you of a happy memory.

**Step 5:** Assemble your kit thoughtfully. The beauty of a DIY self-care kit is that it's customisable! You might want to group similar items together or design the layout so each item has a special place. Personalise the container with your favourite decorative touches. Choose items that resonate with you and update your kit as your self-care needs evolve!

**Step 6:** Use your kit regularly. Keep your kit in a spot that is easily accessible.





The point of the DIY Self-Care kit is to give you a ready-made collection of tools to help you de-stress and focus.

Whilst assembling this kit, it can help you identify what you truly need for relaxation and well-being. Remember, this kit serves as a reminder that you deserve time, space and self-love. During a month like February that celebrates love in all its forms, include the love you have for yourself. Happy assembling!

## Meet the team

*Come meet different people working in the ORIGIN project!*



**Lilia** (*They/them*)

**Role :** ORAG member

**What drew you to ORIGIN? :** I love art, museums and psychology which is what initially drew me to ORIGIN, for my own mental health I saw this project as something I would have found helpful. I also thought it

would be interesting to get involved with the process of real research and further my experience as an undergraduate psychology student.

**What is your favourite hobby? :** Watercolour painting and scrapbooking

**What is a motto you try to live by? :** "We are all a little bit of the universe having a human experience"

## Thank you for reading!

With the first month of the year done, the second promises to be just as busy and fulfilling. With February being the month with Valentine's Day, we'd like to focus on love in all forms, especially self-love.

The charity Rainbow Mind offers mental health services to LGBTQ+ people based in London and Manchester, run by LGBTQ+ facilitators and staff. There are Radical Self Care courses and other regular events for socialising and physical activity. They also have a Youth Advisory Board that is helping to shape Rainbow Mind's support for young people.

Check out their insta: @rainbowminduk

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



[@chimes.collaborative](https://www.instagram.com/chimes.collaborative)



[origin@psych.ox.ac.uk](mailto:origin@psych.ox.ac.uk)

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