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Health’s Got Talent’ aims to get kids thinking healthily

Youngsters from local primary schools are invited to take part in a competition which could win them studio recording time with 8 year old local celebrity Lil T.

Following the success of ‘Staying Healthy is the Way to Go’, produced by Lil T with Leicestershire Partnership NHS Trust, the Trust has launched a new songwriting competition ‘Health’s Got Talent’. Youngsters aged 4-11 are invited to put pen to paper and get drafting the latest health rap or song, to help raise awareness of how kids can do small things to be healthy. The winning song will feature on the Trust's www.healthforkids.co.uk website for primary school children.

The competition launch coincides with the ninth series of Britain’s Got Talent returning to UK screens this month.

Margaret Clarke, Lead School Nurse for LPT at Leicestershire Partnership NHS Trust, said: “We want kids to get as creative as possible to come up with their health-inspired songs. The competition is about getting kids to start thinking about how they can be healthier and encourage their peers to stay healthy.

They can work on their own, with their friends or as a school. They can send us just the words, a recording of the song or a video of themselves performing the song. Mums and Dads can get involved and nominated their youngster to take part. ”

The opening dates for entries will be Tuesday April 28, 2015. Entries can be submitted on the Healthforkids website via https://www.healthforkids.co.uk/staying-healthy/enter-the-competition/

The closing date for entries is Friday May 29, 2015. Entrants will have just over a month to get creative and come up with their healthy songs.

To get some inspiration, youngsters can go to the health for kids website and watch Lil T’s music video https://www.healthforkids.co.uk/staying-healthy/the-way-to-go/ produced in partnership with LPT.

Lil T is a local resident to Beaumont Leys. He has a passion for singing and performing and has performed at local festivals and schools to raise awareness of being healthy to other children. Lil T will be helping a panel from Leicestershire Partnership NHS Trust to judge the winning entry alongside managers from the Trust.

Lil T wanted to give the following advice for young people thinking about taking part, “I am so excited about this competition. It will be lots of fun and it will get kids thinking
about how they can be healthy. Good luck to everyone that takes part - I can't wait to meet the winner."

Parents can get involved too by nominating their child to take part in the competition.

Margaret added, "This is an innovative way of getting kids to be creative, have some fun and learn at an early age good healthy habits to take on into their teenage years and beyond. We are really excited about the competition and having Lil T on board. We are looking forward to seeing all the entries."

The winner will get to spend one hour in a recording studio with Lil T creating their song or rap. The song will feature on the healthforkids.co.uk website.

For more information on terms and conditions and how to enter log onto www.healthforkids.co.uk.

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Note to editors
Leicestershire Partnership NHS Trust (LPT) provides a range of health and wellbeing services mainly for people living Leicester, Leicestershire and Rutland. The Trust serves a population of one million, has a budget in excess of £282 million and employs approximately 5,400 staff. For more information visit www.leicspart.nhs.uk.

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