

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>	Read and Relax collection
Target group <i>Was it aimed at all students or staff or a particular group?</i>	Predominantly students, but all library members.
Description <i>Give a short description of what was involved in organizing the activity or initiative.</i>	<p>We began with a collection of wellbeing specific books in the library Calm Space. This was then extended to create a Read and Relax collection bringing together physical and electronic resources.</p> <p>Physical books which are part of the collection include wellbeing and self-help books, world literature previously purchased as part of EDI funding and easy reading donations from staff and a local secondary school. Our weekly changing Explore the library display in the main part of the library also help navigate people to interesting books in the main collection such as world art and the history of Bradford.</p> <p>Electronic resources included EDI reading lists e.g. LGBTQ+, black history and social mobility and links to free online reading resources e.g. Project Gutenberg, Many books.</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>	Library and local school library
Strategy <i>How, if at all, was the activity linked into wider library or institutional strategy?</i>	Part of wider library wellbeing and student experience activities, EDI and broadening Bradford's bookshelves initiatives.
Evaluation <i>How, if at all, was the activity evaluated?</i>	No formal evaluation so far.
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>Creating the new collection and its associated web page was a great way of surfacing many activities we were already engaged in and making them more cohesive, understandable and accessible to library members.</p> <p>Sourcing exlibrary books from a local secondary school with a sixth form was also a bonus outreach activity.</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>	Nothing.
Photo <i>Are there any photos you can share that give us a feel for the initiative?</i>	No
Resources <i>Is there a URL related to the initiative?</i>	www.bradford.ac.uk/library/my-library/read-and-relax/
Your name, institution and contact details: Louise Dawson, Library Assistant, l.dawson@bradford.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	