

NEWS FROM LIFELAB HQ

It's 2025! Discover what we've been getting up to in LifeLab, and find out about all the exciting things we have coming up this term.

If you are reading the print version, you can find all 'Read more' links on the News and Events section of our website (lifelabonline.org). As always, please share this newsletter with colleagues, students and parents.

OUR TEAM WINS NATIONAL RSPH AWARD

We won! We were a winner at the Health & Wellbeing Awards, organised by the Royal Society for Public Health (RSPH). We won the Health at Every Age award, which celebrates initiatives that improve the health of groups in the here and now and makes efforts to protect their future health. [Read more](#)



LIFELAB IN NUMBERS

Total number of schools who have participated in LifeLab to date

119

16,590

Total number of students who have been through the doors at LifeLab

Total number of schools participating in Early LifeLab

29

1009

Total Number of Developing Talent Students

Total Number of Youth Panel Members to date

59

YOUNG PEOPLE INFORM POLICY

We brought together a group of 15 young people trained in research, advocacy and democracy to investigate health issues that mattered most to them and their peers.



They compiled their research into 12 recommendations, in collaboration with the Hampshire and Isle of Wight Integrated Care Board. These recommendations were presented at a Youth Assembly on the 13th of November 2024. They will go towards informing policy for youth health services for the next couple years. [Read more](#)

HEARING THE YOUTH VOICE

We've now launched our new Southampton Youth Voice Young Researcher Training Programme!



In November, we recruited a group of 14-18 year olds living in Southampton. They're now helping develop a Youth Voice Service with Southampton City Council. The project will run until April 2025.

Every Wednesday evening, they meet for a two-hour session in person. They also do two hours of independent work each week, developing their own research questions.

They are investigating what the service could look like, and how young people's voices should be included.

WORK EXPERIENCE OPPORTUNITIES

Considering a career in medicine, or know someone else who is? Take a look through the work experience opportunities available to you.

LifeLab's work experience - Open to young people who have done an activity with LifeLab. One week of in-person work experience arranged by LifeLab, spending each day with a different professional.

University of Southampton's Faculty of Medicine work experience - For those who want in-person work experience, but have not done an activity with LifeLab. Open to anyone aged 14 and above.

University Hospital Southampton's work experience - Two days of virtual work experience for Year 12 students, in partnership with LifeLab. Sessions include live surgery, outpatient clinics and talks from doctors.

Widening Access to Medicine Taster Course with Virtual Work Experience - For Year 12 students who intend to apply to study medicine through a widening access programme or contextual admissions route.

[Read more](#)

LIFELAB AT EVENTS THIS TERM

Evidence Week in Parliament 22nd January

Sense about Science, an independent charity that promotes the public interest in sound science and evidence, run Evidence Week. This brings together parliamentarians, researchers and the public to discuss how evidence used to make policy decisions is scrutinised. We shared our vaping resources with MPs at an event at the Houses of Parliament for this on 22nd January. [Read more](#)



Southampton Science and Engineering Festival 15th March

Come and see us at the University of Southampton's Southampton Science and Engineering Festival (SOTSEF). We'll have a stand where you can come and talk to us and take part in our fun family-friendly activities at Highfield Campus on 15th March. Come and see us!

EARLY LIFELAB HEALTH WARRIORS' MILESTONE



We're celebrating two years of this, with over 6000 children! We still have space in February and March, so please email lifelab@soton.ac.uk if you would like your primary school to get involved. Children learn all about being healthy with Ace, Snooze, Crunch, Wizz, Q and Buddy.

LIFELAB ON SOCIAL MEDIA

Did you catch our Advent Calendar and Christmas card on social media? Each day, you could open a door to find out a new fact about LifeLab. Also, get to know us a bit better in our Christmas 'Team of the Month' video! [Watch on Instagram](#)



DATES FOR YOUR DIARY

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

University Science & Engineering Festival:

- Saturday 15th March 2025
- Secondary teacher professional development days:

- Wed 19th March 2025
- Thurs 3rd July 2025
- Meet the Scientist communication training dates:
- Wed 26th March 2025
- Tues 24th June 2025