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| ALN Logo**Mental Health and Well-being Advocacy Resource: December activities 2020** |
| **Name of the initiative***Give a brief descriptive name for the activity or initiative you were involved in organising related to mental health and well-being* | A series of online activities in December 2020, whilst we were unable to meet due to Covid restrictions. These included a quiz sheet, Christmas jumper day, Craft afternoon, and culminated in an online Social event. |
| **Target group***Was it aimed at all students or staff or a particular group?*  | Staff |
| **Description***Give a short description of what was involved in organizing the activity or initiative.* | The newly formed Library Social and Wellbeing team organised a Christmas jumper day where staff shared photos of themselves in Christmas jumpers and took part in a sweepstake for Save the Children, produced a quiz sheet and shared on Teams, organised an online craft afternoon giving examples of crafts to do, and organised and hosted an online Social event with quiz and activities. |
| **Partners***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?* | Library only. |
| **Strategy***How, if at all, was the activity linked into wider library or institutional strategy?* | Supported cross-team collaboration and encouraged wellbeing during the Covid restrictions.  |
| **Evaluation***How, if at all, was the activity evaluated?* | Feedback passed on from attendees after the event. |
| **What worked***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?**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?* | Library Social and Wellbeing team has members from each Library team so lots of promotion from the members within each team helped with engagement.An invitation poster for each event was sent out to all staff members. The team worked well together to organise the events with different member taking responsibility for different activities.Approx 30 staff attended the Christmas Social with winners of the quizzes and activities enjoying gaining a certificate. Approx. 18 staff popped onto Teams to craft, chat and relax at the Craft afternoon, then posted pictures of their crafts later. Overall engagement was good for all the activities and an opportunity to forget about the stresses of 2020. Tips from Social Event - Just have fun with it! |
| **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.* | It worked well, but in the future we intend to do more face-to-face events. |
| **Photo***Are there any photos you can share that give us a feel for the initiative?* | N/A |
| **Resources***Is there a URL related to the initiative?* | N/A |
| **Your name, institution and contact details. Maree Green, University of Salford,** **m.e.green@salford.ac.uk** **Andrew Marsden, University of Salford,** **a.s.marsden1@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** |