

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

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

SCIENCE FESTIVAL FUN WITH FAMILIES

We're proud to have been part of the Southampton Science and Engineering Festival (SOTSEF)

This takes place each year in March, during British Science Week. Run by the University of Southampton, it includes a free family friendly event.

This year, our activities were all about bones. Visitors could make X-Ray hands, create and label a skeleton, and find out how to keep their bones strong and healthy.

[Read more](#) 



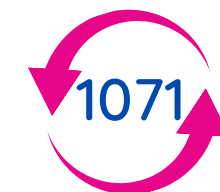
LIFELAB IN NUMBERS

Total number of schools who have participated in LifeLab



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

Total number of students participating in Early LifeLab



Total number of Developing Talent students

Total number of Youth Panel members



Total number of Young Researchers trained

RECORD NUMBERS APPLY FOR YOUTH PANEL



We received 160 applications for the Summer Term Youth Panel! The standard was incredibly high, and therefore shortlisting and appointing the panel was very challenging.

We have seven students joining us from the 28th April for a joint project all about Ultra Processed Foods, with Caroline Anderson from University Hospital Southampton. This is funded through Wessex Health Partners.

We'd encourage anyone who was unsuccessful this time to keep an eye on our social media channels and website for future opportunities..

MY TIME AT LIFELAB - 15 YEARS AGO!

Gemma Clarke was one of the very first students to attend a LifeLab session, as a year 9 student at Redbridge Community School.

Fifteen years later, a chance meeting with LifeLab manager Professor Kath Woods-Townsend caused her to reflect on the programme's influence on her life. She now has a health-related career, and is looking at ways to improve young people's health.

[Read more](#) 



NEW EARLY LIFELAB VIDEOS

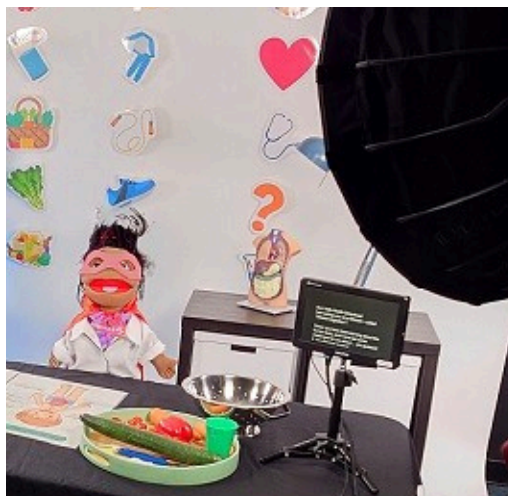
Lights, camera, action! The Early LifeLab team have worked with Southpoint Films to create videos for our two new KS2 mini modules:

Mission Digestion - Children set off on a mission to find out about their digestive system. They learn about organs involved, and prepare and taste healthy snacks full of fibre.

Healthy Teeth - Children learn about dental health. This includes a fun game and an experiment.

Our mini-modules help children aged 8-10 learn about their bodies and how to stay healthy. Only a few spaces are left this academic year. [Find out more](#)

The team also created a video to help parents of children taking part in our Early LifeLab evaluation with the consent process. [Watch the video](#)



EXAM WELLBEING GUIDE

Navigating Exams

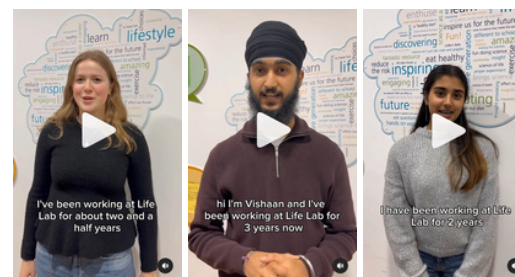


Preparing for your GCSEs, AS levels or A levels, or know someone who is? This guide, made by students, gives tips on how to look after your mind and body so you're feeling your best. [Take a look](#)

SOCIAL MEDIA

We're now on Bluesky! Are you too?
Find us at: [@lifelabsoton.bsky.social](https://lifelabsoton.bsky.social)

Do you know who's in our social media team? Get to know who everyone is and what they do in this great introductory video. [Watch on Instagram](#)



MAKING A REAL IMPACT



We're delighted to share our impact report for 2024, which marked the 10 year anniversary of our bespoke facility at University Hospital Southampton.

It was a fantastic year. We reached over 16,000 secondary school students, and saw the roll-out of Early LifeLab into over 20 primary schools, reaching over 4,000 pupils. We increased our global partnerships to deliver similar interventions in Australia, Ireland and South Africa. Those in our Youth Panel and Young Research Training programmes went from strength to strength, and we trained 36 researchers and scientists in engagement programmes.

We hope you enjoy reading about the amazing impact LifeLab is having on young people, their families, teachers and our partners. [Read the report](#)

LIFELAB AT EVENTS

We'll be at these events this term:

- Young Researcher Training Programme co-production jury day (10th April)
- Civic anniversary event (10th April)
- NIHR Southampton Biomedical Research Centre open day (13th May)
- Royal Garden Party (14th May)

ANNUAL SHOWCASE

On the 8th July, we will be celebrating LifeLab's achievements over the past year with students, parents and teachers at our annual showcase.

This will include inviting a select group of students from the Lifelab programme, Youth Panel and Young Researcher Training Programme to come and share their work.

DATES FOR YOUR DIARY

- Meet the Scientist training for researchers: Tuesday 24th June

Continuous professional development:

- Researchers: Tuesday 3rd June
- Secondary teachers: Thursday 3rd July
- RSPH Young Health Activists course: Wednesday 20th August

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