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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* | Wellbeing sessions in the University Library Garden Room.  In January 2020 we ran a number of meditation and “Hypnosis for Inner Calm and Positivity” sessions in the Garden Room.  We did it at this time of year to coincide with exam time. |
| **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.* | We contacted the University Counselling Service and Wellbeing Team to find out if they could deliver events in the Garden Room. |
| **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?* | The sessions were run by the University Counselling Service and facilitated by the Library in the Garden Room |
| **Strategy**  *How, if at all, was the activity linked into wider library or institutional strategy?* | The sessions were linked to the University Mental Health Strategy |
| **Evaluation**  *How, if at all, was the activity evaluated?* |  |
| **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?* |  |
| **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.* |  |
| **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.**  Angela Greenwood. University of Sheffield. a.r.greenwood@sheffield.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 | |