Academic Libraries NORTH

Mental Health and Well-being Advocacy Resource: Template
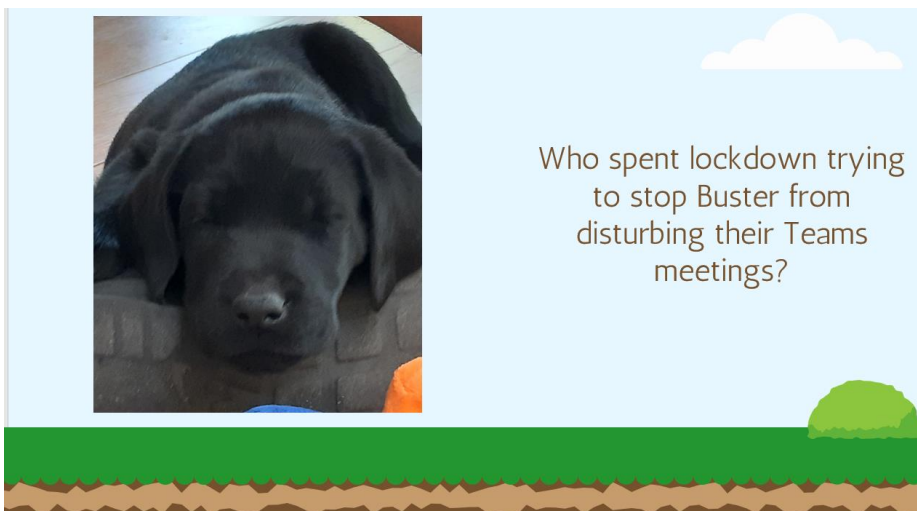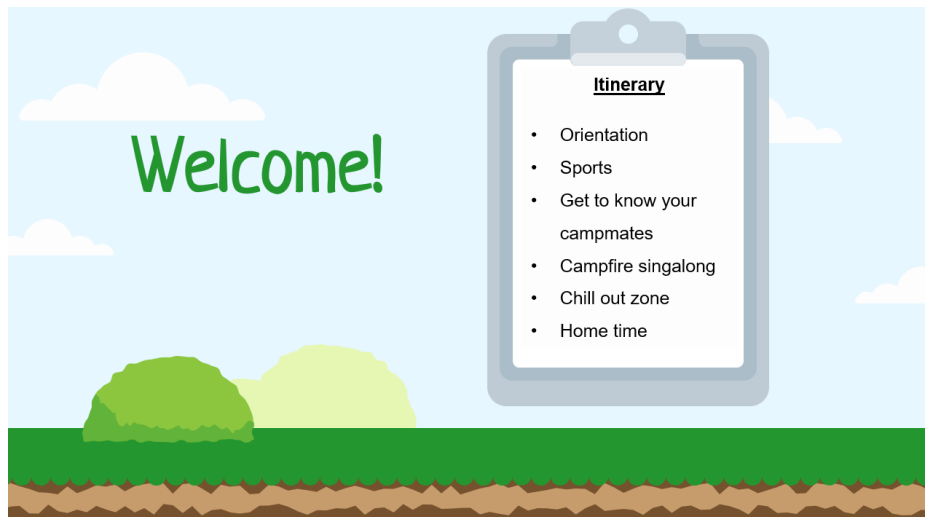
Name of the initiative *Give a brief descriptive name for the activity or initiative you were involved in organising related to mental health and well-being*	Wellbeing Staff Forum (Library Retreat)
Target group *Was it aimed at all students or staff or a particular group?*	This was aimed at all library staff
Description *Give a short description of what was involved in organizing the activity or initiative.*	We hosted a staff forum that signposted colleagues to the institution's wellbeing services, but did this in a themed way, which included fun activities to complete as part of the forum
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?*	This was run by a couple of people in the library, and all library staff were really engaged with the quizzes, activities and games, which linked really well to the main wellbeing 'take home' points.
Strategy *How, if at all, was the activity linked into wider library or institutional strategy?*	This forum was run to enable colleagues to take some ownership of their own mental health and wellbeing, as well as hopefully help in the reduction of mental health related absences.
Evaluation *How, if at all, was the activity evaluated?*	No data on absences available, but all colleagues were very receptive and engaged.
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?*	Coming up with a fun theme and linking everything else to this really worked well. It also helped that we worked in a cross-team group, bringing lots of different expertise and skills. Setting the tone beforehand (themed invitation) and asking for contributions really helped to get people engaged before the forum even took place.
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.*	There was a lot of work involved in theming, and creating all of the different activities. So I would advise ensuring you have enough time to plan and execute, as well as having enough people as part of the team to help spread the work (and presenting).
Photo *Are there any photos you can share that give us a feel for the initiative?*	Snapshots below (full PowerPoint (and possibly video recording) can be provided if required)
Resources *Is there a URL related to the initiative?*	PowerPoint Theming: https://slidesgo.com/

Your name, institution and contact details. Dean Brown, University of Salford, d.a.brown2@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

You're invited to the

CAMP CLIFFORD

Wellness Retreat

on Thursday 25th March,
11.05am - 11.55am

Camp Clifford
Wellness Retreat

Thursday 25th March 2021

Welcome!

Itinerary

- Orientation
- Sports
- Get to know your campmates
- Campfire singalong
- Chill out zone
- Home time

Who spent lockdown trying to stop Buster from disturbing their Teams meetings?

University Resources

- Headspace (app also available): https://www.headspace.com/
- Colleague Support Networks: https://www.mysalford.online/colleague-networks.aspx
- Mental Health Support Service: https://www.remploy.co.uk/employers/mental-health-and-wellbeing/workplace-mental-health-support-service-employers
- Employee Assistance Programme: https://carefirst-lifestyle.co.uk/extranet/my-homepage