

<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>	Staff Calm Space
<b>Target group</b> <i>Was it aimed at all students or staff or a particular group?</i>	Library Staff, particularly student facing staff, neurodivergent staff, staff with mental health problems
<b>Description</b> <i>Give a short description of what was involved in organizing the activity or initiative.</i>	A poorly used space within a large back office was identified. No new money was spent as the staff calm space was created using existing screens to create a new space within a space and has repurposed comfy furniture and donated restful artwork.
<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>	This was part of the wider library focus on wellbeing.
<b>Evaluation</b> <i>How, if at all, was the activity evaluated?</i>	Not evaluated formally, but staff have fed back informally at how valuable it is.
<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 appropriate measure for your initiative. Did this match expected engagement?</i>	<p>The space works well, as it enabled staff who needed to step away from their work for a few minutes respite for reasons such as: a challenging interaction, the stresses of some parts of the academic year, they are managing a neurodivergent and / or mental health condition or are feeling a little unwell.</p> <p>Staff training has helped raise awareness within the team that some people struggle, to foster empathy and understanding that people are not being lazy, avoiding work or taking extra breaks unfairly, but have additional needs.</p> <p>Because the space is within the existing back-office space it enables physical and mental health first aiders to keep an eye on people unobtrusively and offer assistance if needed.</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>	Nothing.

**Photo**

*Are there any photos you can share that give us a feel for the initiative?*

**Resources**

*Is there a URL related to the initiative?*

No

**Your name, institution and contact details:**

Louise Dawson, Library assistant l.dawson@bradford.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**