

Mindfulness
Activities



Meditation

Reflect & Recharge

**Bradford Royal
Infirmary**

First Thursday of
every month



Scan QR code to book via Eventbrite

Peer Support

Problem
solving

Refreshments



Practice Educator
Support



Bradford Education&Training

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Reflect & Recharge



Average rating 4.8

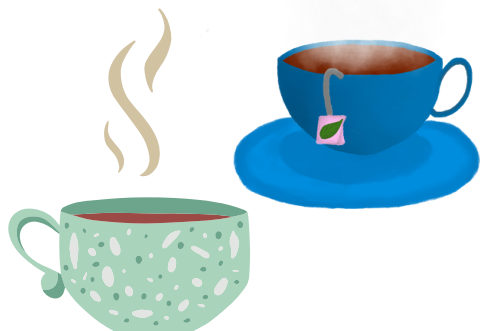
- The main aim of these sessions is to provide a welcoming and psychologically safe environment where students have access to pastoral support. The sessions offer students the opportunity to reflect through a range of activities. Students may seek support from Practice Educators and their peers.
- Sessions are held monthly at BRI
- New booking system implemented using Eventbrite to effectively manage attendees
- Students participate in a variety of reflective activities such as discussions, problem solving, journaling reflective bingo, mindfulness activities, well-being activities and meditation.



First outdoor session in the recently renovated courtyard

80

Students attended
Academic year 25-26



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"It was interactive and creates a safe place to reflect on my placement experience".

"Thank you very much for the session and the meditation was really helpful in relaxing me, I will use this in the future."

"Always supportive and a safe space to talk about placement experiences. Thank you Practice Educators"

"Good interactive session, nice to be asked how we are finding our placements, pleasantly able to meet other students"

"Found it beneficial to reflect on my experiences, a lovely calm inclusive environment where I felt comfortable to discuss my experiences and enjoyed having the opportunity to listen to others' experiences"

"Excellent session. Very supportive educators with good discussion and helpful advice"

"The session was run well, very informative and nice to reflect on the journey of my progress"

"The practice educators made me feel very welcome and valued. The mindfulness session made me feel relaxed and recharged to go back on placement."

"It was nice to be able to share my experiences and be surrounded with other students that are all going through the same thing as me. It was really refreshing and nice to be able to talk about our experiences, it shows you're not alone and have that support around you."



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"Very welcoming, relaxing and fun environment
Nice to meet with other students and share experiences"

"It was really reflective and was a break from placement, it recharged me."

"I was able to talk about any worries I had and it was good to get other students views on their placement experiences. The staff were so lovely and made me feel at ease and listened to what I had to say."

"The staff were friendly and supportive
They gave us enough time to speak up"

"I literally loved the session and if we have more session we would have the time to come and share experiences and listen to other's experiences"

"It was amazing very peaceful and just what i needed It was very relaxing and very good. I really enjoyed this session. It was something different and I liked that this idea came about."

"Good place for students to open up and have a space to group together"

"Relaxing , therapeutic session"

"The session was nice to attend and the support given was really helpful and it was just nice to be able to have a chat with the educators and other students"



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