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| ALN Logo**Mental Health and Well-being Advocacy Resource: Template** |
| **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* | Get Creative Wellbeing Workshops |
| **Target group***Was it aimed at all students or staff or a particular group?*  | Students  |
| **Description***Give a short description of what was involved in organizing the activity or initiative.* | The sessions would involve being able to browse heritage from our unique rare books and archives and then work with a creative practitioner to learn a new skill linked to the heritage e.g. stained glass, origami/journaling, willow weaving, etc. |
| **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 Education Outreach team and Student Health and Wellbeing team  |
| **Strategy***How, if at all, was the activity linked into wider library or institutional strategy?* | Link to APP on creating a Sense of Belonging for students5 Ways to Wellbeing |
| **Evaluation***How, if at all, was the activity evaluated?* | Simple evaluation forms for each session and recording of observations from staff |
| **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?* | Combining heritage with a creative skillCreative practitioners running the sessionsWellbeing counsellor attending each sessionPlanned collaboratively between Education Outreach and Student Health and WellbeingWe ran 6 workshops as part of a funded pilot project. Attendance varied massively, with some achieving 100% attendance and one session only 1 student as it fell on a study week when students returned home. Our feeling and the feedback suggest that the sessions have been very positively received and we had students signing up for more than 1 session. |
| **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.* | Advertising the sessions to students was difficultCovid restrictions meant initiating conversations and links was difficult e.g. had to sit apart, unable to offer refreshments, etc. |
| **Photo***Are there any photos you can share that give us a feel for the initiative?* | Yes upon request (though none of participants) |
| **Resources***Is there a URL related to the initiative?* | Not at present |
| **Your name, institution and contact details.** Sara Bird, Education Officer, Newcastle University Sara.bird@ncl.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 |