Save the date for Scottish Children’s Health Week 2020 #feelinggood

Wednesday 29 January, 2020

This year Children’s Health Scotland is launching the first Scottish Children’s Health Week 2020 #feelinggood that will run from Monday 31 August to Sunday 6 September 2020. The aim of the week is to be a national celebration of children and young people’s health and wellbeing and their right to the best quality healthcare.

“Preparations are now underway to create a wonderful week for children, families, professionals and advocates for children and young people across Scotland to come together and celebrate children’s health and feeling good,” said Richard Olver, Chair of Children’s Health Scotland. “It is the hope that everyone involved with children’s health and wellbeing in Scotland will take the opportunity to be part of the week and celebrate how we work side by side to keep children healthy.”

The hashtag ‘*feelinggood*’ has been created for Scottish Children’s Health Week to encourage children and young people to talk about their health, feelings and emotions. The week will include seven ‘themed’ days designed to help children and young people share their thoughts and feelings about their health and wellbeing and will include the launch of the Scottish Children’s Health Awards. A range of resources will be available to support the week and children and young people will be encouraged to take part by creating colourful and imaginative masks to reflect the ‘themed’ days.

“Children’s Health Scotland has a big part to play in enabling children and young people to learn about their health and wellbeing and their right to the best quality healthcare,” added Helen Forrest, Chief Executive of Children’s Health Scotland. “We’re launching Scottish Children’s Health Week to help achieve this and encourage children and young people to talk about their health and wellbeing. Through sharing with others, it is hoped the week will make a difference to children and young people in Scotland.”

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