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| ALN Logo  **Mental Health and Well-being Advocacy Resource: Template** | |
| **Name of the initiative**  *Give a brief descriptive name for the activity or initiative you were involved in organising related to mental health and well-being* | Breakfast Club |
| **Target group**  *Was it aimed at all students or staff or a particular group?* | Students, during pre-exam period. |
| **Description**  *Give a short description of what was involved in organizing the activity or initiative.* | A free breakfast club held 8 – 9 am on two weekday mornings. Run by two library services advisers. Providing: cereals, pastries, tea, coffee, fruit and fruit juices. |
| **Partners**  *Was this solely run by the library or were other stakeholders involved, and if so how? Were students involved in planning the session, if so, how?* | Library in conjunction with student union shop and associated staff. |
| **Strategy**  *How, if at all, was the activity linked into wider library or institutional strategy?* | Funded by University Planning and Resources Group (Cost of Living group bid), the initiative aligns with the library vision ‘Connected connector’ theme: **Developed a programme of events, exhibitions and activities that encouraged people to connect and support wellbeing** |
| **Evaluation**  *How, if at all, was the activity evaluated?* | Direct verbal and self-written feedback from users. |
| **What worked**  *Colleagues are looking for tips to help them run their events more effectively, what tips would you share to someone wanting to repeat what you have done?*  *If applicable, please include how many people attended (if an event) or engaged (e.g. website clicks) or another appropriate measure for your initiative. Did this match expected engagement?* | The event attendance grew from under 20 to regularly over 100 per morning throughout the Lent term.  Excellent rapport between staff and students  Students formed friendships  Wider library and campus activities were promoted via e-screens and flyers etc |
| **What did not work**  *What you would change if you were doing it again? Sharing what did not work can be as useful to help others as what did work.* | Limit items to prevent stock running low.  Order fewer perishable items.  Consider fruit/drinks only to be more cost effective. |
| **Photo**  *Are there any photos you can share that give us a feel for the initiative?* |  |
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| **Resources**  *Is there a URL related to the initiative?* |  |
| **Your name, institution and contact details: Claire Woods, Lancaster University Library. c.woods4@lancaster.ac.uk** | |
| **Are you willing to share your contact details to other ALN staff so if they want to find out more they can contact you directly? Yes** | |
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