

Dear parent / guardian,

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. Lancashire and South Cumbria ICB** have partnered with **BFB Labs** to offer free access to **Lumi Nova** for children and young people living in Blackpool, Fylde and Wyre!

A promotional banner for Lumi Nova. On the left, a young girl with long dark hair, wearing a yellow t-shirt and blue jeans, sits cross-legged on a purple background. She is smiling and has her hands raised in the air. In front of her is a tablet displaying a colorful game interface. To her right is the Lumi Nova logo, which features the text 'LUMI NOVA' in large, stylized letters with a star, and 'TALES OF COURAGE' below it. Further right are two NHS logos: one for 'Lancashire and South Cumbria Integrated Care Board' and another for 'Blackpool Teaching Hospitals NHS Foundation Trust'. Below the logos, the text reads 'Digital therapy enabling children to self manage their worries'. A pink button with white text says 'Get access now'. Below the button, it says 'For families living in Blackpool, Fylde and Wyre' and 'Luminova.app/get-access'. On the far right is a QR code.

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.

Lumi Nova Video: 1min (<https://vimeo.com/580763204>)



Who can use Lumi Nova?

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.

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?

Lumi Nova is currently being piloted in Blackpool, Fylde and Wyre primary schools, which will mean the offer is on a first come, first served basis. If you think your child would benefit from Lumi Nova, please use the link below to register and receive a 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/blackpoolfyldeandwyre>



Where can I find out more about Lumi Nova?

More information about Lumi Nova including FAQs and case studies can be found at luminova.app.

If you have any questions or need some tech support you can reach out to BFB Labs using luminova@bfb-labs.com

Yours Sincerely,

[Insert name of school contact]