

# ORIGIN November 2024 Newsletter

ORIGIN is an innovative research programme, in which young people are co-designing an online arts and culture platform aimed at reducing anxiety and depression. It is a collaboration between multiple UK universities and NHS Trusts, alongside museum and charity partners.

We officially launched ORIGIN in January 2024 at Oxford's Pitt Rivers Museum. Since then, we have conducted many interviews with young people, whose stories and perspectives will guide the project's next stages.

We have updates from our Peer Researchers and have also introduced the main members of our newsletter team – meet us below!

## What's been going on?



**Click the red circle to see what we got up to**

### Photovoice Training

On the 13th November, peer researchers from the ORIGIN and CoPICS project attended Photovoice training at the Ashmolean museum in Oxford. Photovoice is a research technique that invites participants to use cameras to capture and caption images of our environment to help express ideas and reflect on our experiences.

**What is Photovoice?**



## What did we do?



*Teapot / food spread*

*I was thinking about the communal aspect food. Communities and families coming together to share something that unites them. The items in the two photos are from different cultures and made me think how every group uses food*

As researchers, we got to do this ourselves, capturing objects that we think could relate to the question - 'What impacts human connection?'. We picked up on a couple of themes in our pictures, such as sharing food and language. This training was in preparation for using Photovoice with a group of young adults at the Ashmolean Museum as part of the ESRC Festival of Social Science.

I can't wait to see what they capture!

**Written by Summi**

**Final thoughts**

I also want to share some particular things I appreciate about Photovoice as a research method for ORIGIN:

- **Freedom:** Gives participants the agency and time to capture the objects that resonate with them the most and reflect on their own experiences. I believe this is what art is all about, it reflects the human experience and invites us to do the same with our interpretations.
- **Open-ended & creative nature:** It's a more interactive and relaxed way of collecting valuable qualitative data about how we interact with art and how it may improve our well-being. Via open conversation, we can identify themes of what is significant to under-represented young adults (our target group).



## ESRC Festival of Social Science

*By Ammaarah*

On Saturday 19th October, I travelled to the Ashmolean Museum to take part in the "Picture This Event" workshop as an Advisory Group member. This workshop brought together a group of young people for the day, focusing on exploring art and the environment through mindfulness and interactive activities.

The workshop started with a guided "Slow Art" reflection tour, where we practiced mindful observation throughout the museum. We were encouraged to consider each artwork's story, examine the colours and textures chosen by the artist, and view pieces from different angles. This session was truly eye-opening—it taught me to approach art more intentionally and appreciate details I might have overlooked.

Exploring society together



**FESTIVAL OF SOCIAL SCIENCE**

19 October - 9 November

Another activity was a Photovoice workshop, which involved exploring the museum and taking pictures of pieces we resonated with. We came together to share photographs and explain what we saw, why we chose this specific photograph, and what it told us about human connection.

This activity encouraged a sense of community as we discovered different perspectives and interpretations of artworks.



I snapped a picture of a lattice screen, and from what I noticed, it had a carved panel with detailed, symmetrical geometric patterns. The design let me see right through it. I took this picture because it looked so beautiful, and it got me thinking about all



the hard work that must have gone into making it and how delicate it is. This photo says a lot about human connection. The interwoven designs show how everything is connected, but still lets light and air pass through, making it possible to see through while keeping some privacy. It's both beautiful and practical. Plus, it highlights the insane amount of work the artist put in to make sure every geometric detail was perfect to allow it to be used.

### **ESRC Festival of Social Science 19.10.24** *By Summi*

It was a privilege to facilitate a Photovoice session at the Ashmolean Museum with 5 young adults. Everyone who participated highly appreciated the art and was vocal about their thoughts, which created such a wholesome atmosphere.

Some of my favourite topics we talked about included: Objects carry experiences and memories with them – some are fond, some are not, and art represents communion.

We also participated in 'Slow Art' before the session, which encouraged us to spend more time appreciating the artwork in front of us and how it made us feel – a warm-up for the participants to notice the little details in art. I felt very zen by the end of it, I encourage you to do this when you can!



# What have our Work Packages been up to?

*Throughout the project, people aged 16-24 are working as peer researchers, and have shared some of 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.

- Taking part in a mixture of online and in person preliminary interviews with 16-24 year olds as Peer Researchers, depending on availability and flexibility. This involves keeping records of the interviews, helping the main interviewer and giving feedback.
- Testing different interview strategies to find the best way to undertake this new way of researching, and feeding back information and opinions during group meetings.
- Collecting data for this informative research project with team excitement for the outcome.



## **About the WPI Interviews** – *Written by Laaiqa*

I attended a BNI interview session with Roisin as I'm quite familiar with this interview style from the training.

The first session included the individual talking without being interrupted and the second session included asking them to delve deeper on any part we would like to know further, if they were comfortable doing so. I feel like it really gave them a chance to explain their life story from start to finish without any judgement and possibly release burdens that they didn't know existed. I felt like I was a key part of the project and made sure to make them feel appreciated for their time, making sure that they felt actively listened to. Having these interactions also made me comfortable about different aspects in my own life and I believe it's an amazing project we're all working on together!

## **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 WPI but focuses on how an online arts and culture intervention could be made useful for autistic people specifically.

- Taking part in workshops to shape the interview process, to help improve the quality of interviews and of information gathered.
- Designing visual communication cards for participants to use in the interviews.
- Having catch up meetings to review progress so far.



- Reviewing the information given to participants about the study.
- Recording a voice over for the expression of interest form for participants who would prefer to listen to rather than read it.
- Testing the form on qualtrics for participants to express their interest.



### **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.*

- Creating summaries of existing data on the subject of how art and culture can affect mental health, for example exploring how music can affect anxiety and depression.
- Considering journal articles to be included in the review
- Meeting with the study team to consider the language used when collecting information from the journal articles, thinking about how different language could be interpreted because personal experiences affect what words represent to individuals.



## Work Package 4 (Co-production)

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

- Working on co-design kits to send to users in the post with a focus on how it looks, functions and sounds. Also designing the co-design kits to excite users and to make them feel part of the ORIGIN team, as well as encouraging confidence to access archives.
- Making the co-design kits to act as a user guide by showing processes and being open about the things the team have struggled with and how they navigated them to make the project seem less intimidating and to create a connection with the users.
- Using the creative research kits by Lab4Living from various fields to inspire design, especially in relation to creative problem solving.
- Bringing together the different aspects of the design process to start prototyping to help guide the next steps of the project after feedback.
- Training interview methods to prepare for interviewing 20 participants after recruitment in December, involving pitching to participants, prototyping and connecting with the young adults.
- Working together to experiment and find own stories to then develop in a creative way to share with a growing understanding of the team's function within the wider project.



# Wellbeing Wednesday

Take some time for yourself with our wellbeing space. *ORIGIN* is all about helping our mental health, so our



Newsletter is too!



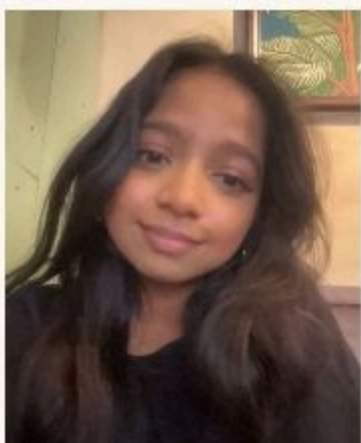
Love puzzles? We do too! In honour of Stress Awareness Day, why not relax with a fun puzzle? Research shows that playing games just for fun – without the pressure – can actually help lower stress and boost focus! So go ahead, click the link in the circle and pick a puzzle you'll enjoy. There's plenty to choose from. Happy puzzling!

Ashmolean  
Jigsaw  
Puzzles



## Meet the team

*Get to know the main team behind this newsletter!*



**Ammaarah** (She/her)

**Favourite food:** Anything in potato form!

**What superpower would you want and why?:**  
Telekinesis would help me avoid embarrassing spills and drops!

**Fae** (She/her)

**Favourite film:** Mamma Mia! – first one my fav purely for nostalgic reasons 😊

**What is a motto you live by?:** 'Never be cruel, never be cowardly' – Doctor Who







**Ruby** (*They/them*)

**What is your favourite hobby?:** Climbing

**What is your dream weekend?:** Sleeping in! And a hike with friends or my dog

**Dee** (*She/her*)

**What song do you have on repeat?:** Psycho Killer, the Wrecks – Constantly stuck in my head, so I both love and hate it!

**What is your dream weekend?:** Baking and a trip out to go people watch :)



**Louise** (*She/her*)

**What is your favourite hobby?:**

Embroidery – I love embroidering my clothes

**What is your favourite food?:** Pancakes



### **Thank you for reading!**

We're excited to keep you updated as the project moves forward!

In upcoming newsletters, you can expect more insights from the young people involved in ORIGIN, Work Package progress and creative wellbeing activities.

If you're looking for support with your mental health, YoungMinds offers helpful resources: including guides to finding support, information on mental health conditions, and personal stories from young people.

**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)