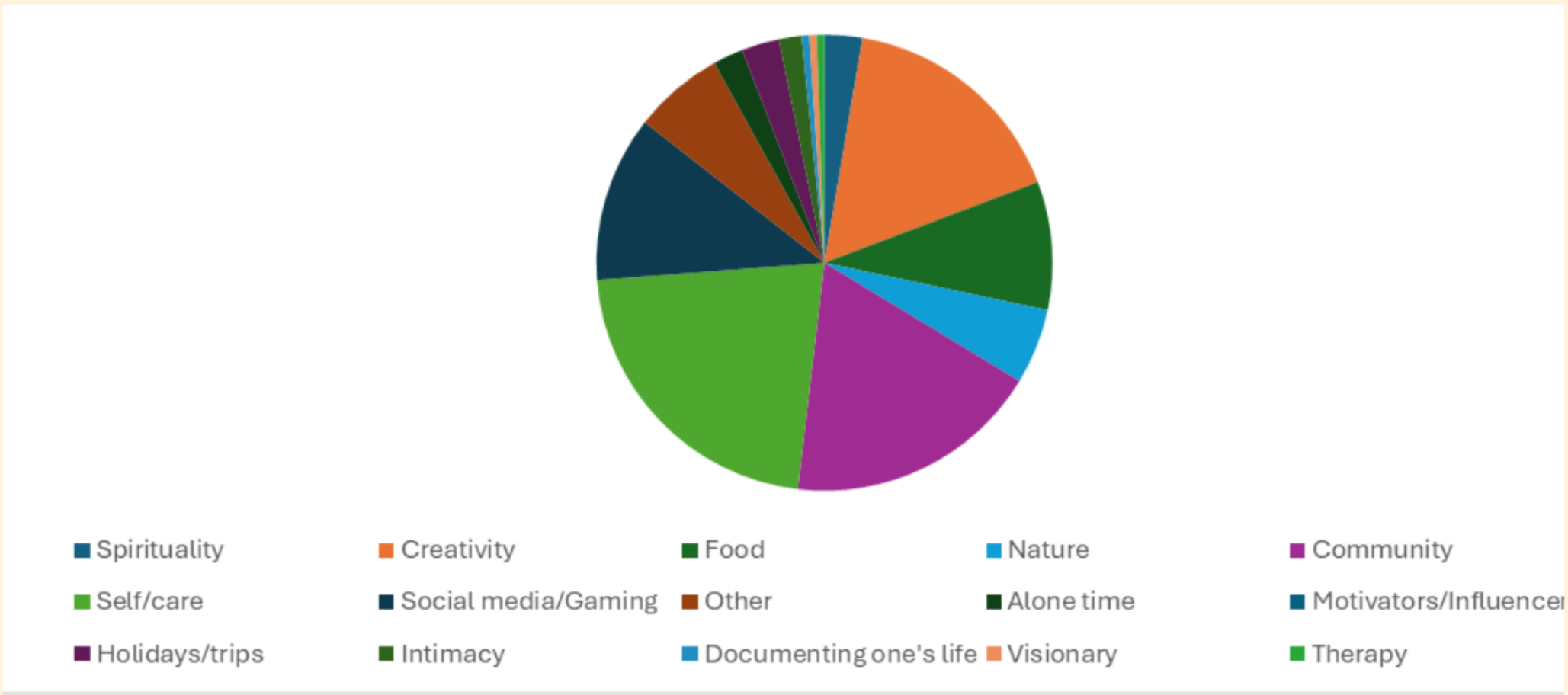
A BRIEF GLANCE OF OUR DATA ANALYSIS ON THE WELLBEING GALLERY

THIS ACTIVITY WAS DEVELOPED AS A 'DATA COLLECTION TOOL' BY PEER RESEARCHER CLARA AKINGBADE AND ARTIST ILARIA DI FIORE AND THEN REVISED BY PEER RESEARCERS FOR AUTHORING OUR OWN STORIES, 2024. BELOW ARE EXAMPLES OF THE THEMES CREATED DURING DATA ANALYSIS.

SELF-CARE - 22%
CREATIVITY - 19%
COMMUNITY - 16%FOOD - 11%
SOCIAL-MEDIA/GAMING - 11%
NATURE - 5%
OTHER - 5%
SPIRITUALITY - 4%
HOLIDAYS/TRIPS - 2%
ALONE TIME - 1%
INTIMACY - 1%
MOTIVATORS/INFLUENCERS - 1%
THERAPY (E.G. PSYCHOTHERAPY -) 1%
GOING TO WORK EDUCATION - 1%
DOCUMENTING ONE'S LIFE - 0.3%
VISIONARY - 0.3%



The Wellbeing Gallery was originally used as a tool to collect data with young Black and Asian people who participated in focus groups for the national project Authoring Our Own Stories. In Authoring Our Own Stories professionals work alongside young people aged 13 to 25 from marginalised communities to explore how their civic identities can influence their access to youth services and support. It is a 5-year project funded by National Lotteries Community Fund. Each year a new group of young people are trained to develop their own research projects exploring an aspect of civic identity that they want to discuss with their peers. The peer researchers are responsible for working with professionals to create training materials from the data they collect that can be used by professionals in their different youth projects.

In 2024, the London group explored the topic of mental wellbeing. They wanted to learn what activities are used to develop and sustain mental wellbeing, and what professionals working with young Black and Asian people could take from this to improve their support. Our question to research participants was - ***'what activities do you do to support your mental health'?**** You could obviously ask a slightly different question to explore this topic with your groups?

*The term mental health has now been re-framed to be 'Mental Wellbeing' as it has more positive connotations.

Partnership for Young London

COMMUNITY FUND

To learn more about Authoring Our Own Stories, contact the National Lead, Sandra Vacciana.
sandra.vacciana@cityoflondon.gov.uk