



Welcome to the spring edition of the LifeLab newsletter

With so many exciting opportunities for you, your students and your communities, our newsletter enables us to share them with you and keep you up-to-date with all things LifeLab. Please share with colleagues - details about how to subscribe are below.

NEWS FROM LIFELAB HQ

As 2024 kicks off, we look forward to celebrating **LifeLab's tenth anniversary** this year. On 17 June 2014 LifeLab was officially opened by Sophie, Duchess of Edinburgh, and what a ten years it has been! Stay tuned for details of the celebrations.

Talking of celebrations, in March we will be hosting a **red carpet event** to launch our Young Researcher Training Programme. With a premiere of the films in the planetarium at Winchester Science Centre, and an awards ceremony to recognise the achievements of our young people, we look forward to welcoming an audience of students, teachers, parents, colleagues, partners and supporters to showcase the very best of LifeLab!

Read on to find out more about LifeLab's Global Community of Practice, which will see our partners from Australia, South Africa, Ireland, Ghana and Nepal join us in Southampton later this month.



EXAM WELLBEING

With the season of mocks upon us student wellbeing is an important topic. Our Exam Wellbeing Resource has been developed by young people for young people to help them stay well through exams. Read it here:

bit.ly/LifeLabExamWellbeingResource

LIFELAB IN NUMBERS

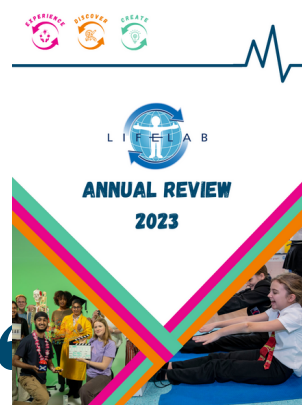
Total number of schools who have participated in LifeLab to date

102

16,858

Total number of students participating in Early LifeLab & LifeLab

LIFELAB ANNUAL REVIEW LAUNCH



We are very excited to share the LifeLab Annual Review 2024 which is hot off the press! Much more than an annual review, this key publication covers developments at LifeLab over the past few years for the benefit of our young people, their teachers, schools and parents, and for our colleagues, funders and supporters. Topics covered include the new Early LifeLab programme for primary schools, LifeLab around the world, our Youth Panels, our outreach programmes and a few pandemic stories for good measure.

Grab a cuppa and take a read:

<https://bit.ly/LifeLabAnnualReview2023>

LIFELAB ON THE RED CARPET

We are preparing for the official red carpet launch of our Young Researcher Training Programme coming up in March. This special event will celebrate all the hard work and achievements of our young people in a glamorous evening held at the Winchester Science Centre and Planetarium. This event is **invite-only**.



SPOTLIGHT ON VAPING

Throughout the spring and summer terms 2023 the LifeLab Youth Panels focused on understanding the role that VAPING plays in the lives of young people today. These individuals shared their own views and experiences, and co-created a comprehensive resource pack to support schools and youth organisations to engage and educate young people about vaping, including an innovative VR experience. To find out more <https://bit.ly/LifeLabVapingResources>



OPPORTUNITIES FOR YOUNG PEOPLE AND SCHOOLS

12 Months of Early LifeLab!

We're celebrating 12 months of the Early LifeLab Health Warriors Programme! With 16 primary schools in Southampton taking part, the modules have been a big hit with both children and teachers. The modules bring science to life with the children getting excited about being active and working as real scientists. A teacher commented: **"It is a lovely way to support the children's learning of how to be healthy. They haven't stopped asking questions and talking about being healthy since!"**. There is still space for schools to sign up this academic year and we can take bookings for the next - contact

lifelab@soton.ac.uk.



Upcoming employment opportunities



Over the next few weeks, we will be opening a variety of opportunities for young people aged 14-18 years to take up employment opportunities with us.

These include:

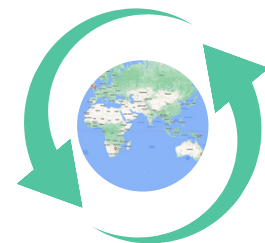
- A content creator in the Social Media team
- The Young Researcher Training Programme
- The summer term Youth Panel

These are paid roles for young people to explore their interest in youth issues and public health, to work with a team of peers and gain work experience that will enhance their employability and add value to their CVs.

Follow us on social media to find out when applications open.

Global Community of Practice

This month we will welcome to Southampton LifeLab's global network of partners for a Global Community of Practice workshop. Colleagues from South Africa, Ireland, Ghana, Nepal and Australia will come together to share experiences of securing funding, engaging local health and political organisations, and working with schools and youth organisations to deliver their programmes. We have found that despite cultural, socioeconomic, age and curriculum differences, the LifeLab ethos and approach resonate strongly with young people no matter where they live.



DEVELOPING TALENT

December saw the last Virtual Work Experience session of 2023 and it was packed full of exciting sessions including live surgery, a day in the life of an Operating Department Practitioner, live urology clinics, the work of a multidisciplinary team and many more speakers from the breadth of the NHS. 30 students from all over the UK dialled in for two packed days and really enjoyed the experience.

One student commented:

"I will recommend it to anyone who wishes to have

a career in healthcare as it is so insightful and really allows you to put whatever queries you have about medicine or medical schools to bed and you have so much fun along the way."



Opportunities coming up this year include:

- Widening Access to Medicine Taster Course and Virtual Work Experience for Y12 students: 9-12 April 2024 [Apply now](#)
- Experience Medicine with LifeLab Summer School for Y9-11: 25/26 July 2024. Applications will open in February
- Medicine Virtual Work Experience for Y12 students: 28/29 August 2024 [Register your interest](#)

NEW-LOOK NEWSLETTER

Look out for our new-look newsletter launching next term!

Sign up to be the first to receive it [here](#).

MEET THE TEAM



Morgan Mason, PhD Early LifeLab

<https://bit.ly/LifeLabMeetTheTeamMorgan>

DATES FOR YOUR DIARY



Please share with colleagues and email lifelab@soton.ac.uk for more details.

- 10th February - LifeLab summer term Youth Panel applications open
- 4th March - Widening Access to Medicine applications close
- 14th March - Teachers' Professional Development Day
- 16th March - [University of Southampton Science & Engineering Festival Family day](#)
- 17th April - 'Engaging with Young People' Training Day for researchers
- 26th April - Meet The Scientist training