

Supporting our staff's wellbeing: buttons, books and wine!

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Birmingham City University

- Post 1992 university
- Over 30,000 students
- Diverse student population
- Library – 100 staff, mix of FT/PT, based over 4 library sites. Strategic teams.



Rationale for the group

- Staff engagement survey results and open discussions ...
- Library Senior Management Team (SMT) wanted to establish a wellbeing group.



Budget and staff time

- SMT agreed for budget to be given for activities.
- SMT confirmed activities could take place in work time
- Convince staff that wellbeing activities are important, and it's okay to take time away from desk.



Forming the group

- Call for volunteers
- Representation from all teams/levels
- Terms of reference agreed



THE GREAT LIBRARY QUIZ

ARE YOU UP TO
THE TEST?

10th of August, 1pm

Sign up at:

[https://forms.office.com/r/fu7Lur
Q6wn](https://forms.office.com/r/fu7LurQ6wn)

Offline quiz also available



First steps

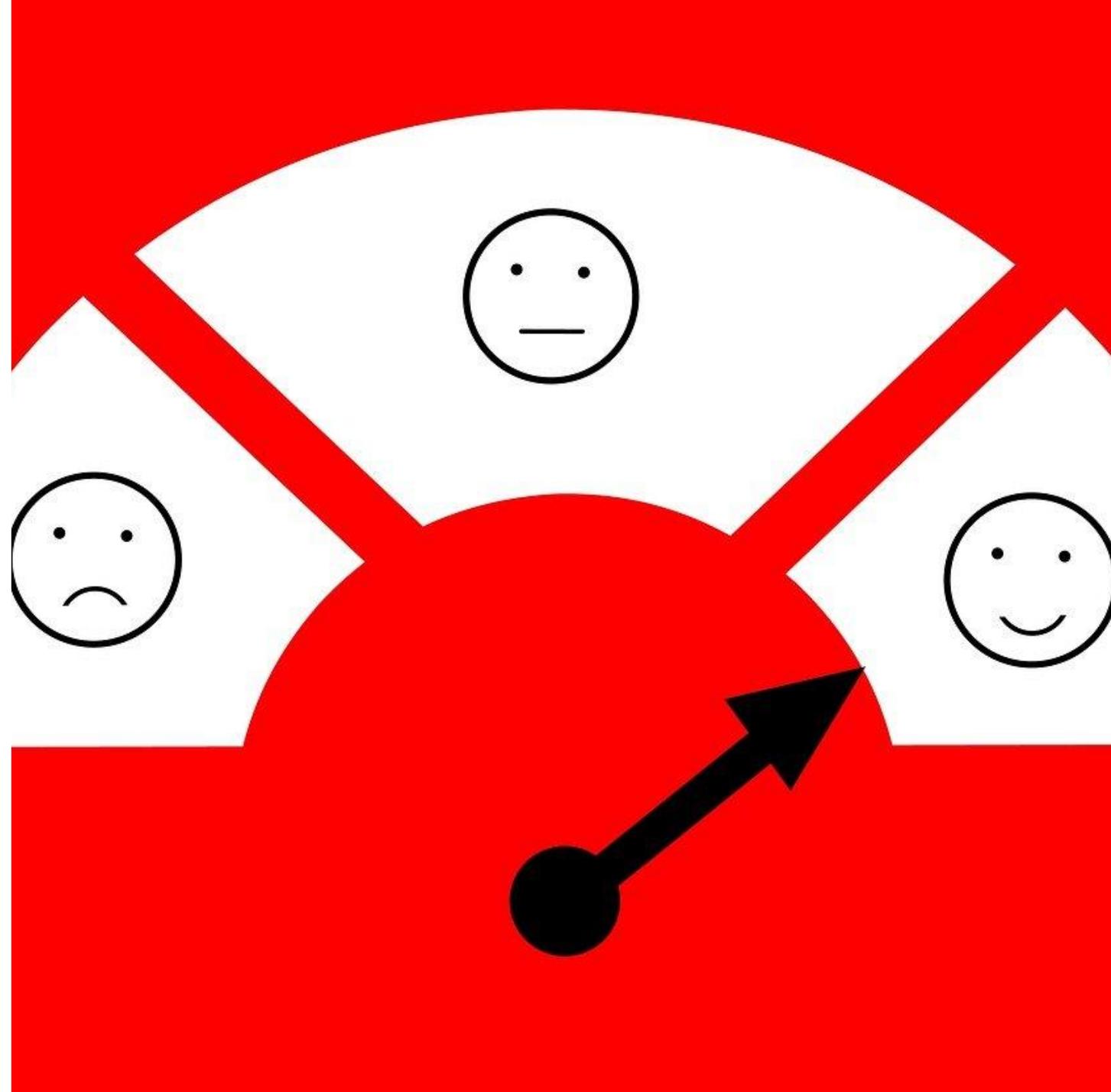
Survey sent to all library staff to garner ideas and find out about skills within dept.

First events:

- Library Quiz (online & offline)
- Felt poppy making activity (Remembrance Day)

Comms and feedback

- Library "What's Happening" Newsletter
- Library Weekly Briefing
- Eye-catching posters
- Intranet page
- Feedback from events, discussed in our meetings
- Library all staff briefing



**Board/
coach/ first
aider for my
roller derby
team**

**Volunteer with Good
Gym**

**I'm a Scout
Leader**

**Programming
for Saturday
school**

**Volunteer for
Age Concern**

**Do you currently volunteer
outside of work?**

BCU Library staff shared:

**Help out at
a food bank**

I give blood

**I'm a dance
teacher**

Doing up old furniture with chalk paints

Sewing

Knitting, crochet and needle felting

Fixing bikes

Baking and cooking

Cello

Making sloe gin and cordials

What creative/ craft activities do you enjoy?

Writing for a magazine

BCU Library staff shared:

Origami

Bullet journaling

Dancing

Where we are now

- 8 people in the Wellbeing Group
- Secured a small budget for activities
- Fostering an environment which empowers colleagues to lead and instigate events/activities

E.g. Book club
Creative writing sessions
Newbies group



Wellbeing Group activities



Positive outcomes

- Staff engaging with & volunteering to run events
- Library Service visibly investing in their staff
- Encouraging staff to take a break
- Increased mixing between strategic teams and sites
- Positive verbal feedback & conversations following events



Unexpected outcomes

- Breaking down hierarchy
- Used in outreach – staff & students
- Part of SMT action plan
- Contributing to CSE accreditation



Future events

- Linocut workshop
- Games club
- Gardening
- Beer tasting





Wellbeing group

Ann Stairmand-Jackson
Bethany McHugh
Bethany Pantling
Bethan Townson
Margaret Eittle
Mercedes Malloy
Sean McGahey
Susan O'Sullivan

Thank you & contact details

Mercedes Malloy

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Over to you!

Your opportunity to
experience a
wellbeing craft
activity

