

<p>Name of the initiative <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>	Xmas Advent 'Calendar'
<p>Target group <i>Was it aimed at all students or staff or a particular group?</i></p>	This was aimed at a particular Library team
<p>Description <i>Give a short description of what was involved in organizing the activity or initiative.</i></p>	We wanted to cheer people up during the Xmas lockdown period, so we posted a different fun activity/news story/video every day in a countdown to the Christmas leave period.
<p>Partners <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>	This was run by our team (Collections) and other staff were encouraged to recommend their own posts for each day.
<p>Strategy <i>How, if at all, was the activity linked into wider library or institutional strategy?</i></p>	This wasn't explicitly linked to anything. However, this fed into the institutions new 'People Plan', which includes the strand: Wellbeing is at the heart of everything we do
<p>Evaluation <i>How, if at all, was the activity evaluated?</i></p>	People enjoyed engaging with these posts and it cheered them up during the darker days.
<p>What worked <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>Using fun/interactive posts really helped get people involved, and sparked some fun discussions which helped the days fly by.</p> <p>This was also presented as something really light-hearted and non-serious. We used lots of GIFs and emojis to let people know this absolutely wasn't a 'work' thing.</p>
<p>What did not work <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>	I think this may have been a little bit more effective if we had a wider audience. This was only posted for our specific team, and using this with the wider library may have had a better effect.
<p>Photo <i>Are there any photos you can share that give us a feel for the initiative?</i></p>	Examples of some posts (and engagement) below
<p>Resources <i>Is there a URL related to the initiative?</i></p>	N/A
<p>Your name, institution and contact details. – Dean Brown, University of Salford, d.a.brown2@salford.ac.uk</p>	
<p>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</p>	

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18th December

We made it Collections Team!! 🥳🥳

In honour of our chat during the quiz earlier about Tamagotchis, Boggins and the like - I thought a good thing to share today would be the link to an amazing database of some of the older editions of the Argos catalogue!! 😄

See if you can spot any of your childhood dream gifts 😊

Hope everyone has an amazing Xmas break. Thanks for being such a great team this year, and every other year before 😊

<https://retromash.com/argos/>

[See less](#)



Look what I stumbled on right away! I desperately wanted a Furby and never got one - now I see they were £30 (!!) I know why 😊



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2nd December

Hey Collections Team!!

I know we had an idea of doing some kind of online Secret Santa/Advent Calendar to keep spirits up going into Xmas.. And then we went and missed the 1st!! 🙄😅

Anyways... I thought I'd kick us off a day late with a fun little quiz - Do you know the lyrics to these classic Christmas songs?

<https://www.buzzfeed.com/josieayre1/christmas-carol-lyrics-quiz-uk>

Enjoy 🎄🎅

This kept me amused for quite a while last night 😊 Thanks Dean!!

Thought this was really good Dean but I am rubbish only got 3 out of 7 🙄