

<p><b>Name of the initiative</b> <i>Give a brief descriptive name for the activity or initiative you were involved in organising related to mental health and well-being</i></p>	<p>Get Out &amp; run, walk &amp; cycle - MS Team</p> <p>In an effort to improve our mental health, wellbeing and motivation this group encourages its members to get out and run, walk or cycle.</p> <p>We have found that our motivation to Get Out is low at the moment. So we set up this group in order to motivate and inspire ourselves and each other. We plan to Get Out and run, walk or cycle every Wednesday morning, lunchtime or after work. Feel free to share your experiences here, share what motivates you too!</p>
<p><b>Target group</b> <i>Was it aimed at all students or staff or a particular group?</i></p>	<p>Staff</p>
<p><b>Description</b> <i>Give a short description of what was involved in organizing the activity or initiative.</i></p>	<p>Creating a MS Teams channel via our IT department and then inviting members who we know like to run, walk and cycle.</p>
<p><b>Partners</b> <i>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?</i></p>	<p>This was set up due to the involvement with the Mentally Healthy Universities/MIND programme.</p>
<p><b>Strategy</b> <i>How, if at all, was the activity linked into wider library or institutional strategy?</i></p>	<p>Linked to the Mentally Healthy Universities programme we were involved in for 12 months.</p>
<p><b>Evaluation</b> <i>How, if at all, was the activity evaluated?</i></p>	<p>This is a very informal group - no evaluation.</p>
<p><b>What worked</b> <i>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?</i></p> <p><i>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?</i></p>	<p>Inviting people to post photos from their run, bike ride or walk. Posting a regular 'has anyone been out today' or 'anyone planning on getting out this week' gets people talking.</p>
<p><b>What did not work</b> <i>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.</i></p>	<p>During Covid, the posts were frequent, but as staff drifted back to work, people don't seem to connect as much with this group. Maybe the Winter months have not helped with people</p>

	getting out, so it will be interesting to see if it picks up again during the Spring.
<p><b>Photo</b>  <i>Are there any photos you can share that give us a feel for the initiative?</i></p>	 <p><b>Get Out &amp; run, walk or cycle</b> ...</p> <p>General</p> 
<p><b>Resources</b>  <i>Is there a URL related to the initiative?</i></p>	
<p><b>Your name, institution and contact details.</b> Jo Horsfall, Leeds Beckett Institution, <a href="mailto:j.horsfall@leedsbeckett.ac.uk">j.horsfall@leedsbeckett.ac.uk</a></p>	
<p><b>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</b></p>	