

Help us create a Healthy Living Toolkit that reflects real experiences of young people living in the UK - join our Young Health Programme

What is it?

Barnardo's and AstraZeneca are bringing together 12 young people aged 16–25 with lived experience of poverty to help create a Healthy Living Toolkit for young people across the UK.

You'll take part in creative online and in-person workshops to shape real resources that will support young people to live healthier lives and help reduce health inequalities.

Who can take part?

Anyone aged 16–25 living in the UK with lived experience of poverty or financial hardship.

This could include lived experience of things like free school meals, insecure housing, caring responsibilities or other challenges you feel are important to share. We will only ask you to share what feels safe and comfortable for you.

What's in it for me?

You'll build confidence, develop advocacy skills, learn about health inequalities, and work alongside other young people and professionals.

You'll gain experience useful for school, work, and your CV, explore careers in health and life sciences, and help create resources that will support thousands of young people.

How do I get involved?

Applications are open until 1st March. After submitting your application, you'll be invited to an informal interview and asked to provide a reference.

[Click here to find out more and apply](#)

If you'd like to apply in another format such as video or voice recording, or if you have any questions, please contact us by email:

AZyounghealth@barnardos.org.uk