

<p>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></p>	<p>Wellbeing sessions in the University Library Garden Room.</p> <p>In January 2020 we ran a number of meditation and “Hypnosis for Inner Calm and Positivity” sessions in the Garden Room.</p> <p>We did it at this time of year to coincide with exam time.</p>
<p>Target group <i>Was it aimed at all students or staff or a particular group?</i></p>	<p>Students</p>
<p>Description <i>Give a short description of what was involved in organizing the activity or initiative.</i></p>	<p>We contacted the University Counselling Service and Wellbeing Team to find out if they could deliver events in the Garden Room.</p>
<p>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></p>	<p>The sessions were run by the University Counselling Service and facilitated by the Library in the Garden Room</p>
<p>Strategy <i>How, if at all, was the activity linked into wider library or institutional strategy?</i></p>	<p>The sessions were linked to the University Mental Health Strategy</p>
<p>Evaluation <i>How, if at all, was the activity evaluated?</i></p>	
<p>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></p> <p><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>	
<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></p>	
<p>Photo <i>Are there any photos you can share that give us a feel for the initiative?</i></p>	
<p>Resources <i>Is there a URL related to the initiative?</i></p>	

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