

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>	Pre- Christmas Library ramble to Eccles Pike, Derbyshire 2021
Target group <i>Was it aimed at all students or staff or a particular group?</i>	Staff
Description <i>Give a short description of what was involved in organizing the activity or initiative.</i>	Planning a route and train times enabling staff to attend, and promoting the event on Teams.
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 only.
Strategy <i>How, if at all, was the activity linked into wider library or institutional strategy?</i>	Supported cross-team collaboration and encouraged staff wellbeing.
Evaluation <i>How, if at all, was the activity evaluated?</i>	Feedback passed on from attendees after the event.
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 first Library ramble after Covid restrictions was organised by our Library Social and Wellbeing team and done as a trial so we restricted attendance to “first come, first served”.</p> <p>We got excellent sunny weather in December!</p> <p>The ramble was approx. 7 miles with an outdoor pub stop and everyone brought a packed lunch.</p>
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>	Would promote further next time when less restrictions and do at a more suitable time when not so close to Christmas. More rambles have now been planned for the Spring.
Photo <i>Are there any photos you can share that give us a feel for the initiative?</i>	Yes attached.
Resources <i>Is there a URL related to the initiative?</i>	N/A
Your name, institution and contact details. Maree Green, University of Salford, m.e.green@salford.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