**Gatehouse School Pastoral Support**

As always, please let us know if you need any specific advice or support but we share here some useful websites to help you stay healthy and safe.

**Health Support and Guidance**

**NHS Covid 19 advice:**

[**https://www.nhs.uk/conditions/coronavirus-covid-19/**](https://www.nhs.uk/conditions/coronavirus-covid-19/)

**Covid Test Centres in Tower Hamlets:**

[**https://www.towerhamlets.gov.uk/lgnl/health\_\_social\_care/health\_and\_medical\_advice/Coronavirus/Local\_outbreak\_plan/COVID\_19\_testing.aspx**](https://www.towerhamlets.gov.uk/lgnl/health__social_care/health_and_medical_advice/Coronavirus/Local_outbreak_plan/COVID_19_testing.aspx)

**Wellbeing Support and Guidance**

**NHS Mental Health Support:**

[**https://www.nhs.uk/oneyou/every-mind-matters**](https://www.nhs.uk/oneyou/every-mind-matters)

**NSPCC Advice and support:**

[**https://www.nspcc.org.uk/keeping-children-safe/coronavirus-advice-suppport-children-families-parents/**](https://www.nspcc.org.uk/keeping-children-safe/coronavirus-advice-suppport-children-families-parents/)

**MIND wellbeing:**

[**https://www.mind.org.uk/information-support/coronavirus/coronavirus-and-your-wellbeing/**](https://www.mind.org.uk/information-support/coronavirus/coronavirus-and-your-wellbeing/)

**Wellbeing Activities**

**Activities for children to complete**

[**https://www.gatehouseschool.co.uk/school-life/pastoral-care/**](https://www.gatehouseschool.co.uk/school-life/pastoral-care/)

**E-safety support and guidance:**

NSPCC Keeping Children Safe On-line

<https://www.nspcc.org.uk/keeping-children-safe/online-safety/>

CHILDLINE: stay safe online

<https://www.childline.org.uk/info-advice/bullying-abuse-safety/online-mobile-safety/staying-safe-online/>

UK Safer Internet Centre

<https://www.saferinternet.org.uk/>