



June 2025 Newsletter

As summer begins, we're excited to be celebrating
Pride Month!

ORIGIN has made steady progress over the past few weeks, with all of our Work Package 1 interviews now complete.

This issue includes further Work Package updates and reflections from our recent interview coding session, as well as the usual Wellbeing Wednesday and Meet the Team.

What's been going on?

In-Person Coding Meeting

Written by Rosie

Some work package 1 peer researchers met to collaborate on a coding workshop. A code is a label when using the framework and separates the interview transcripts into different segments. We went through a transcript that we had all previously coded as practice.

During this we made sure that all of our codes were cohesive with each other's so that our coding as a whole is as uniform as possible. Overall it was very helpful and insightful!

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 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.

- Interviews have been completed! There have been 74 in total, from a diverse range of young people. The ORIGIN team would like to say thank you for sharing any newsletters, social media posts or links that have helped us reach so many people. We look forward to keeping you updated about the next part of the research!
- Analysing the coded transcripts from the 74 interviews will help inform the kind of stories that will be presented on the online arts and culture platform.

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

WP2 involves giving 30 autistic people aged 16-24 the opportunity to share their stories and 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.

- Completing interviews with several more lined up.

- Preparing to present ORIGIN to a SEN (Special Educational Needs) school to share the project with more people with the possibility of finding more people interested in taking part in the interviews.

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.

- Continuing to finalise the framework created from reviewing different studies.

Work Package 4 (Co-Production)

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

- Focussing on finding and developing stories, with 101 currently in production, with several from cultural partners.
- Working with the ORIGIN framework to make sure the stories fit within themes such as human connection, witnessing creativity and different perspectives.
- Exploring the best ways to present each story with opportunities for collaboration between co-designers.
- Starting to recruit young people to review these stories at several stages.

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!

Happy Pride Month!

Pride is more than rainbows and parades – it's about embracing your whole self, advocating for change, and uplifting self-acceptance. Pride is also a time for personal growth and self-exploration, as identities are reflected upon and potential challenges are navigated.

Most importantly, Pride is about expressing love proudly, especially when the world doesn't always make that easy. This month's edition of Well-being Wednesday focuses on radical self-care. Radical self-care is making a space for yourself and defining your self-care



Some examples of radical self-care are:

- Being with people who get it
- Finding queer joy, whether its music, people, fashion or chosen family
- Letting yourself feel – rage, grief, peace or euphoria without needing to explain it.
- Celebrating your type of Pride – whether it's attending an event or chilling at home

No matter where you're on your journey, whether you're out and proud or quietly finding your way, you're valid. You deserve to feel safe, seen and supported



Meet the team

Alison

Pronouns: She/her

Role: Peer researcher

What drew you to ORIGIN/why did you choose to join this project?

It seemed like a unique and valuable project, with great opportunities to learn new skills. I loved the fact that its aim is to help young people in coping with their mental health too, as having my own experience with it, supporting others is something I really wanted to contribute to.

What's your favourite hobby?

Astronomy and astrophotography! I love learning about the universe and spending nights out under the stars with my telescope, as the world is at its quietest and seems to temporarily stand still. It's so peaceful and helps to forget about any stress and worry for a while.

What is a motto you try to live by?

"There's always a way" is a motto I've lived by for years. When things seem tough or even impossible, it's a reminder that goals and situations might not necessarily be easy, quick or straightforward, but that there is usually a way to get through, and this encourages me to not give up and keep trying.

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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