

Hello! Welcome to our February newsletter. In this month of love and acceptance we explore some fantastic ways of self care in our wellbeing Wednesday section, as well as hearing about Louise's fascinating interview with the NIHR about the necessity of neurodivergent representation and accessibility within research. Have a lovely month <3

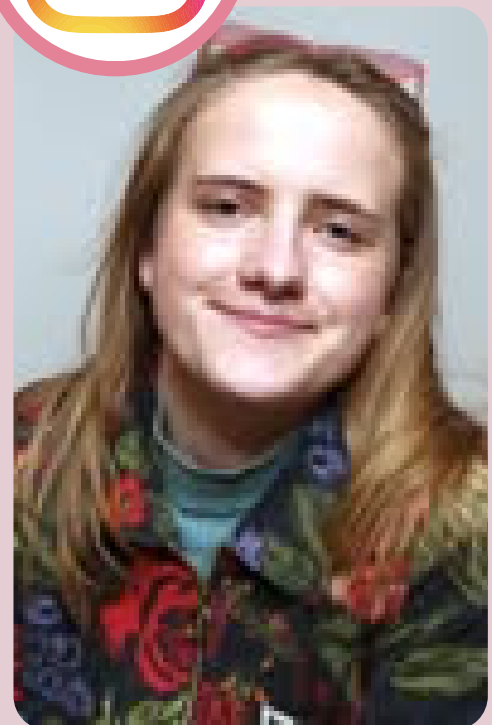
What's been going on?

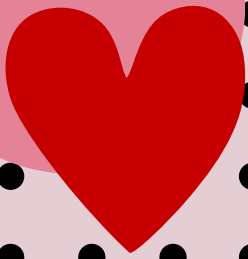
*NIHR Interview
Written by Louise*

Hi, my name is Louise, and I am the public co-applicant for ORIGIN. I lead the young people's involvement on ORIGIN and am a young person with lived experience myself. I am particularly interested in ensuring that neurodivergent people are included in research as equal partners and that we shift power through lived experience involvement.



**Click here
to see the
NIHR post**





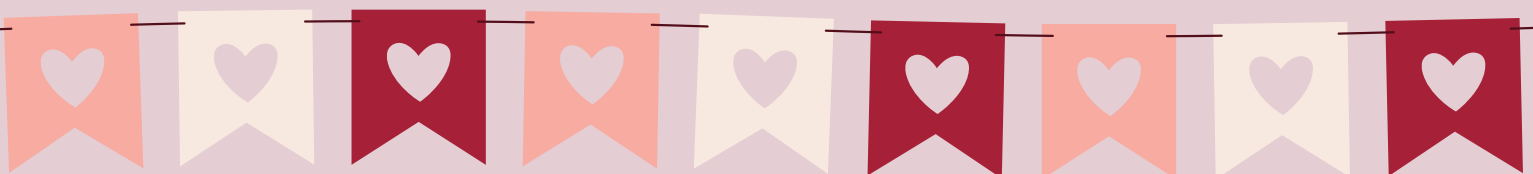
I believe this also requires making research accessible to neurodivergent people, including how it is designed, communicated and carried out. Recently, I was interviewed by the NIHR, sharing my experience as a neurodivergent person in research and reflected on why both accessibility and sharing power are essential for inclusive research.

You can read more about it here:
[Neurodiversity in research - Be Part of Research](#)



What have our Work Packages been up to?

Throughout the programme, 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 from diverse backgrounds the opportunity to share their stories and experiences from their perspective. These experiences are feeding into designing an online arts and culture intervention for mental health.

- Writing a paper analysing the results of interviews with young people about their mental health experiences.

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 similar to WP1 but focuses on how an online arts and culture intervention could be made useful for autistic people specifically.

- Further analysing the findings from interviews in order to include them in the research paper exploring the results of both Work Package 1 and 2.

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.

- Discussing how to implement the feedback on stories from young people.
- Creating a group for further story development to prepare the stories for the final online arts and culture platform by implementing the young people's feedback.

Work Package 5 (*Randomised Controlled Trial*)

WP5 involves designing and running a trial to test the effectiveness of the online arts and culture platform to help mental health.

- Submitting preprint papers ahead of the trial later this year to help prepare.

Work Package 6 (*Economic Review*)

WP6 involves considering how cost effective the online arts and culture platform is.

- Getting closer to finishing the coding that reviews the cost effectiveness of the online arts and culture platform for mental health.
- Preparing to write up the findings of the coding.

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 week's well-being Wednesday is Self-Love Bingo. Let's keep things light, realistic and kind. Instead of aiming for picture-perfect self-care, let's try Self-Love Bingo - a playful way to notice all the small moments of care throughout the week.

First, let us create our own bingo card. Grab a piece of paper and create a 3x3 table with 9 squares. Fill each square with a self-care act; this can be anything from completing a daily task to absolutely nothing. You can also include something like watching your favourite show or getting a sweet treat. Take a look at an example I made!



Examples of self-care:

- Listening to your favourite song
- Saying no
- Chug a glass of water
- No screen for an hour
- Stretch
- Wear your favourite outfit!

Feel free to use any of my ideas or browse the internet (there are endless ideas!). Remember, well-being doesn't have to be big, productive, or declarative; sometimes it's quiet and ordinary. This activity is a reminder that small actions still count, and that rest, boundaries, and being gentle with yourself are valid forms of care.

Meet the team

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



Natalie Louise Bisal (*She/her*)

Role: Postdoctoral researcher

What drew you to ORIGIN?: With both an academic and personal interest in the field of mental health and creative arts-based approaches, ORIGIN is a very exciting project to be a part of.

With its youth-led approach and focus on understanding the experiences and needs of diverse young people (who are often underrepresented in this area), the project is addressing critical problems using innovative methods.

We have recently submitted our 30-month milestone report for ORIGIN which captured the vast work carried out over the last 2.5 years; from the rich qualitative interviews of diverse young people to the creative stories developed for the WoB-R intervention, all while seeing the youth involvement across the work packages.

It is a privilege to be working alongside such a dedicated and passionate group of young people, researchers and cultural partners towards a shared goal of improving youth mental health through arts and culture.



What is your favourite food?:

Freshly baked almond and chocolate croissant and cup of tea

What is a song you have on a loop?:

What is your perfect weekend?:

Hiking in the countryside or along the coast with my dogs (if the sun is shining even better)



Thank you for reading!

February 17th is Random Acts of Kindness Day - a reminder to celebrate the small, every day ways we can look out for ourselves and each other.

If you're looking for ideas, check out the Mental Health Foundation's [50 random acts of kindness you can do today](#), or try Ammaarah's self-love bingo!

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



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