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| 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> | Breakfast Club |
| Target group <i>Was it aimed at all students or staff or a particular group?</i> | Students, during pre-exam period. |
| Description <i>Give a short description of what was involved in organizing the activity or initiative.</i> | A free breakfast club held 8 – 9 am on two weekday mornings. Run by two library services advisers. Providing: cereals, pastries, tea, coffee, fruit and fruit juices. |
| 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> | Library in conjunction with student union shop and associated staff. |
| Strategy <i>How, if at all, was the activity linked into wider library or institutional strategy?</i> | Funded by University Planning and Resources Group (Cost of Living group bid), the initiative aligns with the library vision 'Connected connector' theme: Developed a programme of events, exhibitions and activities that encouraged people to connect and support wellbeing |
| Evaluation <i>How, if at all, was the activity evaluated?</i> | Direct verbal and self-written feedback from users. |
| 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> | <p>The event attendance grew from under 20 to regularly over 100 per morning throughout the Lent term.</p> <p>Excellent rapport between staff and students</p> <p>Students formed friendships</p> <p>Wider library and campus activities were promoted via e-screens and flyers etc</p> |

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| 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> | Limit items to prevent stock running low. Order fewer perishable items. Consider fruit/drinks only to be more cost effective. |
| Photo <i>Are there any photos you can share that give us a feel for the initiative?</i> | <div>   </div> <div>  </div> |
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| Resources <i>Is there a URL related to the initiative?</i> | |
| Your name, institution and contact details: Claire Woods, Lancaster University Library. c.woods4@lancaster.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 | |
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