


<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>	Bookmark making
<b>Target group</b> <i>Was it aimed at all students or staff or a particular group?</i>	<ol style="list-style-type: none"> <li>1) Students and other library users</li> <li>2) Library staff</li> <li>3) People that volunteered as 'books' for our living library event.</li> </ol>
<b>Description</b> <i>Give a short description of what was involved in organizing the activity or initiative.</i>	<ol style="list-style-type: none"> <li>1) Using the personal die cutting machine of one of our staff, lots of bookmark blanks and various shapes (e.g., flowers, cogs, bugs, and abstract shapes.) were cut out ready to use. There was also additional coloured and patterned paper, PVA glue and scissors. We promoted this via the library community email list and other channels. A desk was set up in the library entrance area. A member of staff sat with the materials and started making bookmarks to encourage others to come and join in.</li> <li>2) Same materials as above, but the promotion was via library staff only channels and the activity took place at lunchtime in a room out of sight of students.</li> <li>3) Same materials as above. These were created by staff as a little thank you gift for the people that volunteered as our 'books' for our living library event.</li> </ol>
<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>	Library only
<b>Strategy</b> <i>How, if at all, was the activity linked into wider library or institutional strategy?</i>	<ol style="list-style-type: none"> <li>1) Part of Library student experience and wellbeing activities under the umbrella of the Library Community</li> <li>2) Part of a series of lively lunches to facilitate library staff wellbeing</li> <li>3) Living Library gifts</li> </ol>
<b>Evaluation</b> <i>How, if at all, was the activity evaluated?</i>	None
<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>  <i>If applicable, please include how many people attended (if an event) or engaged (e.g. website clicks) or another</i>	<ol style="list-style-type: none"> <li>1) The activity enables people to make something both beautiful and useful to take away with them at no cost. Not requiring booking meant that people were able to come and go as they liked and make more than one bookmark if they wanted. Having all the die cut bookmark blanks and in various cardstock and lots of variety in the die cut shapes, as well as coloured and patterned card for people made the activity accessible to all skill levels. Staff engaged in the activity too, to model what was going on and encourage curiosity and participation. Students engaged in conversation with staff and other</li> </ol>

<p><i>appropriate measure for your initiative. Did this match expected engagement?</i></p>	<p>students, known and unknown to them in a non-competitive activity. There was lots of encouragement and praise for each person's efforts.</p> <p>2) Having a relaxing craft-based activity that did not create mess and was accessible to all was a great addition to the lively lunches, especially during winter or inclement weather when going outside was not appealing.</p> <p>3) Having a selection of handmade bookmarks as gifts was appreciated by the volunteer 'books' as part of our living library event. We made more than there were 'books' so that people could select the one they liked most. The back of the bookmark had a little message of thanks and the date of the event on, as a commemoration.</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>Having library owned equipment would have helped, as use of personal equipment, although kind, is not ideal.</p>
<p><b>Photo</b> <i>Are there any photos you can share that give us a feel for the initiative?</i></p>	
<p><b>Resources</b> <i>Is there a URL related to the initiative?</i></p>	<p>No</p>
<p><b>Your name, institution and contact details:</b> Louise Dawson, Library Assistant, l.dawson@bradford.ac.uk</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?</b> Yes</p>	