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## Origami Pulse: Improving life, one fold at a time



**A life-changing tool: bringing focus, challenge, beauty and inspiration - to lift mood and combat anxiety, boredom and loneliness**

**Our great thanks to the National Lottery for awarding Origami Pulse a Big Lottery grant.** We started out work together thanks to your support. Origami Pulse is formed of three women who believe passionately that Origami is a powerful tool for well-being. Paper folding can transform lives through connection, challenge and focus to bring even the most vulnerable out of a moment of despair and bring joy. Origami enables connection with others and brings achievement. *We encourage everyone.*

Our project has spanned the UK. Angela Loveridge and Zulay Newell have been working with vulnerable groups in the Merseyside overcoming mental health problems. Dr Lizzie Burns has used her 12.5 days to offer 25 sessions to hospitals in Oxford where adults can suffer from loneliness, anxiety and boredom. We wanted to find out if Origami could bring smiles during difficult of times.

*"something so small has put a smile on my face"*

*"you've blown my mind"*



We wanted to bring community to adults away from home during difficult times. We also encouraged participants to continue at home and share with others to pass on the joy and learning.

Our thanks to staff in the **Bone Infection Unit, Emergency Assessment Unit, Radiotherapy, Trauma Unit, the Women's Centre** and to **Ruth Charity the Arts Coordinator, Artlink** for supporting this project.

We wanted to find out the impact of sessions and wherever possible encouraged participants to give anonymous feedback for us to learn.

More than 200 people took part with **86 feedback forms**. Here is our summary:

## What impact did we make?

**Q1. How helpful was this session on a scale from 1 to 10?** (1 = not very helpful, 10 = very helpful) (n=84)      **Average 9.2**

**Q2. How did the session make you feel?** (n=85)

58% Happy  
42% Relaxed  
38% Mentally stimulated

**Q3. How were you feeling before the session?** (n=79)

31% Fed up/down	18% Anxious
28% Bored	11% Tired
27% OK	4% Pain

**Q4. Do you think this session could help for:** (tick all that apply) (n=85)

78% Anxiety	87% Boredom
81% Mood	53% Isolation
67% Worrying	69% Loneliness
48% Frustration	

**Q5. What percentage of your awake time in hospital were you feeling bored?**  
Average 51% (n=66)

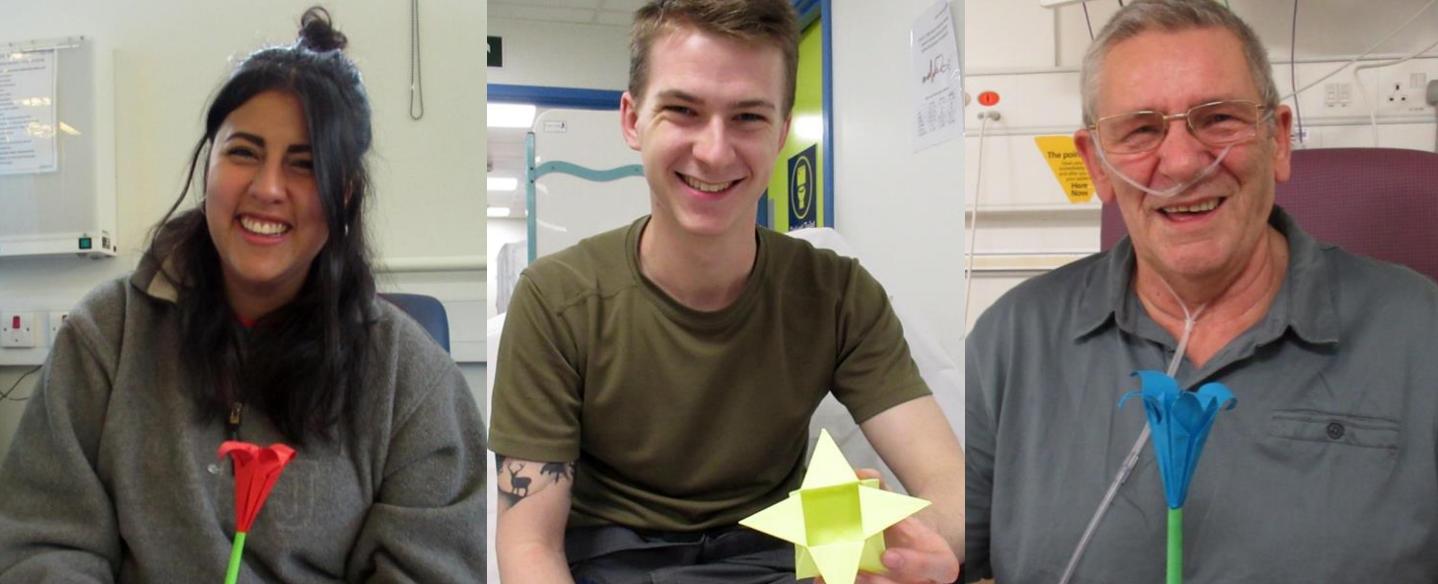
**Q6. Is there anything you would change?** (n=71)

92% No  
8% Yes: more opportunities

**Q7. Do you think this scheme should continue?**

100% Yes (n=84)





“from that one piece of paper – it’s a miracle”

“I was worked up, was getting anxious – I’m ok now, thank you!”

“it’s made our day”

“cheered me up”

“made us smile again”

“doing something with your hands calms your mind”

“I feel pleased with myself”

“was feeling worried, bored”

“brought a smile to my face”

“made me feel so much better”

“little bit of paper and time – changed how I was feeling, made me laugh and feel comfortable”

“never had anything from the Lottery in my life – so this is a bonus – my husband always played”

We gave participants a little encouragement sheet to continue and many let us know they have!