

# SOCIAL JUSTICE PULSE REVIEW 2025

## COST OF LIVING, HEALTH INEQUALITIES AND RACE EQUITY

### Young voices in health science research: a holiday activity programme with an African community in Byker.

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#### Project Summary

A four-day holiday activity programme engaged young people from an African Byker community with health science research through hands-on experiments, discussions, and creative activities. The project fostered collaboration with young members on health science topics that mattered to them and highlighted the importance of their involvement in health science research.



#### Day 1 at ACANE community Centre

A live scribe captured young members thoughts about health science.

#### The Challenge

Young people from marginalised communities often face barriers to engaging with science, impacting future opportunities and health outcomes. This project addressed race equity and health inequalities

by involving young members of the African Community Advice North East (ACANE) in meaningful science activities, aiming to build trust, relevance, and long-term interest in health science.

## Findings

- Children enjoyed learning and hands-on opportunities.
- Misconceptions and stereotypes about scientists were challenged through creative activities.
- Health topics such as diet, exercise, and mental health were identified as important by participants.
- Participation remained high across all days, showing sustained engagement.
- Feedback highlighted the value of practical experiments and inclusive facilitation.



**Day 2 at Life Science Centre** understanding the nutritional value of different foods.

## Recommendations

- Continue funding inclusive science engagement programmes.
- Start sessions later in the day to improve attendance and engagement.
- Include snack breaks and physical activities to maintain focus.
- Empower older children as group leaders to foster peer support and future design.
- Strengthen communication and planning across partner organisations.
- Develop a shared code of conduct with young participants.

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**Life**  
The first 25 years