

Lancasterian Primary School

A safe and welcoming learning community where:

- we all aim high;
- everyone is included;
- creativity is valued.

WEEKLY NEWSLETTER



Issue No: 23

www.lancasterianprimary.co.uk

Date: Friday 28 May 2021

@LancasterianPri

Top Attendance for the week: Early Years: Williams 92.6% KS1: Fawcett 97.7% KS2: Thunberg 98.2%



Half-Term Dates

Please remember there will be no school from

Monday 31st May — Friday 4th June 2021

Children return to school on Monday 7 June 2021



Well Done and Thank You

Thanks to all the children, staff and parents/carers who have supported a settled first full half-term back in school following the second partial school closure January – March. It's wonderful to see the children settled back into familiar routines and enjoying learning with their friends. I know this has taken a lot of effort and team work on the part of parents/carers and staff so thank you for your patience and perseverance and well done!

- Paul Murphy



Black Owned Businesses: Surviving a Pandemic

A Panel Discussion on local Black Owned Businesses surviving a pandemic, hosted by LAET's outreach programme Chrysalis East

London Academy of Excellence Tottenham (LAET) has launched an outreach programme, called Chrysalis East, aiming to make sure that LAET is an accessible part of Tottenham's learning community. Hosted by an LAET student, Chrysalis East's first community event is for feeder school and LAET parents, students and the wider community. A panel of 4 local business owners share their insight and experience of running their own organisations and how they managed to navigate through the pandemic. To register your interest, please visit <https://www.eventbrite.co.uk/e/black-owned-businesses-surviving-a-pandemic-tickets-154227950953>



Uniformd

We have joined a new project that will help the school to raise much-needed funds.

With the Uniformd solution you can purchase donated gently-used uniforms at a fraction of the price, with funds from sales going directly back to the school. When you purchase uniform via this platform, you are not only investing back into the school but also contributing to a more sustainable future, reducing the amount of wearable uniform going to land-fill.

We are asking parents and carers to donate no longer needed uniform/PE kit/fancy dress/Xmas jumpers etc. which is still in good condition, and ask that donated items washed and ironed, ready to be listed on the Uniformd website straight away.

Visit: <https://app.uniformd.co.uk/schools>

High Aspirations Ambassadors

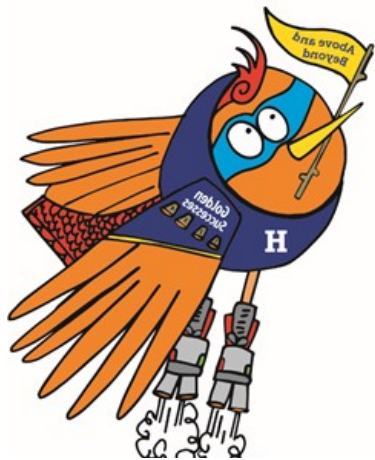
Well done to the following children who were chosen by their teachers for demonstrating the value of High Aspirations in the learning, just like Hetty High Aspirations.



They are our 2020/21 High Aspirations Ambassadors!

Each has received a badge and stationery bag and will take part in a special event for all of our values ambassadors later in the term

Class	High Aspirations Ambassador
1 Sterling	Francis
1 Fawcett	Mariana
2 Attenborough	Matilda
2 Gandhi	Sidney
3 Nightingale	Klaudia
3 Obama	Melina
4 Wiltshire	Zakiyah
4 Coleman	Anayah
5 Yousafzai	Amara
5 Earhart	Arthur
6 Akala	Sophia
6 Thunberg	Jacob



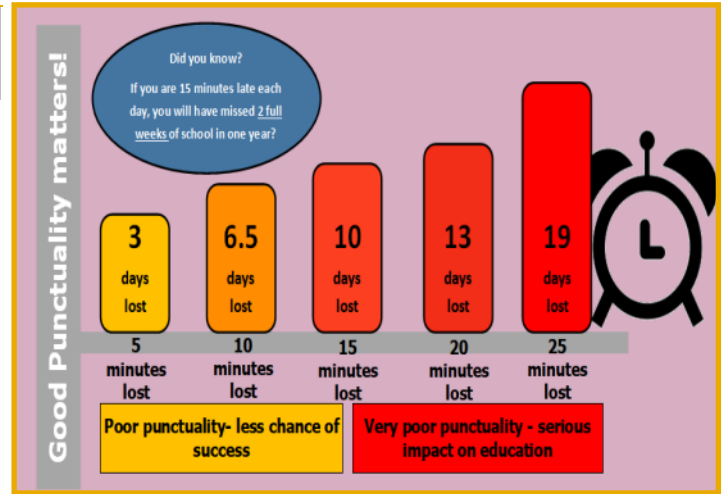
Punctuality Importance

Please remember to bring your child to school on time, as we have noticed an increased number of children who are attending school late on a regular basis.

Punctuality can affect your child's ability to not only settle into class, but also affects their learning as they miss important teaching time.

Plas be reminded that School start times are as follows:

Gates (in order of opening)	Gate Opening Time	Day Start Time for Children
Nursery	8:45am	8:45am
Reception	8:45am	8:50am
KS1	8:50am	8:55am
KS2	8:52am	9:00am



Applications for the EU Settlement Scheme from Families from European Union Countries

If you're an EU, EEA or Swiss citizen, you and your family can apply to the EU Settlement Scheme to continue living in the UK after 30 June 2021. The EEA includes the EU countries and also Iceland, Liechtenstein and Norway.

English

European Union citizens and all their children (including children born in the UK) must apply to the EU Settlement Scheme. Both parents and children must apply. Any member of an EU citizens family who is not an EU citizen can also apply to the EU Settlement Scheme. The deadline for applications is June 30th.

<https://www.gov.uk/guidance/settled-status-for-eu-citizens-and-their-families-translations>

Roma families can get support to apply by calling the Roma Support Group appointments line. Please call Monday to Friday between 11 to 4 pm on 07459 319706 or email Tania@romasupportgroup.org.uk

Romanian

Cetatenii Uniunii Europene impreuna cu copiii lor (incluzand copiii nascuti in UK) trebuie sa aplice pentru EU Settlement Scheme. Ambii parinti, cat si copiii acestora trebuie sa aplice. Orice membru al unei familii europene, care nu este un cetatean european poate, de asemenea sa aplice pentru EU Settlement Scheme. Termenul limita este 30 iunie.

<http://www.gov.uk/guidance/settled-status-for-eu-citizens-and-their-families-traduceri>

Familiiile Roma pot primi support pentru a aplica, prin a telefona si a face o rezervare la Roma Support Group de Luni-Vineri, intre orele 11-4 pm la numarul de telefon 07459319706 sau la adresa de e-mail Tania@romasupportgroup.org.uk

Continued....

Slovak

Občania EU a všetky ich deti (vrátane detí narodených v UK) musia požiadať o zaradenie do pobytovej schémy občanov EU (the EU Settlement Scheme). Požiadať musia rodičia aj deti. Aj člen rodiny EU občanov, ktorý nie je EU občanom, môže taktiež požiadať o zaradenie do pobytovej schémy pre občanov EU. Lehota na podanie žiadosti je 30. júna.

<https://www.gov.uk/guidance/settled-status-for-eu-citizens-and-their-families-translations>

Rómske rodiny môžu požiadať o pomoc pri zadávaní žiadosti kontaktovaním Rómskej podpornej skupiny. Volať môžu v pondelok až piatok medzi 11.00 a 16.00. 07459 319706 / Tania@romasupportgroup.org.uk

Polish

Obywatele unii europejskiej i ich dzieci (także dzieci urodzone w UK) muszą aplikować do EU Settlement Scheme. Zarówno rodzice jak i dzieci muszą aplikować. Jakikolwiek członek rodziny obywatela unii europejskiej, który nie jest obywatelem unii europejskiej również może aplikować do EU Settlement Scheme. Aplikacje można złożyć tylko do 30 tego czerwca 2021.

<https://www.gov.uk/guidance/settled-status-for-eu-citizens-and-their-families-translations>

Rodziny romskie mogą dostać pomoc przy aplikacji dzwoniąc do Roma Support Group aplikacje online. Proszę dzwonić od poniedziałku do piątku w godzinach 11 do 4 pm pod numer 07459319706 lub email Tania@romasupportgroup.org.uk

Italian

I cittadini dell'Unione Europea e i loro figli (inclusi figli nati in UK) devono fare richiesta per avere lo "settled status". Sia i genitori che i figli devono fare questa richiesta. Anche familiari di cittadini Europei che non siano cittadini Europei possono richiedere lo settled status. La scadenza per fare domanda e' il 30 Giugno

<https://www.gov.uk/guidance/settled-status-for-eu-citizens-and-their-families-translations>

Le famiglie rom possono ottenere supporto per presentare domanda chiamando la linea per gli appuntamenti del gruppo di sostegno ai rom. Si prega di chiamare dal lunedì al venerdì tra le 11:00 e le 16:00 allo 07459 319706 o inviare un'e-mail a Tania@romasupportgroup.org.uk

Bulgarian

Граждани на Европейския съюз и техните деца (вкл. деца родени във Великобритания) трябва да подадат документи за EU Settlement Scheme. Възрастните и децата трябва да попълнят тези документи. Всеки член от семейство, което има гражданство в Европейския съюз, но самият член няма европейско гражданство също може да подаде документи за EU Settlement Scheme. Крайната дата за приложения е 30ти Юни 2021.

<https://www.gov.uk/guidance/settled-status-for-eu-citizens-and-their-families-translations>

Роми могат да получат допълнително помощ като позвънят на Roma Support Group appointments line. Моля позвънете на телефон 07459 319706, работното време е от Понеделник до Петък 11:00 до 16:00.

Алтернативно можете да пратите имейл на Tania@romasupportgroup.org.uk

Please click the image below to access the May Half Term Holiday Booklet

Haringey
LONDON

May

2021

half term

FUN

Activities for
young people



haringey.gov.uk/holidayfun



FOOD SUPPORT IN N15, N17 & N22

AVAILABLE DURING MAY HALF TERM FOR NEIGHBOURS IN NEED

Dates

MONDAY

- Tottenham Foodbank, Community Food Hub, Impact Cuisine, Community Foodbox, C86erz Street Team

TUESDAY

- Selby Centre Food Hub, Tottenham Seventh Day Adventist Church, Community Foodbox, Bounds Green Foodbank, Tottenham Food Hub, Our Forgotten Neighbours

WEDNESDAY

- Community Food Hub, Impact Cuisine, The People's Christian Fellowship Foodbank, Community Foodbox, C86erz Street Team

THURSDAY

- Tottenham Foodbank, Selby Centre Food Hub, Community Cook Up, Highway House, Antwerp Arms, Community Foodbox, OK Foundation, Bounds Green Foodbank

FRIDAY

- Community Food Hub, Community Foodbox

SATURDAY

- Community Food Hub, Impact Cuisine, Tottenham Seventh Day Adventist Church, Holy Trinity Church, Wheely Tots, C86erz Street Team

SUNDAY

- Five Loaves Foodbank, St. Ann's Library



Locations

TOTTENHAM FOOD BANK
Tottenham Town Hall N15 4RY
Mondays 12-2pm & Thursdays 12-2pm
3 days of emergency long life food, toiletries and household products. Referral only for Haringey residents in crisis – apply in advance, collect in person. Connected Communities: call 0208 489 4431 M-F 9-5/ email Connectedcommunities@haringey.gov.uk. Haringey Citizens Advice: 07845 013956 (phone & WhatsApp) M, W, F 10-3.

COMMUNITY FOOD HUB
Tottenham Town Hall N15 4RY
Monday, Wednesday & Friday 5-6pm, Saturday 3-4pm
Fresh fruit, veg, bread, dairy, meat and ready meals (no referral/voucher needed) just register in person with a volunteer. Take away food that day.

SELBY CENTRE FOOD HUB
Selby Road, N17 8JL
Tuesday 2-4pm, Thursday 4.30-6.30pm
Food parcels and fresh fruit and veg, all welcome (no referral/voucher needed). Take away food that day.

THE COMMUNITY COOK UP
Eric Allin Community Centre, Kenneth Robbins House, Northumberland Park, N17 0QA
Thursdays 12-3pm
Hot meals, groceries & other support... just ask! Everyone welcome, no referral/voucher needed – same day pick up.

HIGHWAY HOUSE COMMUNITY
Fountain Road, N15 4QL
Thursdays 12.30-15.30pm
Hot meals, fresh fruit & veg. Everyone welcome, no referral/voucher needed – same day pick up.

IMPACT CUISINE
161 Park Lane, N17 0HJ
Wednesdays & Saturdays 3-4pm
Hot meals and food parcels. Everyone welcome, no referral/voucher needed - take away food that day. To organise delivery call: 0208 8011169 / 07873 555 855 / 07904 651 803.

TOTTENHAM SEVENTH DAY ADVENTIST CHURCH
255 West Green Road, N15 5EG
Tuesday 12-3pm, Saturday 3-6pm
Food parcels and fresh fruit and veg, all welcome (no referral/voucher needed). Bring home food that day.

ANTWERP ARMS
168-170 Church Road, N17 8AS
Tuesdays 12:30-3pm
Opportunity to socialise and enjoy a hot meal. You can also register to pick up a hot meal to take away. Everyone welcome (no referral/voucher needed). Call 07831 219 032 / 07773 907 288 to register

FIVE LOAVES FOOD BANK
Triumph Church International, 136 West Green Road, N15 5AD

Sunday 1-2pm
Food parcels for those in need in the local area. Referral only, contact your GP to obtain a voucher. Call 020880006001 for more information.

ST ANN'S LIBRARY
Cisbury Road, N15 5PU
Sunday 1-2pm
Half Term Food Hub on Sunday 6 June 12:30-15:30. Pre-cooked meals, fresh fruit & veg. Everyone welcome, no referral/voucher needed take away food that day.

WHEELY TOTS
Cisbury Road, N15 5PU
147 Gloucester Road, N17 6JP
Saturdays 10:30am-12pm - No voucher/referral needed, just visit the Foodbank a week in advance & sign up for a time slot.

THE PEOPLE'S CHRISTIAN FELLOWSHIP FOOD BANK
89 Broad Lane, N15 4DW
Wednesday 12pm-1.30pm
Food parcels, some fruit and veg, some household items. Everyone welcome, especially homeless, unemployed & low income (no referral/voucher needed). Just turn up and take away food that day.

24-30 May 2021
#LoveWaterSafety

Swim
School

International
Learn
to Swim
Week



FREE Swim School taster session!

Swimming is not just great fun, fabulous exercise and a brilliant confidence booster, it's a key life skill that saves lives.

Around 240,000 children have missed out on learning to swim during the pandemic and Swim School classes are filling up quickly. To book your child's place, or reserve it on a future course contact us now at...

Swim School at Tottenham Green P&F

Ask at reception or book a call back:
fuslon-lifestyle.com/swlmschool



Insightful Families is providing activities with Adfam for family, friends and carers affected by or living with a loved one's/significant others alcohol use- free activities.

Please see below this month's **FREE** activities for any families affected by someone else's drinking.

A short referral form for family activities will need to be completed; please make the family aware, this can be done via telephone (self-completion or by the worker).

Please call or email to book, inquire and refer

Emily Miller: E.miller@adfam.org.uk Telephone: **07548999414**

Mail Out Activities May 31st- June 4th

If you and your family are not quite ready to go back to face to face activities, we are offering:

Baking Kit

Bake your own cookies at home as a family.

Choose from*:

- White chocolate and cranberry cookie kit
- Chocolate chip and orange cookie kit
- White chocolate and coconut cookie kit

*Please let us know if you have allergies or dietary requirements

10 kits remaining

OR

Board game

Something for the family to play together, create memories and have fun.

Choose from:

- Card Game
- Family board game

If you would like an at home activity, please choose either baking kit or a board game let the Family Support Co-ordinator know (Contact below) they will then arrange the order for you.

E.miller@adfam.org.uk
07548999414

10 remaining.

Self-Led Activities May 31st- June 6th

Free tickets to any of the activities below. Families attend on their own. All information sent to them beforehand.

Swimming



Would you like to go swimming?
Tickets to your local or chosen swimming pool in Haringey or nearby
On one of the days between May 31st- June 5th.

10 family tickets remaining

Go Ape

Visit Go Ape Alexandra Palace and take the challenge to climb the high rope trails. Activities for various ages from young to old.

Minimum height 1m
Call for more information.

Website:

<https://goape.co.uk/locations/alexandra-palace>

Five family tickets remaining.

Soft Play

Choose from one of the following options, in relation to your location in Haringey. Subject to availability

Clowtown

Coppetts Centre, 3, N Circular Rd, London N12 0SH

KB02

220 Green Lanes, Palmers Green, N13 5UD

Little Dinosaurs

The Grove, Alexandra Palace Way, London N22 7BA

Please choose one soft play location
10 family spaces remaining

Please respond quickly as activities are limited and a referral will need to be completed before the family can take part.



Register in advance for this meeting:

[https://haringey.gov-uk.zoom.us/meeting/register/tZMrf--qqjwuG9z0-aHKI4alhzb0vG1pGWvM](https://haringey.gov-uk.zoom.us/join/https://haringey.gov-uk.zoom.us/meeting/register/tZMrf--qqjwuG9z0-aHKI4alhzb0vG1pGWvM)

After registering, you will receive a confirmation email containing information about joining the meeting.

Queries: email last@haringey.gov.uk
or call 07890 523547

Ready for Reception???

An event for parents/carers of autistic children starting Reception September 2021

Starting Reception is a big milestone in any child and parent's life. The first day of a new school can create anxiety in both parents and children, this might be the case even more so for parents of autistic children.

This morning will give you an insight into the transition process and provide you with strategies to support you to work in partnership with staff to help you feel more assured that all is in place for your child to have a positive start to school life.

Date: Friday 28th May 2021

Time: 9.30-11.30am

Online Via Zoom

Preparing families for secondary transfer

Thursday 10 June 2021
09:30 -12pm
Online via Zoom

For parents/carers of year 6 pupils with **autism and speech, language and communication needs (SLCN)** to meet and discuss ways of preparing for **starting secondary school in September 2021**



Register in advance for this meeting:

[https://haringey.gov-uk.zoom.us/meeting/register/tZAKfu6hqj0qGNRTm9uRE8Wz4cvRb3odAt t](https://haringey.gov-uk.zoom.us/join/https://haringey.gov-uk.zoom.us/meeting/register/tZAKfu6hqj0qGNRTm9uRE8Wz4cvRb3odAt t)

After registering, you will receive a confirmation email containing information about joining the meeting.

Sharing an autism diagnosis with my child

A chance to meet and hear other parents and professionals experience of sharing a diagnosis of autism with children.

Friday 9 July 2021

10-1pm

Online Via Zoom

Register in advance for this meeting:

[https://haringey.gov-uk.zoom.us/meeting/register/tZlocOmpqigtHN2yLJFrVWVNowQV1RSOponH](https://haringey.gov-uk.zoom.us/join/https://haringey.gov-uk.zoom.us/meeting/register/tZlocOmpqigtHN2yLJFrVWVNowQV1RSOponH)

After registering, you will receive a confirmation email containing information about joining the meeting.

Choosing a Secondary School:

A workshop for parents of children with SEND

Friday 18th June 10:00 -11:30

An opportunity to find out about how secondary schools support children with SEND and how to choose the school which will best meet your child's needs. You will be able to hear from schools, parents and children who have recently transferred to Haringey Secondary schools.



This is a virtual event which will take place by Zoom. Please register your interest [here](#) to receive your secure link.

The workshop is organised by Haringey Inclusion Team

If you have any questions, contact

Elika.mcauley@haringey.gov.uk



PRIMARY



A 2-session course for parents/carers of **primary aged** children with a recent diagnosis of autism.

Wednesday 9 and 23 June 2021

9.30-12pm – (attendance on both days required)

These sessions will be online. Register in advance for this meeting:

<https://haringey.gov.uk.zoom.us/meeting/register/tZYode-prDMrGtI8pCgwuy2Yr684CvLnSTTW>

After registering, you will receive a confirmation email containing information about joining the meeting.

If you have any difficulties booking, email: last@haringey.gov.uk

T: 0208 489 3466

STARS OF THE WEEK

The children below have demonstrated exemplary attitudes and behaviours in school for the following reasons:

Fawcett	Crystal-Jane	<i>For being like Hetty in Maths this week, and challenging herself to get to extended.</i>
Fawcett	Aariz	<i>For being like Gerty in phonics this week, trying his best to challenge himself and asking for help.</i>
Gandhi	Dominik	<i>For high aspirations in phonics this week and putting in 100% effort.</i>
Gandhi	Tallulah	<i>For being incredibly focused in all lessons this week and a fantastic diary entry in English.</i>
Attenborough	Eylul	<i>For her fantastic diary entry this week and getting to extended.</i>
Attenborough	Mohamed	<i>For always being like Hetty and completing his work independently in Maths and Reading.</i>
Nightingale	Bushra	<i>For having high aspirations like Hetty in Maths and pushing herself to try the extended challenges.</i>
Nightingale	Nahian	<i>For being like Gerty in reading lessons and not giving up.</i>
Obama	William	<i>For trying really hard to complete activities this week just like Gerty</i>
Obama	Muhammed	<i>For being just like Gerty and using his growth mindset.</i>
Coleman	Millie	<i>For making an effort to play with lots of different people and trying to help people when they need it.</i>
Coleman	Emirhan	<i>For always taking on a challenge and pushing himself in all subjects.</i>
Wiltshire	Yassin	<i>For starting to show a good understanding and challenging himself during writing lessons.</i>
Wiltshire	Cyrus	<i>For working hard to improve his attitudes and behavior when taking part in competitive games.</i>
Yousafzai	Amara	<i>For her outstanding writing and Hetty high narratives which go from strength to strength.</i>
Yousafzai	James	<i>For being a responsible learner and using feedback to edit and improve his work.</i>
Earhart	Dilek	<i>For working hard to improve her behavior for learning and acting like Gerty.</i>
Earhart	Ramadan	<i>For always giving everything 100% even when he finds things hard.</i>
Akala	Judit	<i>For her growth mindset and high aspirations in all subjects especially Maths.</i>
Akala	Maajida	<i>For having high aspirations and lifelong learning when gardening and looking after the chickens.</i>
Thunberg	Levi	<i>For having an amazing growth mindset around his behaviour</i>
Thunberg	Ayshenur	<i>For having high aspirations with speaking and writing in English and growing her confidence everyday</i>



HM Government

NHS



CORONAVIRUS

STAY ALERT TO THE SYMPTOMS

**HIGH TEMPERATURE OR NEW CONTINUOUS COUGH
OR LOSS OF TASTE OR SMELL?**

No one in your household should leave home if any one person has symptoms.

Find out how to get a test, and how long to isolate, at [nhs.uk/coronavirus](https://www.nhs.uk/coronavirus)

STAY ALERT ▶ CONTROL THE VIRUS ▶ SAVE LIVES

If your child or one of your household members has:



- a new, continuous cough; or
- a high temperature (a temperature of 37.9°C or more); or
- loss of, or change in, their normal sense of taste or smell;

DO NOT COME INTO SCHOOL.

Call 119 or visit:

<https://www.nhs.uk/conditions/coronavirus-covid-19/testing-and-tracing/get-a-test-to-check-if-you-have-coronavirus/>

to arrange a test and call the school to let us know.

If your child is off school and is self-isolating due to them or family displaying Coronavirus symptoms please inform the school office.

If your child is tested please let the school office know the results.

If they are not tested they must remain in isolation for the full period stipulated.

Ако детето ви не е на училище и се самоизолира поради тях или семейство, проявяващо симптоми на коронавирус, моля, информирайте училищния офис.

**Ако детето ви е тествано, моля уведомете училищния офис за резултатите.
Ако те не бъдат тествани, те трябва да останат в изолация за цялото време, посочено.**

Si su hijo está fuera de la escuela y se aísla a sí mismo debido a que él o su familia muestran síntomas de Coronavirus, informe a la oficina de la escuela.

**Si su hijo es evaluado, infórmele a la oficina de la escuela los resultados.
Si no se someten a prueba, deben permanecer aislados durante todo el tiempo indicado.**

Çocuğunuz okula gelmiyorsa ve ailesi koronavirüs belirtileri gösterdiği için kendini izole ediyorsa, lütfen okul ofisine haber verin.

**Çocuğunuz değerlendirilirse, sonuçları okul ofisine bildirin.
Test edilmezlerse, belirtilen süre boyunca izole kalmaları gerekir.**

Haddii ilmahaagu ka maqnaado dugsiga oo uu iskiis u go'doomo sababo la xiriira iyaga ama qoyskiisa oo muujinaya calaamadaha Coronavirus fadlan la socodsii xafiiska dugsiga.

**Haddii ilmahaaga la tijaabiyo fadlan la socodsii xafiiska dugsiga natiijooyinka.
Haddii aan la tijaabin waa inay go'doomin ku ahaadaan waqtiga buuxa ee la sheegay.**

În cazul în care copilul dumneavoastră este în afara școlii și se autoizolează din cauza lor sau a familiei care prezintă simptome de coronavirus, vă rugăm să informați biroul școlii.

**Dacă copilul dumneavoastră este testat, vă rugăm să informați biroul școlii despre rezultate.
Dacă nu sunt testate, acestea trebuie să rămână izolate pentru întreaga perioadă menționată.**

Jeśli Twoje dziecko jest poza szkołą i samoizoluje się z powodu objawów koronawirusa przez siebie lub rodzinę, poinformuj o tym sekretariat szkoły.

**Jeśli Twoje dziecko jest badane, poinformuj sekretariat szkoły o wynikach.
Jeśli nie zostaną przetestowane, muszą pozostać w izolacji przez określony czas.**

Six ways to improve your wellbeing -

Wellbeing Guidance to support migrant communities during COVID-19

English:

<https://www.doctorsoftheworld.org.uk/wp-content/uploads/2020/08/English-wellbeing-guidance-for-migrants.pdf>

Arabic:

<https://www.doctorsoftheworld.org.uk/wp-content/uploads/2020/08/Arabic-wellbeing-guidance-for-migrants.pdf>

Bulgarian:

<https://www.doctorsoftheworld.org.uk/wp-content/uploads/2020/08/bulgarian-wellbeing-guidance-for-migrants.pdf>

Polish:

<https://www.doctorsoftheworld.org.uk/wp-content/uploads/2020/08/polish-wellbeing-guidance-for-migrants.pdf>

Somali:

<https://www.doctorsoftheworld.org.uk/wp-content/uploads/2020/08/somali-wellbeing-guidance-for-migrants.pdf>

Spanish:

<https://www.doctorsoftheworld.org.uk/wp-content/uploads/2020/08/spanish-wellbeing-guidance-for-migrants.pdf>

Turkish:

<https://www.doctorsoftheworld.org.uk/wp-content/uploads/2020/08/turkish-wellbeing-guidance-for-migrants.pdf>

If your preferred language is not displayed please visit:

<https://www.doctorsoftheworld.org.uk/wellbeing-guidance/>