

M25 Consortium Task & Finish Group on Wellbeing

What we're doing

The M25 Task & Finish Group on Wellbeing is investigating the ways academic libraries can promote student wellbeing through their own activities and by working with other groups within the university. It is also looking at how libraries are supporting the wellbeing of their own staff.

Our aim is to produce a set of resources for librarians who are interested in this subject.

- ▶ Case studies
- ▶ Recommendations of good practice
- ▶ Reports on what other library sectors and professional groups are doing
- ▶ Links to key resources and further reading

The group is formed of twelve volunteers from M25 member libraries and its work is divided into three strands: collections, services and spaces, and staff wellbeing.

Services and spaces

We're looking at the following questions around how our library services and spaces themselves impact on student wellbeing:

- ▶ Are longer opening hours good or bad for students?
- ▶ What is the evidence of the impact of fines on student welfare?
- ▶ How do our library spaces and our interactions with students affect our users, and might these contribute towards anxiety?

We're also collecting examples of library staff working closely with, or alongside, wellbeing and counselling staff in their institutions.



Collections

We are looking at how library collections can promote wellbeing:

- ▶ Compiling examples of the way libraries are using their collections through books displays, Reading for Pleasure collections and other initiatives.
- ▶ Reviewing the existing literature on bibliotherapy and talking to experts in this field.
- ▶ Looking at how museums use object-based activities to promote good mental health.
- ▶ Investigating the many ways that public libraries promote wellbeing within their communities.



Library staff wellbeing

Working in front-facing roles can itself be stressful.

We're looking at how library staff wellbeing can be supported by:

- ▶ Gathering examples of initiatives which support staff in a positive way, such as wellbeing 'champions' and programmes of social events.
- ▶ Surveying strategies of libraries and universities to see which include a commitment to staff wellbeing.
- ▶ Producing some tips for library staff and recommendations of good practice for library managers.

We may also look at the impact of Covid-19 on library staff wellbeing and what has, and hasn't, worked while our libraries have been closed.

We hope to complete our work before the end of 2020.

There is more information about the Task & Finish Group at www.m25lib.ac.uk/m25-resources-and-activities/task-finish-groups/task-finish-group-wellbeing

We would be very interested to hear from you if you have any examples or material that may be of interest to the work of our Group.