



22 January 2024

Dear Parent / Carer

We are delighted to share with you a new NHS funded service designed to support young people aged 7-12 who are experiencing worries or anxieties; Lumi Nova.

Lumi Nova is an intergalactic adventure game to support young people to fight fears & manage worries. Whilst exploring planets, customising characters and earning treasure your child breaks their fears and worries down into manageable steps, learning life-long skills and building resilience. The video at this link explains the game in more detail: <https://vimeo.com/580763204>

Lumi Nova is created for 7 - 12 year olds (school years 3 - 7) who are having difficulties with fears, worries, anxiety related to social situations, separation or phobias.

Lumi Nova is ideal for children who may:

- lack confidence to try new things
- seem unable to face simple everyday challenges
- find it hard to concentrate
- have problems with sleeping or eating
- have angry outbursts
- have negative thoughts about what's going to happen
- be avoiding everyday activities, eg. going to school, seeing friends
- become irritable, tearful or clingy

Lumi Nova is not suitable for children in crisis, with more complex needs or disabilities preventing them from using a mobile device. We would recommend neurodiverse children use the game alongside a professional.

Designed by BFB Labs, Lumi Nova was developed with NHS clinicians and leading academics at the Anxiety & Depression in Young People Clinic based at the University of Reading. It is based on Cognitive Behaviour Therapy which is proven to be a highly effective treatment.

Accessing Lumi Nova is quick and easy and doesn't require assessments or lengthy forms. Lumi Nova is free to download from the Apple and Google Play Stores and is compatible with iPhones, iPads and most Android smartphones and tablets.

Use the link below to register and receive a Game Key to activate Lumi Nova.

<https://luminova.app/wakefield>

If you want to learn more about Lumi Nova, there are 30 minute Lumi Nova Discovery Sessions for Parents found online by searching 'Lumi Nova Discovery Sessions'

Yours Sincerely

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Ben Eccersley
Assistant Principal (Mental Health lead)