



As we spring into March (no pun intended!), we welcome longer days, warmer weather and the promise of fresh beginnings. As the first signs of spring appear we're reminded of personal growth, change and self-discovery. In this issue, we reflect on the inspiring work happening within ORIGIN, from exciting project developments to the exploration of meaningful story co-design kits from WP4. We'll be sharing highlights from this month's ORAG meeting, work package updates, introducing more people and diving into Wellbeing Wednesday.

Change is in the air, and we're excited to grow together.
Happy reading!

What's been going on?

*ORAG Meeting 5.3.25
Written by Rosie*

At this month's ORAG meeting we started by talking to Lili, who offered us the opportunity to listen to work package 1 interviews and verify the data from the transcripts to ensure it is good for analysis. After that, we briefly spoke to Sophie from work package 4 who talked more about story workshops. We were then given the opportunity to take part in a mini story workshop delivered by Kerry. This was very insightful and interesting and gave us all an idea of how story workshops work. It was brilliantly delivered and had resounding positive feedback, with a unanimous consensus that we would like to attend similar workshops in the future!

After that, we talked about the impact that the ORAG has made, and we discussed the work package 4 feedback.

We were told that the social media subgroup is now underway which is very positive, and then we were lucky enough for our own work package 1 peer researchers to talk to us about their training and experiences.

Overall, this was a very positive meeting, and it's so lovely to see how ORIGIN as a whole is coming together!

Stories

Written by Ruby

ORAG members have been engaging with the arts and culture stories being created for ORIGIN in two different ways:

1.

Providing feedback

The stories we were given to review were diverse in both their content and format – from comics to videos and podcasts. The themes I found most engaging were the parallels between historical stories and the world today, and the power of community. I enjoyed gaining insight into the different ways these stories might support mental health, and am excited to see how the collection will evolve.

2.

Story creation workshop

The process of story creation in ORIGIN often begins with an archive object and research to contextualise it. However, I found it particularly interesting to consider how a lack of available information about a historical

figure or object can also say a lot!

We explored the pros and cons of different storytelling forms, and brainstormed various angles from which to shape a narrative – such as focusing on emotion, the experiences of a particular community, or historical context.

ORAG members can now continue the process we started in the workshop to create our own stories!

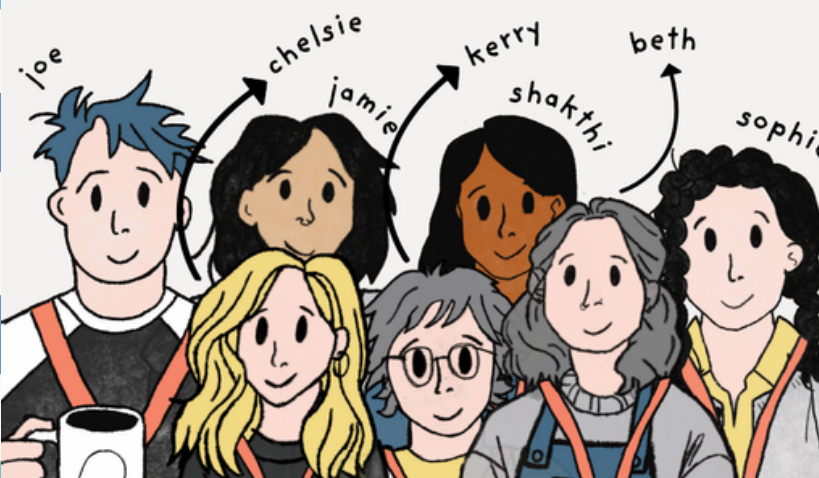
Co-design Introduction

Written by Shakthi

Hi!

We're the Creative Research Assistants at Lab4Living, working on the ORIGIN platform as part of WP4. To locate 200 stories for our portfolio, we're collaborating with young co-designers.

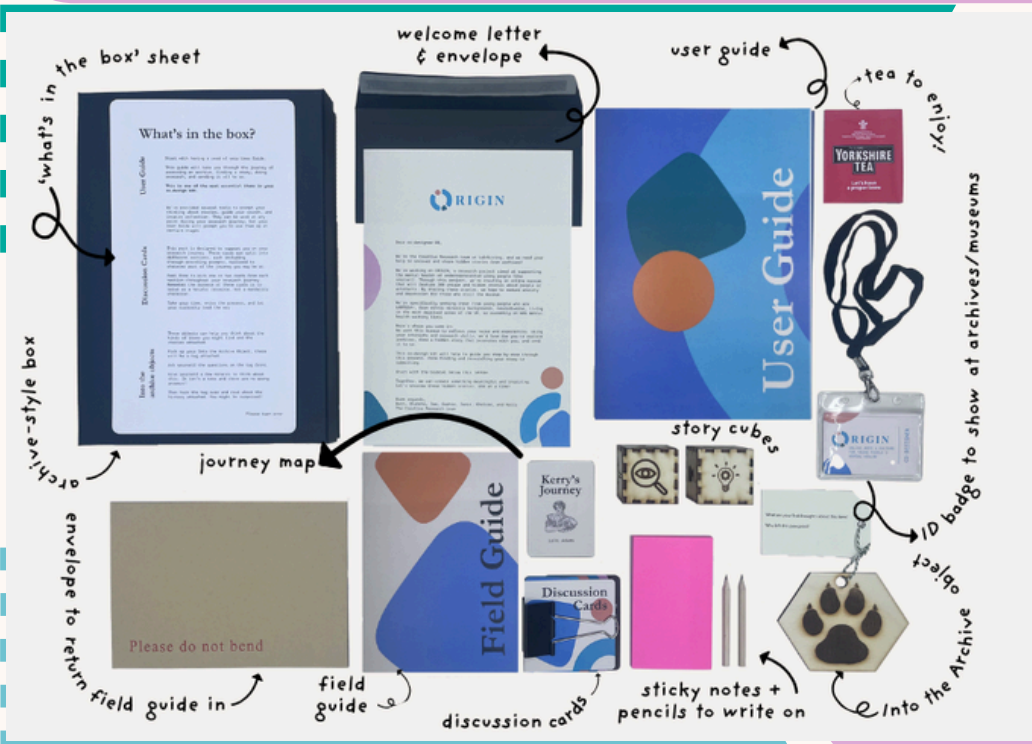
CREATIVE RESEARCH TEAM!



Over the past few months, we developed a 'co-design' kit to support them in exploring archives to find objects and artefacts that tell a story.

This kit combines our expertise in archival research, narratology, and creative output, along with our own storytelling experiences, into a practical resource.

The kit includes guides on accessing archives, locating notable individuals or objects, and research etiquette, empowering co-designers to confidently navigate archives. It also provides support for submitting stories, shares our storytelling experiences, and includes a troubleshooting guide. While we've shared our knowledge, we've ensured co-designers have full agency over their chosen stories—true co-design in action!



We've started recruiting young people into the Co-Designers Network we've set up, through which we'll distribute these kits to eligible young people across the country.

For more details on the kit, visit the Lab4Living website or email s.cochrane-powell@shu.ac.uk or elizabeth.hopwood@shu.ac.uk.

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.

- Travelling and completing narrative interviews.
- Meeting to analyse the interview transcripts thematically through a process of 'coding' parts of the text into different titles such as traditions, connections and mental health. Also summarising the content of transcripts.

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

WP2 involves giving 30 autistic people aged 16–24 the opportunity to share their experiences. 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 recruitment and interviewing to understand young autistic people's experiences.
- Attending an event to further the recruiting process in Cornwall and surrounding areas.

Work Package 3 *(Realist Review)*

WP3 involves reviewing the existing research to investigate the effectiveness of online arts and culture for mental health in people aged 16–24. This will feed into designing the online arts and culture platform.

- Meeting to further feedback on the CMO (Context, Mechanisms, Outcome) spreadsheet to make it more efficient and concise by combining categories. The spreadsheet will be part of the programme theory to explain the effects of receptive arts on mental health.
- Reframing and finessing specific wordings around the meaning of escapism and perspective.

Work Package 4 (Co-Production)

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

- Sending out final iterations of the co-design kits to ORAG members for final feedback to be worked in before sending out to the co-designers network of interest.
- Hosting story workshops with ORAG.
- Analysing interviews to gather information about what elements from past online interventions should be included in our online arts and culture platform.
- Finding and creatively presenting stories for the platform around overcoming struggles, experiences around mental health and stories that are fun and joyful.

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!

In celebration of International Day of Happiness (**Thursday, 20th March**), this year's theme: 'Caring and Sharing' emphasises that lasting happiness comes from looking out for each other, feeling connected and being a part of something big! So, let's jump in and do an extra act of kindness – big or small! Think of something you found helpful or inspiring; choose someone who might love it too, and share it with them! Once you've done it, keep the good vibes going by encouraging others to do the same!

To learn more, click [here](#)

Happiness is contagious – let's make it go viral!



Meet the team

Kerry Lindeque (*She/her*)

Role: Creative Research Assistant at Lab4Living, with Work Package 4.1

What drew you to ORIGIN? :



I was drawn to ORIGIN because I'm fascinated by hidden stories – I'm a History graduate so I've always been pretty nosy! My role involves finding hidden stories in archives, museums, and collections and creatively interpreting them to go on the online museum platform. I love asking questions and investigating and it's a huge bonus to know that my work will help improve the mental health of young people.

What song do you have on repeat right now? : Spooky by Dusty Springfield. It just makes me feel so cool!

What is your favourite book? : Either 'Kestrel for a Knave', Barry Hines or 'Rebecca', Daphne du Maurier. 'Kestrel' for how it makes me feel and 'Rebecca' for all its twists and turns!

Thank you for reading!

Are you a young person aged 25 or under looking for mental health support? The Mix is a charity that provides fantastic peer support via group chats, discussion boards and counselling services. Everyone there is super friendly and eager to support young people! They also have some great articles about topics you might be interested in like specific mental health lived experiences. Check out their website: <https://www.themix.org.uk/get-support>

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



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