

# KT Tunstall launches inaugural Scottish Children's Health Week 2020

Monday 31 August, 2020

As Patron of Children's Health Scotland, Scottish singer and songwriter KT Tunstall has launched the first ever Scottish Children's Health Week 2020. The week has been created to focus on the health and wellbeing of children and young people and their right to the best possible health.

Launching the week KT Tunstall said: "I'm really excited to let everyone know about Scottish Children's Health Week and the Awards which start today. Yes, we have created a whole week focusing on the health and wellbeing of children and young people and the right to the best possible health.

"Check out [SCOTTISH CHILDREN'S HEALTH WEEK](#) to see what's going on and there is a **FREE Activity Book** to download, jam packed full of games and activities to get children, along with their parents, carers and families, thinking about their health and **#feelinggood!**

"During each day of Scottish Children's Health Week, the winners of the [SCOTTISH CHILDREN'S HEALTH AWARDS 2020](#) will be announced. These awards have been created to celebrate courageous children and those who are making a difference to the health and wellbeing of children and young people in Scotland. I want to send my congratulations and support to each of these winners, and to all those who were nominated for these awards – for dedicating so much of their time, energy and compassion to making a difference to the health of children and young people in Scotland.

"So make sure to follow Children's Health Scotland on [FACEBOOK](#) and [TWITTER](#), and use the hashtag feelinggood to get involved and show your support!

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