



# Living Well North Tyneside

Supporting Health and Wellbeing

**British Science Week 2025**, running from **March 7 to March 16**, is a nationwide celebration of science, technology, engineering, and mathematics (**STEM**). Organised by the **British Science Association**, the event encourages people of all ages to explore the wonders of science through hands-on activities, discussions, and interactive events.

## 2025 Theme: "Change and Adapt"

This year's theme, "Change and Adapt," highlights how science helps us understand and respond to change—whether in nature, technology, healthcare, or everyday life. From climate change and evolving ecosystems to medical advancements and artificial intelligence, science plays a crucial role in helping us adapt to an ever-changing world.

## Why British Science Week Matters

Science shapes every aspect of our lives, influencing industries, healthcare, and the environment. British Science Week aims to:

- Inspire young people to explore careers in STEM fields.
- Demonstrate how scientific discoveries impact society.
- Encourage inclusivity and diversity in STEM through role models and community engagement.
- Equip educators and parents with resources to make science accessible and fun.

## How to Get Involved

### For Schools:

1. **Use Free Activity Packs** – Tailored for early years, primary, and secondary students, these resources offer fun experiments and lesson ideas linked to the theme.
2. **Enter the British Science Week Poster Competition** – Students can create posters reflecting "Change and Adapt" for a chance to win prizes.
3. **Host a Science Fair or Workshop** – Engage students with interactive projects showcasing adaptation in science and technology.

### For Families & Communities:

1. **Try At-Home Science Experiments** – Use online guides to explore topics like biodiversity, physics, and chemistry.
2. **Attend Science Events** – Visit museums, science centres, or online talks focused on this year's theme.
3. **Discuss Everyday Science** – Explore how "Change and Adapt" applies to real life, from weather patterns to human evolution.

### For Businesses & Organisations:

1. **Support STEM Outreach** – Partner with schools or sponsor activities that promote STEM learning.
2. **Highlight Local Scientists & Innovators** – Share stories of professionals making a difference in their fields.
3. **Host Public Lectures or Webinars** – Raise awareness of scientific advancements in adapting to global challenges.

## British Contributions to Science and Adaptation

The UK has a long history of scientific breakthroughs that have helped society adapt to change:

- **Isaac Newton (Gravity & Laws of Motion)** – His work laid the foundation for classical physics.
- **Charles Darwin (Theory of Evolution)** – Explained how species adapt over time through natural selection.
- **Florence Nightingale (Modern Nursing & Healthcare Reform)** – Used data-driven approaches to improve

medical care.

- **Alan Turing (Artificial Intelligence & Computing)** – Helped develop the foundations of AI, enabling technological adaptation.
- **Rosalind Franklin (DNA Structure)** – Her X-ray diffraction images were crucial in discovering DNA's double-helix structure.
- **Tim Berners-Lee (The World Wide Web)** – Invented the web, revolutionising communication and information sharing.
- **Dorothy Crowfoot Hodgkin (X-ray Crystallography)** – Determined the structures of important biomolecules, including penicillin and vitamin B12.
- **Sarah Gilbert (Oxford-AstraZeneca COVID-19 Vaccine)** – Led the team that developed a rapid response vaccine during a global pandemic.

### Local Science Events in North Tyneside

Many local organisations will be hosting events during British Science Week. For example:

**The Centre for Life, Newcastle** – Interactive exhibitions and workshops exploring adaptation in science.

### Learn More and Get Involved

British Science Week is a fantastic opportunity to explore how science helps us change and adapt to challenges. Get involved and discover how STEM shapes the world around us!

### Related Links

- [British Science Week](#)
- [STEM Learning](#)
- [Royal Society of Chemistry](#)
- [The Centre for Life, Newcastle](#)



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