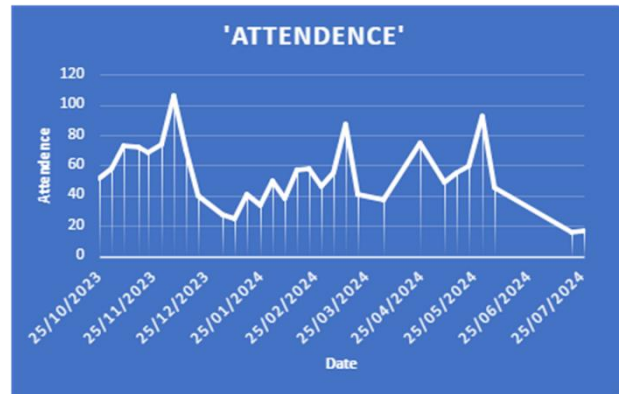


<p>Name of the initiative <i>Give a brief descriptive name for the activity or initiative you were involved in organising related to mental health and well-being</i></p>	<p>Colour In Cafe</p> <p>Every Wednesday from 6pm to 7PM we run an event offering students free hot drinks and a chance to do some colouring in</p> <p>A chance for students to take a break from work and studying and for us to engage and connect with them on a personal level</p>
<p>Target group <i>Was it aimed at all students or staff or a particular group?</i></p>	<p>Students – particularly those studying late/ or for long periods, as a bit of an alternative to Wednesday nights sports socials. Has widened to include community members and staff in the library at this time as well</p>
<p>Description <i>Give a short description of what was involved in organizing the activity or initiative.</i></p>	<p>Sourcing funding, purchasing resources, consumable and for colouring, and building time and cover into the weekly schedule. Needed to remain on top of supplies – cups, stirrers, sugar, coffee, tea, green tea, hot chocolate powder – and make weekly purchases of milk</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>Library initiative – proposed by LSA's and brought to leadership who agreed to fund it. Evolved as more team members joined.</p>
<p>Strategy <i>How, if at all, was the activity linked into wider library or institutional strategy?</i></p>	<p>Supports wellbeing practises, of building breaks and intentional mindfulness into study in the library space, which is an approach promoted by the central wellbeing team. Ties to some of the Cost of living practises run by the SU but no official connection</p> <p>Within the initiative, we try to make as sustainable choices as possible regarding our purchases to tie into the library and universities sustainability goals – using eco cups etc.</p>
<p>Evaluation <i>How, if at all, was the activity evaluated?</i></p>	<p>Primarily through attendance, manually recorded weekly by number of drinks handed out (didn't account for people who were colouring in only, but was most useful when ordering resources) Totally handed out 1616 hot drinks across the year.</p> <p>We recorded the process made on the colouring sheet to track engagement with the colouring – over the year went from barely coloured to fully coloured.</p> <p>We also saw high retention of people returning and bringing friends, and had multiple students</p>

	<p>donating resources to the cafe (Hot chocolate and gluten free options)</p> <p>Mentioned in wider library feedback events such as the feedback carousel</p> <p>Engagement with additional events – when we ran a mascot naming contest for the cafe or ran concurrent colouring projects such as the pride colouring in or bookmarks that could be taken away.</p> <p>Student testimonies</p> <p>-“Highlight of the week”</p> <p>-Something they “plan their studies around”</p> <p>-“excited to see” (On a Monday!)</p>
<p>What worked</p> <p><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 worked</p> <p>Having two members of staff on the stand, so one was able to run for additional hot water etc. We also found it gave us a chance to have one person wander round to let students know we were serving free hot drinks.</p> <p>We found buying a large pack of stirrers rather than spoons helped – less washing up, the sugar stayed dry and we didn’t run out</p> <p>We allowed an hour for set up and tear down, and placed it in a location with lots of foot traffic.</p> <p>While we did move to some Social media promotion, and a physical poster in the building, word of mouth and physically letting patrons know as it was happening was the most effective way we found to promote the event.</p> <p>Additional events running week to week – the Chalkboard-Dragon-mascot naming contest took a few weeks and people got very invested in suggesting and then voting for names. (The voted for Shaz, short for Sharon)</p> <p>Engagement</p> <ul style="list-style-type: none"> •1616 Drinks Served •Average of 53.9 cups a week – that’s 1 cup every 1.1 minutes, or every 67 seconds

- Most drinks served in one day was 106, second to last week of Michaelmas term
- Busiest vacation time reached 87 cups, the second week of Easter vacation – lots of dissertations, our third busiest day ever!
- Exam season spike of 92 at the end there
- Even in vacation, never less than 25 students in attendance



What did not work

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.

Judging how much perishables (milk) to purchase each week based off of how busy the library is – some weeks we over or under purchased, being aware of how much is typically used, and how many people there are in the building compared to last week can help judge this.

Offering bookmarks to takeaway led to a lot of people asking to take the pens away, which didn't work. Keeping the colouring central let us keep most of the pens.

Photo

Are there any photos you can share that give us a feel for the initiative?





Resources

Is there a URL related to the initiative?

Your name, institution and contact details.

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?