



# Wellbeing News



Crigglestone St James CE Primary Academy

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## Does your child struggle with worries?

If the answer to the above question is yes, then 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.

### What is 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.

### Who can use Lumi Nova?

Lumi Nova is created for 7 - 12 year olds (Years 3 - 7 in school) 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.**





## Is Lumi Nova safe?

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.

Lumi Nova is CE marked and registered with the MHRA. It adheres to strict standards of clinical safety and cyber security. Lumi Nova is recommended by NICE (National Institute for Health & Care Excellence).

## How do I access Lumi Nova for my child?

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 parent Game Key to activate Lumi Nova. You will receive an SMS message that will guide you through getting started.

Sign up here - <https://luminova.app/wakefield>

More information about Lumi Nova including FAQs and case studies can be found at [luminova.app](http://luminova.app).

If you have any questions or need some tech support you can reach out to BFB Labs using [support@bfb-labs.com](mailto:support@bfb-labs.com).

If you want to learn more about Lumi Nova, there are 30 minute Lumi Nova Discovery Sessions for Parents. This is an opportunity for parents to come along and learn how Lumi Nova can support your child to tackle their fears and worries and build lifelong skills.

Register to attend a session here: [Lumi Nova Parent Discovery Session](#)

