Wellbeing Wednesdays was developed to provide students on placement with a regular, structured opportunity to pause, reflect, and maintain their mental wellbeing. Initial assessments highlighted that placement environments can be demanding and isolating, and students reported a need for consistent support to help them manage these pressures. The project responded by dedicating one hour each Wednesday to focused wellbeing activity.

The aim was to create a reliable midweek touchpoint where students could reflect on their experiences, connect with peers, and develop practical strategies for managing placement-related challenges. The sessions were shaped by the A-Equip model and the restorative, supportive function of the PNA role, ensuring the approach was both evidence-based and aligned with professional standards.

Sessions were delivered in an open, student-centred format that encouraged discussion and peer support. The emphasis was on providing simple, usable tools that students could apply immediately, while also offering a space that felt safe, consistent, and relevant to their day-to-day experiences on placement.

The outcomes were clear. Students rated their wellbeing at 7.7/10 before attending and 8.8/10 afterwards. Additionally, 91.6% reported that Wellbeing Wednesdays helped them stay mentally well during placement. These findings indicate that small, regular interventions can have a meaningful impact on student experience and resilience.

Overall, Wellbeing Wednesdays has shown itself to be a practical and effective approach to supporting students on placement. By offering a predictable space for reflection and support, the initiative has helped students feel more equipped to manage the demands of their placement and maintain their wellbeing throughout.