

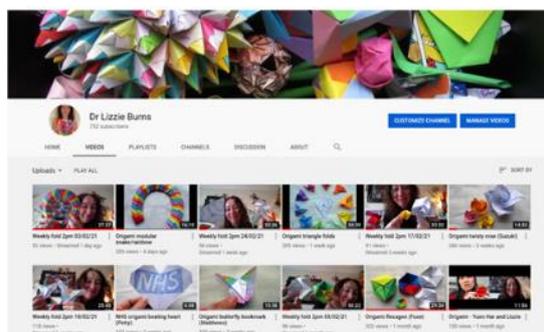
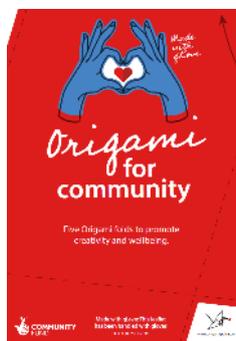
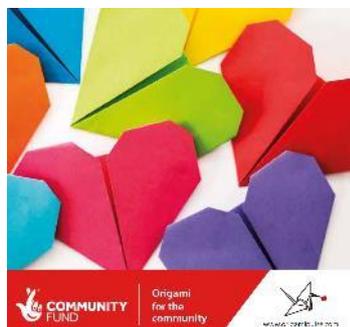
Made with gLove: Community Grant

- Origami Pulse CIC: Dr Lizzie Burns & Zulay Newell



Thanks to funding from the Lottery with a Community Grant in 2019 we worked with vulnerable groups in our communities in Oxfordshire and Merseyside offering origami for wellbeing and community. Groups included those with mental health problems, the elderly and those in hospital alone and anxious. We reached out through paper folding to bring connection and inspiration, with our philosophy: *'Improving life, one fold at a time'*.

Everything changed in March 2020 when the pandemic struck. All our work had been in person. We knew offering comfort, connection and community would be more important than ever. We had to embrace change and thanks to your Community Grant in April 2020 we applied to offer origami during these anxious and lonely times. Your support meant everything. We wanted to share what we have done and the impact from your funding of £10k. Thank you.



25,000 'Origami inspiration leaflets' to hospitals

We worked with talented designer, Matthew Murphy, to create beautiful colourful leaflets encouraging each person to get folding to lift mood. Leaflets included explaining how to fold a square from any piece of paper. Our budget was for 5,000 but we let hospitals know and found charities keen to contribute for staff and patients bringing our print run up to 25,000. We encouraged healthcare staff to try origami for self-care during this time of trauma. The British Medical Journal supported Dr Burns with an article published in December 2020: <https://blogs.bmj.com/bmj/2020/12/21/transforming-the-everyday-into-something-beautiful-how-origami-can-help-encourage-self-care/>

Leaflets were sent to ten hospitals across the UK with University College Hospital and Imperial in London, York, Coventry, Bristol, Liverpool, Cambridge, Derby and Oxford. We donated leaflets to charities working with vulnerable groups including those with mental health problems, in psychiatric wards, the homeless and children terminally ill and for their families.

Weekly origami folds: films, live folds & social media – 20,000 views

Since March 2020, as part of my work in University College Hospital as well as for this project, I started www.youtube.com/DrLizzieBurns recording a film each week with an origami fold and live on Wednesdays at 2pm; 'Wellbeing Wednesdays'. I share folds reflecting the time of year to bring meaning, care and connection. We set up a Facebook group 'Join the fold: Origami to beat boredom' and share through Twitter @DrLizzieBurns with over 3,400 followers. On YouTube we have over 800 followers and through social media have taken suggestions from participants. This includes a child

asking me to how to fold a Pudsey Bear for 'Children in Need'. This video alone was viewed by over 1.8K with families and teachers sharing folding at home and in classrooms to bring smiles. Thanks from participants for live sessions includes from those caring for parents with dementia, or living alone.

Every person matters, and individual comments have touched us as to how films helped start a new hobby using everyday paper to cope. Comments include from a mother who found origami comforting after losing her 18-year-old daughter. Other comments include from teachers finding this a stressful time, and a mother who folded a bunch of flowers for her daughter working as a nurse on a COVID ward. We had messages from a participant to live sessions after a heart operation who found folding helped in recovery and is now back to work. Another person described making origami angels to give to neighbours to thank them for their care.

Online sessions & collaborations

Thanks to this grant we let anyone get in touch with ideas on groups to benefit. We have run sessions through Zoom and Teams for nurses working in a trauma ward looking after COVID patients who found folding brings smiles to staff and patients. We have run free sessions for teachers, for University students in isolation, for National Bereavement week, for children and families with Sickle-Cell Anaemia, and for those with mental health problems.

We were approached to record a webinar for a charity working with families who have adopted children to encourage self-care (Adoption UK). We created films for a science festival for young people with visual impairments with an origamist who is partially sighted. We contributed to festivals celebrating Light in the Darkness in Wandsworth and to the Festival of Science and Ideas Festival, and to the Cowley Road Carnival in Oxford. This included a workshop attended by Vice Chancellor Anneliese Dodds and her family; together with an article in OX Magazine on wellbeing with photos displayed around the city to inspire. We are contributing to Footsteps Festival to support people suffering from long-term pain conditions and working in collaboration with patients. We contributed to 'ContentEd' – a conference for those in higher education to raise awareness of origami for wellbeing for students and staff. A GP in Birmingham has asked us to run a session she is organising for GPs in the Midlands encouraging self-care through origami.

Prior to the pandemic we collaborated with the Oxfordshire County Libraries running increasingly well attended drop-in sessions of 80 participants. We ran seven monthly online workshops of 140 tickets fully booked; each ticket representing a whole family. Online workshops through Zoom have brought community and connection. We include a few of the comments and photos from this time. Thank you for making this all possible. We hope this will make you smile too.



Origami given to by a nurse after a session



“brought a smile to my face” “great way to de-stress after a busy morning” “really in need for it”



“Fabulous hour of calm, during an anxious time xx” “made me feel relaxed, connected and productive”
 “Thank you this has been lovely. my first origami!” “Sense of achievement! Thank you so much Lizzie for your calming, encouraging manner. X” “thank you for teaching us and bringing a smile to everyone”

Room 8 & Room 10 had an origami skills lesson today. They made an origami Pudsey 🐻 #ChildrenInNeed #skill #wearelawsome



So proud of my year 5 class today with their origami Pudsey bears! 🐻 #ChildrenInNeed



In Sefton and Merseyside, we worked with isolated people suffering because of the lockdown, which affected their mental health. We supported Community centres and organisations working with children and families. 5,000 origami leaflets were distributed to people in need with the help of volunteers and charity organisations. We also delivered Zoom workshops for children's groups and families.

Feedback:

"We are very grateful to Origami Pulse for the materials they were able to give to our charity, it has been hugely beneficial for us to distribute these throughout the local community, and we have had positive feedback from local people who found the resources enjoyable and easy to understand". (Social Prescribing team. Brighter Living Partnership)

"These resources are incredible due to the accessibility of them, you can follow the instructions and beautifully designed illustrations, whether you are 8 or 80, and the results are fantastic! We truly value the hard work and dedication shown by Origami Pulse. We are so thankful to have such a great relationship with them. We look forward to continuing working with them in the future."

(Manager, Woodvale Community Centre).

"We were able to deliver origami packs with the leaflets to families in lockdown. This was a lovely Activity for the parents and children to do together. It gave them an opportunity to try something different". One family said, "We enjoyed the origami and my children got really involved in it. We had fun together." (Manager, Home Start Southport and Formby).

