

Happy New Year!

As we kick off 2025, it marks a time for fresh beginnings, reflection and an opportunity to prepare for the year ahead. This month's special edition of the newsletter focuses on looking back at ORIGIN's accomplishments from the past year, – focusing on our ORIGIN youth Advisory Group (ORAG) – looking forward to exciting plans for 2025 and resources to help support your mental well-being!


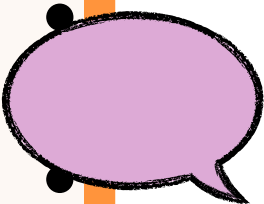
Looking Back over 2024 with ORAG

ORAG (ORIGIN Advisory Group) is a group of young people aged 16-24 years old who are integral part of the youth led research approach of ORIGIN. The role of an ORAG member involves sharing their own ideas and experiences to help develop the research.

2024 was a busy year for ORAG!

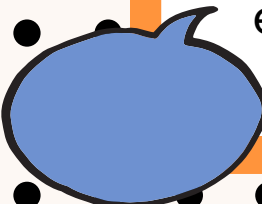
Starting in **January** with the ORIGIN Launch event at the Pitt Rivers Museum in Oxford, the ORAG members came up with the ideas for the event and helped to run it. **February** was spent receiving and reviewing feedback on the event so we knew how to host future ORIGIN events!






In **March**, the ORAG WhatsApp group was created, making it easier and quicker for all of ORAG to talk to each other. There were then ORAG conversations about certain ethics, particularly around reimbursement for our participants.

April brought narrative interview training for ORIGIN peer researchers and ORAG members. This provided great insight into how the interviewing process works and what ORIGIN is all about, while giving ORAG members the opportunity to share another youth perspective with the researchers.



With all the suggestions from ORAG, **May** was spent starting to implement some of their ideas – for example creating a unified ORIGIN ORAG email address to streamline how we communicate.



In **June**, ORAG had a meeting to discuss Work Package 1. Work Package 1 gives 16–24 year olds the opportunity to share their experiences which will help to design the online arts and culture intervention for mental health. ORAG discussed how this could be recruited for. This led to the ORAG sharing different mental health influencers that ORIGIN could reach out to in **July**.

August was the month that ORIGIN's attendance was confirmed at the ESCR Festival, a Social Sciences Fair held in Oxford. As such, the following month of **September** had the ORAG feeding back on how the Eventbrite advert for ORIGIN looked and read, as well as how it could be shared so it would reach the underrepresented demographics this project is focusing on.

October was an especially busy month for the ORAG with Photovoice training, the ESCR Festival of Social Sciences, reviewing of the Work Package 2 (*which gives 20 young autistic people ages 16-24 the opportunity to share their experiences*) qualtrics form, as well as an ORAG meeting.



The start of **November** brought with it the first send out of the ORAG led monthly newsletter, as well as another ORAG meeting. Using what ORAG members had expressed interest in during that meeting, ORAG had a meeting with Work Package 4 in **December** (*which aims to co-design the online arts and culture intervention with young people as well as the ORIGIN team*) to discuss the opportunities for ORAG to get involved going forward.

Looking Forward to 2025 with ORAG...

That's the
2024 ORAG
wrap!

Looking forward to the upcoming year, there are plenty of exciting things the ORAG may be getting up to, such as:

- Research methods training
- A new social media group led by ORAG members
- Working with Work Package 4 to review Co-design kits that could be sent out to participants as well as other parts of the co-designing process
- Opportunities to up-skill and become a peer researcher
- Monthly ORAG meetings

As well as many more opportunities for training and other areas to get involved!

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!

VISION BOARD

Creating a New Year's vision board is a fun and creative way to set positive intentions and bring your goals for the year to life! You'll need some simple materials: printed images from magazines or newspapers, glue or tape, a large piece of paper, and any decorative extras like colourful markers or stickers. Your vision board will be a collage of words, images, and affirmations representing your dreams and aspirations.

Start by reflecting on the past year—think about what you've accomplished, what made you feel grateful, and where you'd like to grow.

Once you've collected everything, start assembling your board. Make it colourful, personal, and uniquely you!

When it's finished, display your vision board somewhere, which you'll often see as a reminder to stay motivated and focused on your dreams for the year. Enjoy the process and make it yours!

Then, set your intentions for the year ahead. These could be specific goals or general themes. Next, gather your inspiration! Browse online, scroll through social media, or flip through magazines and newspapers to find words, quotes and images that resonate with you and your goals.



We look forward to keeping you updated on what the ORAG is up to and ORIGIN's wider progress through 2025!

We also know that January can be a challenging time. Take a look at the recent YoungMinds blog post, *Finding Hope When the New Year Feels Overwhelming*, for messages from young people who have struggled with their mental health during this period. CALM is another great resource, with online articles offering practical advice for looking after your wellbeing during winter.

Thank you for your continued support and interest in ORIGIN!

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



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If you enjoyed reading, please share our Newsletter with people who would be interested. We'd love ORIGIN to reach more people!