

<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>	<p>Garden Room in the Information Commons at the University of Sheffield, which opened in October 2019.</p> <p>The Garden Room offers students a comfortable, relaxing break from their studies, and also serves to encourage students to take regular study breaks.</p> <p>We have worked closely with students and taken their suggestions and feedback to inform the furniture choices, resources and layout of the room.</p> <p>It is hoped that by providing a calming environment, this will contribute towards greater student wellbeing and lower levels of stress and anxiety amongst those who use it, especially during assessment periods.</p> <p>The space holds a number of books for recreational usage, to encourage students to read for pleasure, rather than just for study purposes and we are hoping that students will relax and take some time out from using their electronic devices.</p> <p>https://www.sheffield.ac.uk/library/libnews/gardenroom</p>
<p>Target group <i>Was it aimed at all students or staff or a particular group?</i></p>	<p>The Garden Room is aimed at students.</p>
<p>Description <i>Give a short description of what was involved in organizing the activity or initiative.</i></p>	
<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>	<p>As soon as we began the project we made contact with the Student Union Welfare Officer and then began working on the space in collaboration with students from Mental Health Matters. We spoke to many students at length about what they would like to see in the space and how they thought it would be used. We also looked at the quiet room in the Students Union for inspiration.</p> <p>The students we were working with created a survey to send out to other students to find out what they would like to see in the space, in terms of the atmosphere and furniture/resources. The Library Communications Team put the survey on our social media channels and we received a good rate of response.</p>

Strategy <i>How, if at all, was the activity linked into wider library or institutional strategy?</i>	The project was linked to the University's Student Mental Health Strategy.
Evaluation <i>How, if at all, was the activity evaluated?</i>	We had feedback forms in the Garden Room itself for students to complete whilst they used the room.
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> <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>	
What did not work <i>What you would change if you were doing it again?</i> <i>Sharing what did not work can be as useful to help others as what did work.</i>	
Photo <i>Are there any photos you can share that give us a feel for the initiative?</i>	
Resources <i>Is there a URL related to the initiative?</i>	https://www.sheffield.ac.uk/library/libnews/gardenroom
Your name, institution and contact details. Angela Greenwood. University of Sheffield. a.r.greenwood@sheffield.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	