

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>	Get Creative Wellbeing Workshops
Target group <i>Was it aimed at all students or staff or a particular group?</i>	Students
Description <i>Give a short description of what was involved in organizing the activity or initiative.</i>	The sessions would involve being able to browse heritage from our unique rare books and archives and then work with a creative practitioner to learn a new skill linked to the heritage e.g. stained glass, origami/journaling, willow weaving, etc.
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 Education Outreach team and Student Health and Wellbeing team
Strategy <i>How, if at all, was the activity linked into wider library or institutional strategy?</i>	Link to APP on creating a Sense of Belonging for students 5 Ways to Wellbeing
Evaluation <i>How, if at all, was the activity evaluated?</i>	Simple evaluation forms for each session and recording of observations from staff
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>	Combining heritage with a creative skill Creative practitioners running the sessions Wellbeing counsellor attending each session Planned collaboratively between Education Outreach and Student Health and Wellbeing We ran 6 workshops as part of a funded pilot project. Attendance varied massively, with some achieving 100% attendance and one session only 1 student as it fell on a study week when students returned home. Our feeling and the feedback suggest that the sessions have been very positively received and we had students signing up for more than 1 session.
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>	Advertising the sessions to students was difficult Covid restrictions meant initiating conversations and links was difficult e.g. had to sit apart, unable to offer refreshments, etc.
Photo	Yes upon request (though none of participants)

Are there any photos you can share that give us a feel for the initiative?	
Resources Is there a URL related to the initiative?	Not at present
Your name, institution and contact details. Sara Bird, Education Officer, Newcastle University Sara.bird@ncl.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	