Academic Libraries NORTH	**Mental Health and Well-being Advocacy Resource: Template**
Name of the initiative *Give a brief descriptive name for the activity or initiative you were involved in organising related to mental health and well-being*	Tranquility Space.
Target group *Was it aimed at all students or staff or a particular group?*	Students mainly but there's nothing preventing staff using it.
Description *Give a short description of what was involved in organizing the activity or initiative.*	Repurposing an old staff office to provide a quiet space away from the bustle of library activity. The space came about after a couple of members of staff attended an event on tranquility spaces. There are certain things you need in place for a sensory room. The carpet has to be a certain colour, for example, and walls painted a certain shade, this is to bring calm. The room does have a different feel to it than the rest of the library, it is wonderful when the lights are on and it gives a great effect to the ceiling.
Partners *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?*	A small team of library staff who liaised with our Estates and Disability Services teams and an architect was contracted to come up with some plans for the space in conjunction with staff. It would have been a good idea to include students too!
Strategy *How, if at all, was the activity linked into wider library or institutional strategy?*	There are several mental health and wellbeing initiatives at the University so it ties in with those.
Evaluation *How, if at all, was the activity evaluated?*	We haven't had much by way of focused feedback and this is something we're keen to get now that the room has been available for a while. It doesn't feel right asking students using the room for feedback though. An option might be to have a 'visitor' book where anonymous comments could be left or a feedback wall.
What worked *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?* *If applicable, please include how many people attended (if an event) or engaged (e.g.*	When the room first came into use there were occasions when large groups of students were using it as a bit of a party space, we've since put up a poster advising that the room is for one person. It's close to the Librarians' office so we do monitor it and keep an ear out for lots of noise and will ask people to vacate the room if it isn't being used appropriately. On the whole it's used as it was designed, as a peaceful space. The one person rule isn't always adhered to but this isn't necessarily a problem.

	website clicks) or another appropriate measure for your initiative. Did this match expected engagement?	
What did not work *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.*	We had some plants in the room that didn't last long, we think possibly because they weren't suitable for indoors. We've since consulted a member of staff who knows about plants and have purchased some more suited to indoor conditions.	
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?*		

Your name, institution and contact details.

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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