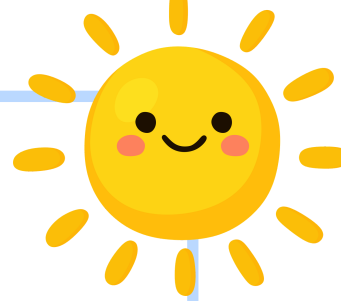




Wakefield Parent Carer Forum

The Official Newsletter



Welcome! to the 12th edition of our newsletter...

We can't believe that the final week of school is upon us, this academic year seems to have flown by.

As a forum, we have grown over the past year, employing our fantastic SEND Play Workers for our children's sessions, our Parent Carer Representatives to support our Schools Coffee & Chat project, our Social Media & Communications Officer & our Youth Engagement & Participation Officer.

Our Schools Coffee & Chat project has been well received, with over 60 schools welcoming us in to meet with SEND families to share advice & guidance but more importantly, to provide an opportunity for parent carers to meet each other and know they are not alone in their SEN journey.

Our children's sessions have been a big success, providing opportunities for our children to come together and meet others, whilst having a lot of fun along the way.

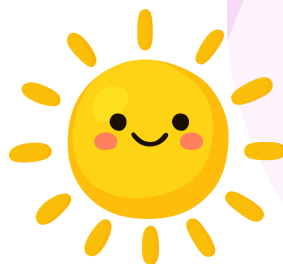
We know the summer holidays can be challenging for our families and young people, we've included our top tips for the holidays below, as well as information on what is available in our area.

Remember to check our Facebook Chat Group for the very latest information of what's on when, including details on how to book yourself a place. If you aren't in our private Facebook Chat Group, please email us for more information - info@wakefieldparentcarers.co.uk

FORUM UPDATE

We are pleased to be able to host a seaside trip to Hornsea again this year for our registered members and their family.

Booking is now open, more details can be found in our Facebook Chat Group & our Weekly Update email



Coffee & Chat

Join us at our unit in Castleford, in the community & your child's school.



Unit 2, Airedale Business Centre,
Kershaw Avenue, Castleford
WF10 3ES

FORUM MEMBERS

We are now approaching 2000 registered forum members across the district.

If you know a friend or family member who is a parent/carer of a child with SEND aged 0-25 years, living within the Wakefield district, please feel free to share our details with them





Wakefield Parent Carer Forum

Who we are

Wakefield Parent Carer Forum is an independent parent led forum who work with families who have children aged 0-25 years with special educational needs and/or disability, living within the Wakefield district.

We are led by a group of local parents who are passionate about listening to, and representing the views of parents, young people and children.

We have a wide range of skills and lived experience of what it is like to be a parent of a child with SEND in the Wakefield area. We have been supporting local families for over 5 years, with our forum growing in number each week.

We want to work together with you to make a positive difference and improve the quality of life for all SEND children and families in Wakefield.

www.wakefieldparentcarers.co.uk

What we can offer you

Reduce isolation for SEND families

Support local services to enable families to cope better with the challenges of navigating the SEND system

Peer support for all SEND families in the Wakefield District

Support understanding SEND paperwork & local policy

SEND family activities & fun days with reasonable adjustments as standard

Opportunity to get involved & have your voice heard on SEND topics within Wakefield

We work closely with other services including Wakefield Council & Wakefield ICB to make positive changes for SEND families



FORUM UPDATE



This academic year has marked a very exciting year for us as a forum, as we became an employer for the first time. As part of our Schools Coffee & Chat project, we employed our Parent Carer Representatives, to go into local schools to provide advice and support.

We recruited three fantastic SEND Play Workers who have been delivering lots of activities and sessions for our families, supporting our young people and giving them the opportunity to meet others, whilst having fun along the way.

We have employed a Social Media and Communications Officer. Their role will be to support parent carers on our Facebook Chat Group, as well as advertising our upcoming events in our Weekly Update email.

We have employed a Youth Engagement & Participation officer, to work directly with our young people capturing their voice and making sure their views are heard. They will also meet with our young people at our Youth Club & are working on launching a newsletter for young people.

SCHOOLS COFFEE & CHAT PROJECT

Our Parent Carer Representatives are currently delivering our School Coffee & Chat project, which began in June 2025. We are now supporting over 60 schools, meeting with SEND families to provide support, guidance and an opportunity for parent carers to come together, reducing isolation. These sessions also allow parents to chat with staff at their child's school in a friendly and supportive environment about any issues or difficulties their child may be facing. Our sessions also cover SEND topics that families would like to receive more support and advice around, and where appropriate we may invite other professionals to a session to join us to provide information about their team.

We would like to thank everyone who has joined us in school for a coffee and chat session. As a team, we have enjoyed meeting and getting to know you, listening to the challenges families are facing, and celebrating the successes of your children.

Parent carers attending these sessions were asked to complete a survey about what SEND topics they would like to learn more about in future sessions. The most popular topics requested were -

Sleep

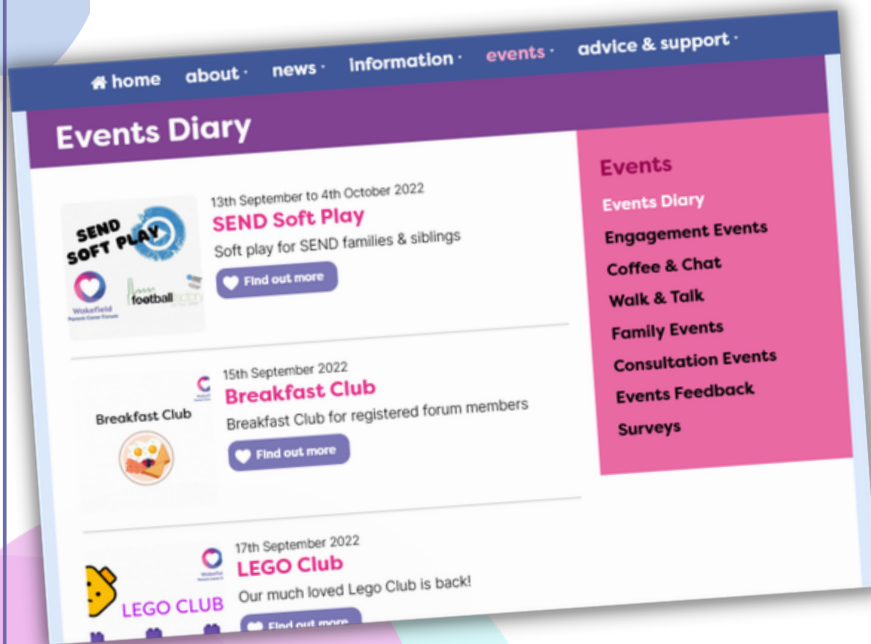
**Challenging
behaviour**

Toileting

Autism

UPCOMING EVENTS

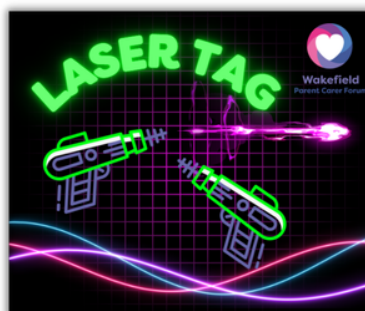
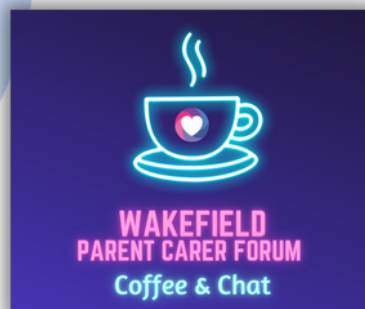
HAVE YOU CHECKED OUR FACEBOOK CHAT GROUP, WEEKLY UPDATE & WEBSITE EVENTS DIARY?



We have lots of events & activities for parent carers and & their family

You will find some of the events listed below - but be sure to check our updates in our private Facebook Chat Group where we share events and activities as soon as they are available to book

Not a Facebook user? Let us know and we will add you to our mailing list to receive the same information by email.
events@wakefieldparentcarers.co.uk



SPOTLIGHT ON – CHOOSING A SCHOOL

We often get asked about what to look for when choosing a new school, and this will be different for all our families depending on their child's needs. However, we have shared some good examples which may be helpful to most families below -

The most important question to ask when choosing a school for your child with SEND is -

Will the school be able to meet your child's needs?



Where can I find more information about schools in our area?

Wakefield's Local Offer website has a list of local schools, including resources and specialist provisions.

You may already know a particular school well because you have an older child at the school or have close friends who have a child there. You can find a list of schools within the Wakefield District on the [Local Offer website here](#). You can ask other parents, ask around locally, or look online if there are local online discussion groups like our [Facebook Chat Group](#) where you can find out more about parents' opinions and recommendations. But always remember that as all of our children have different needs, a school that doesn't suit one child might be the perfect choice for another and vice versa.

Initial Research

- Visit the website of the local schools which might be suitable.
- Read the Prospectus of each school so that you get an idea of the aims and ethos of the school.
- You can also check the latest [Ofsted report](#) which should also be available on the school's website.
- The school's SEN Information might tell you about the training staff have received as well as the staff's qualifications or experience in teaching children with special educational needs. It should also include information about how the school assesses and identifies pupils with special educational needs. If not these are questions you might want to ask the school directly.

SPOTLIGHT ON – CHOOSING A SCHOOL



Visiting Schools

It is always best to visit potential schools in person. Call the school and ask for an appointment to look around. You might choose to go without your child for the first visit or you may prefer them to join you. Make a list of questions you would like to ask on your visit to the school, this will help to prompt you during your visit as it is easy to forget things on the day. Ask to meet the person responsible for SEN Support (SENCO) and discuss with them what types of support might be available for your child. Ask the school what transition work and information will be provided for your child if they transition to their school.



Choosing a school for a child that does NOT have an EHCP

Look at the Wakefield Local Offer website to see which schools are in the area. You can filter your search to find different types of school, such as primary, secondary, specialist etc. Most secondary schools will hold open evenings when prospective parent carers can visit to learn more information about what the school has to offer. If your child is in year 6 and has a My Support Plan, it might be possible for a member of your preferred secondary school to attend the review meeting to hear about your child's needs and how they are best supported.

SPOTLIGHT ON – CHOOSING A SCHOOL



Choosing a school for a child WITH an EHCP

The process remains the same in terms of visiting a school and asking questions. However, you also need to make sure that the school you are considering can meet your child's needs as outlined in your child's EHCP. Are there specific things that your child will need to enable them to access an education? Have a chat with the schools you are considering - they may ask you to send them a copy of your child's EHCP before allowing you to look around.

Look at the Wakefield Local Offer website to see which schools are in the area. There is no substitute for undertaking a visit in person to the school. Again, we recommend parents of children with special educational needs to make an individual appointment to visit the school, to enable you to meet with the SENCO and discuss your child. You should also make a list of questions you would like to ask as it is easy to forget things on the day.

Don't forget to discuss how they will help your child transition to the new school, as this can be a time of great anxiety for children so it is important to get it right.

You can also invite professionals from your preferred school to your child's annual review, so that they can hear your child's needs and how best to support them. This will inform the school whether they feel they can meet your child's needs or not. Once you have made a decision, you need to ask SENART to consult with your preferred school following the annual review. SENART may also choose to consult with other schools which may be appropriate for your child.



SPOTLIGHT ON – CHOOSING A SCHOOL

It can be useful to make a list of questions. You might also find some of these answers on the school's own website. Below are examples of questions that may be helpful -

- How many pupils attend the school?
- How many pupils are in each class?
- How many pupils have SEND?
- What experience and training the school and staff have (this could include training about similar needs to that of your child)?
- What on site provision school have for example, separate safe space, chill out room, pastoral department, sensory space, physiotherapy room etc.
- Examples of good practice or successful outcome's they have had with their current pupils with SEND.
- What is the school behaviour policy? How does the school manage behaviour linked to a child's disability? Are all children expected to follow the same rules and consequences or does the school make adjustments for individual pupils where needed?
- How is bullying managed at the school?
- How are parents involved in the life of the school?
- Are all parts of the school and grounds accessible for my child?
- Do the school have any specialist equipment e.g. hoists/disabled changing areas?
- If appropriate, how do staff support with toileting and continence difficulties? Can an intimate care plan be put in place for your child before attending so that staff know how to support your child as soon as they start.
- Ask for a copy of the school SEND policy to read later and a contact name of the person who can answer any questions which may arise later. Are all school staff familiar with the SEND policy and confident implementing it?
- What transition work and information will be provided for your child if they transition to their school?
- How does the school communicate with parent carers? Does the school communicate via an app? Are parent carers able to have a regular catch up with the teacher? What is their policy on how they respond to parent carers? Do they have an open-door policy? (Open door policy encourages effective communication, openness and transparency).

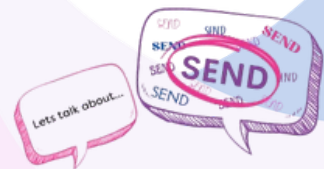
SPOTLIGHT ON – CHOOSING A SCHOOL

As well as asking questions, there are other things to look out for on a visit to a school -

- How happy do the children seem to be?
- Do the staff you meet seem positive about working with your child?
- Does the school have a good atmosphere?
- Is the school itself well cared for?
- Do the staff seem to value parent carers involvement?

Save The Date
Join us for our
biggest event of the
year!

Let's Talk About SEND



Thursday 1 October 2026

SAVE THE DATE!
SEND Futures and Next Steps Careers Event

TUESDAY 6 OCTOBER 2026 | **WX WAKEFIELD EXCHANGE**
Union Street, Wakefield, WF1 3AD

EVENT TIMES

MORNING SESSION 10:00am – 1:00pm	EXPLORE A WIDE RANGE OF OPPORTUNITIES
BREAK 1:00pm – 2:00pm	
AFTERNOON SESSION 2:00pm – 5:30pm	

EXPLORE A WIDE RANGE OF OPPORTUNITIES

EDUCATION & TRAINING	EMPLOYMENT & CAREERS	SUPPORT SERVICES
HEALTH & WELLBEING	COMMUNITY INCLUSION	LEISURE ACTIVITIES

Meet local providers and organisations supporting young people as they prepare for **adulthood**.

Your future. Your choices. Your journey.

INTERESTED IN EXHIBITING?
Reserve a stall and showcase your organisation's offer.

Email us: SENDPFA@wakefield.gov.uk

wakefieldcouncil

Is your child/young person with SEND in year 9 or above?

If so this is a great event to attend to find out more information on what is available for those next steps within Wakefield.

Previous feedback for this event has given families hope about opportunities for the future.

Expect to see stalls from colleges, employers, support services, supported internships & more!

Are you looking for inclusive activities for children & young people with SEND in Wakefield?

**We have the following sessions
available exclusively for our
registered members.**



Not a registered member?

**If you are a parent carer of a child/young person aged 0-25 years with SEND,
& live within the Wakefield district, you can register for free on our website.
Once registered you can request to join our private Facebook Chat Group,
where you will get to hear about our events & activities first.**

**We host activities for children & young people with SEND
Tuesday, Wednesday, Thursday & some Saturdays during term time**

- **SEND Soft Play - age 0 - 25 years**
- **Unplug & Play - Board Games - age 0 - 25 years**
- **Children's Crafts - age 0 - 25 years**
- **Lego Club - age 0 - 25 years**
- **Gaming Club - Digital Games - suggested age 4 - 25 years**
- **Singing Club - Junior Session suggested age upto 10 years (Saturday morning session)**
- **Singing Club - Advanced Session suggested age 11 years + (Saturday morning session)**
- **Silent Disco - age 0 - 25 years**
- **Laser Tag - age 7 - 25 years**
- **Youth Club - age 13 - 25 years**

Sessions are held at our unit in Castleford WF10 3ES,
A1 Football Factory, Pontefract, Red Roof Centre, Kinsley, or Glasshoughton Centre, Castleford
depending on the session

For more information see our website, email - events@wakefieldparentcarers.co.uk
weekly "What's On This Week" post in our private Facebook Chat Group or "Weekly Update"
emails

Book your tickets here -

www.ticketsource.co.uk/wakefield-parent-carer-forum

Wakefield Parent Carer Forum

Unit2,AiredaleBusinessCentre,KershawAvenue,CastlefordWF10 3ES



TOP TIPS FOR SURVIVING THE SUMMER HOLIDAYS

Summer time can be a wonderful time for our young people with SEND, but it can also bring challenges such as changes to routine, sensory overload, financial pressure and increased anxiety. We've put together some top tips for surviving the holidays.

Tip 1: Keep some routine

Many children and young people with SEND feel safer when they know what to expect. Keeping consistent wake up times, meal times and bedtime routines can really help to reduce anxiety and dysregulation.



Tip 2: Use visuals where you can

Create a simple visual timetable or calendar showing activities, quiet days and trips out. This helps children prepare for changes and gives them time to process what is happening. If you are going somewhere new, try searching for the venue on online. There are usually videos giving tours of the place you are going, including hotels.

Tip 3: Balance busy days with recovery days

Too many activities in a row can lead to overwhelm and burnout. Plan quieter 'recovery days' after busy events, social activities or days out.





TOP TIPS FOR SURVIVING THE SUMMER HOLIDAYS

Tip 4: Don't compare yourself with other families

Social media can make it feel like everyone else is having perfect holidays. Remember that surviving the summer in a way that works for your family is enough. Some days, success means everyone got through the day safely.



Tip 5: Create a calm space in your home

Having a safe, calming area available can help during moments of overwhelm.

This could include sensory items, ear defenders, blankets, bubbles, favourite toys, low lighting and calming activities.

Tip 6: Prepare for trips out

If you are going somewhere new, preparation can make a big difference.

Why not try -

- Looking at photos or videos online before you travel.
- Using social stories or a visual timetable that explains what your child can expect to happen in the day.
- Driving past the venue beforehand.
- Checking for quieter times to visit.
- Packing snacks, comfort items, sensory aids and spare clothes.





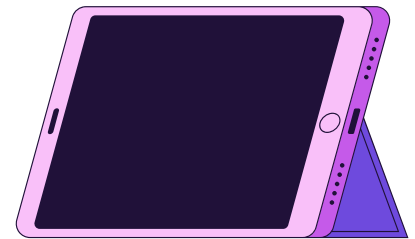
TOP TIPS FOR SURVIVING THE SUMMER HOLIDAYS

Tip 7: Lower expectations where needed

You do not need to fill every day with expensive activities or have long days out. Sometimes children cope best with familiar places, short activities or simply spending time together at home. Your child may be recovering from the last few weeks at school and reducing demands can help them to regulate.

Tip 8: Say yes to screen time if needed

For many SEND children, screens are not just entertainment. They can be regulation tools, safe spaces, communication tools or ways to recover from overwhelm. Do what works best for your family without guilt.



Tip 9: Accept Support

If family or friends offer to help, try to accept it where possible. Even small breaks can make a big difference to parent carer wellbeing.

Tip 10: Remember you matter too

Parent carers often spend the holidays making sure everyone else is coping. Try to find small moments for yourself too. This could be a cup of tea in peace, a chat with another parent carer, a walk, listening to music, crafting or simply sitting quietly for a few minutes.



Most importantly, summer does not need to look perfect to be successful. Be kind to yourself, small wins matter!



TOP TIPS FOR SURVIVING THE SUMMER HOLIDAYS

We asked our families what their top tips for surviving the summer were, here are some of their suggestions -

Not planning too many things as it becomes overwhelming. We try to go out somewhere one day, then the next day or couple of days we spend relaxing and doing things we enjoy at home.

Take one day at a time. Don't compare your school holidays to other people's holidays. Try and find 5 minutes to yourself every day. Coffee and lots of it!

- For hot days, keep a pack of wet wipes in the fridge and take a travel fan on days out.
- Doing activities at home is ok too.
- Leaving a place early if someone isn't coping is ok.
- Apply for a MAX Card if you haven't already.
- Don't plan big things back to back, take a day or two to rest.
- The last week of term can be crazy.
- Book afternoon sessions if you are not morning people. Booking an afternoon session mean you can relax and eat before you set off and it's generally quieter when you get there.

Some airports have social stories on their websites to explain the different areas in advance. Using the sunflower lanyard and special assistance can make a big difference.

Find as many low stress options as possible. If all you've done in a week is a trip to the park and pyjama days then that's ok! You know what your children need to feel calm and safe. Limit visitors if it becomes too much.

Try to plan ahead and write what will be happening in the calendar so that your children's care team can work with you where needed to support your children. You can then make sure you aren't doing too much in one week and are also having time together as a family, as well as your children having time with their care team.



WHAT'S ON – SUMMER ACTIVITIES IN WAKEFIELD



FUN. FITNESS. FRIENDSHIP. CONFIDENCE.

WOODFITNESS
ENCOURAGING & SUPPORTING COMMUNITIES

MILLION HOURS FUND
Powered by THE NATIONAL LOTTERY COMMUNITY FUND

SEND SUMMER HOLIDAY CAMP

ACTIVE MINDS. STRONGER BODIES. BRIGHTER FUTURES.

A **FREE** summer holiday camp for young people with Special Educational Needs and Disabilities (SEND), funded through the Million Hours Fund.

AGED 11-18
(UP TO 25 WITH SEND)

COMPLETELY FREE!

- INCLUSIVE FITNESS**
Fun, engaging activities for all abilities
- TEAM GAMES & CHALLENGES**
Build friendships and learn together
- CONFIDENCE & WELLBEING**
Activities that support mental and physical health
- SOCIAL CONNECTION**
Make friends and feel part of a community
- SAFE & SUPPORTIVE ENVIRONMENT**
Experienced coaches in a welcoming space

LOCATION
BOXSTOP
WESTGATE
WAKEFIELD
WF1 1EW

DATES & TIMES
STARTING
WED 22ND JULY
MONDAYS 1PM
SATURDAYS 1PM

WHO CAN ATTEND?
Young people aged 11-18 (up to 25 with SEND)

INTERESTED?
Email us at woodfitness@yahoo.co.uk to register your interest or request a referral form.

PLACES ARE LIMITED – REGISTER YOUR INTEREST TODAY!

Funded by the UK Government and The National Lottery Community Fund through the Million Hours Fund.

Wakefield Council SEND Summer Play Scheme

Playscheme Groups for disabled children and young people aged 5 to 17 are once again being organised by Wakefield Council. Please note, booking confirmation is subject to your child's needs and suitability for the group. Not all providers are able to cater for personal care and/or health needs. [For more information about the sessions on offer, click here.](#)



SEND Bikeability



Crofton Youth Centre, High Street, Crofton, WF4 1NF

**Friday 31st July, Friday 21st August,
Tuesday 25th August and Thursday 27th August**

**10am - 12pm Beginners/Improvers
1pm - 3pm Improvers/Skilled**

For young people with special educational needs aged between 16 - 25
Friendly and qualified instructors will be at available at all the sessions

These session are for young people only - parents do not need to attend

To book a place or for more information please ring 01977 727622




Ages 8-12yrs
12-25yrs

FREE!

Digital Explorers

Play and learn with professional teaching artists

Draw, paint, make models, take photographs, design a logo, write a movie and so much more!

summer s'cool

A FREE programme at Castle Family Hub, Five Towns Resource Centre and Platform One

Multiple dates available

Each session is held between 10:30am-12:30pm

Advance booking is essential.

These workshops are designed for children and young people with Special Educational Needs and Disabilities (SEND). Sessions are available for different age groups: 8-12 years and 10-25 years.

For more information and to book email
youthhubthehut@wakefield.gov.uk FAO Ruth or telephone:
01977 727622

summer s'cool

unesco
Global Network of Learning Cities

wakefieldcouncil

WHAT'S ON – SUMMER ACTIVITIES IN WAKEFIELD THE ADDY – KNOTTINGLEY

Run Riot

Every Thursday

Days & Times differ in the school holidays

Run Riot is a session for children with additional needs and their families, up to the ages of 21.



Wk 1 - Play Week **Bookings Now OPEN**

Play, Laugh & have Fun, here at the addy! remember to wear your playing out clothes

Thursday 23rd July 2026 3:00pm – 5:00pm

Wk 2 - Yorkshire Week **Bookings will open 20/07**

are you lekkin out!! Lots of Yorkshire activities planned

Thursday 30th July 2026 3:00pm – 5:00pm

Wk 3 - Sports Week **Bookings will open 27/07**

lots of sports themed activities

Thursday 6th August 2026 3:00pm – 5:00pm

Wk 4 - Disney Week **Bookings will open 03/08**

Dress as your favourite Disney character and join the Disney fun! Foam machine in action on 13.07.26!

Thursday 13th August 2026 3:00pm – 5:00pm

Wk 5 - No Session

Bookings will open 10/08

Thursday 20th August 2026

Wk 6 - Colour Run **Bookings will open 17/08**

Our famous colour run is back! along with lots of other fun activities

Thursday 27th August 2026 3:00pm – 5:00pm

DOES YOUR CHILD QUALIFY FOR FREE SCHOOL MEALS?

YES

NO



THANK YOU TO OUR GRANT FUNDERS



Please Note:

No Run Riot session on
Thursday 20th August 2026



WIDER SUMMER ACTIVITIES



Halifax - Wednesday 29th July

So, if you've visited one of our SENDays before, we'd love to welcome you back. If it'll be your first time, we hope you'll join us for a calmer museum experience, designed with disabled visitors and their families in mind.

So, what makes a SENDay different, you ask?

1. Fewer Visitors: We've reduced the number of tickets available, so the galleries will be much quieter than on a normal day.
 2. Flexible arrival times: We ask you to choose an arrival time when booking, but don't worry if you're running early or late, we'll still be happy to welcome you.
 3. Ear defenders: You can borrow a pair of ear defenders from our Info Desk if you forget yours - subject to availability.
 4. Chill out room: Ask one of our team for access to our Chill Out Room if needed.
 5. Fully accessible venue: Including lifts and a Changing Places loo.
- As always - ask any member of our team if you need anything.
We're the ones in blue or purple shirts that say "Team Eureka!" on the back, and we're here to support your visit :)

Email: info@eureka.org.uk Phone: 01422 33006



SEND Sessions in Aqua-Tek

A quieter way to play at Magna's outdoor splash park

Aqua-Tek is always an accessible experience, but we know that sometimes, a quieter environment makes all the difference.

Following the success of last year's sessions, we're running a series of SEND Splash Sessions designed for children, young people, and families with access needs who'd enjoy a more relaxed visit to our splash-tastic water play zone.

These sessions are open to anyone with access requirements, including (but not limited to) physical, sensory, cognitive, or communication needs. See Magna website for more information

Sunday 2nd August 10:30am - 12:30pm
Saturday 15th August 10:30am - 12:30pm

Wakefield
Museums
& Castles

Knight School (SEND session)

Pontefract Castle

Pontefract

Wed 5 Aug 2026,
10:00AM - 10:45AM



Medieval Master Chefs (SEND session)

Pontefract Castle

Pontefract

Wed 12 Aug 2026,
10:00AM - 10:45AM



Sports at the Castle (SEND session)

Pontefract Castle

Pontefract

Wed 19 Aug 2026,
10:00AM - 10:45AM



Medieval warfare and silly science (SEND session)

Pontefract Castle

Pontefract

Wed 26 Aug 2026,
10:00AM - 10:45AM

WPCF HORNSEA TRIP – THURSDAY 13TH AUGUST 2026



Join us for a fun family day out at the seaside. Bookings are now open for this event, more information can be found on our Facebook Chat Group & Weekly Update email.

Whether you need to travel by coach or by car, both options are available.

We hope you can join us!

“Return to school helpline”

Do you have worries about your child's return to school in September?

(e.g. Attendance, Behaviour, Anxiety, SEND, Transition)

Would you like strategies that you could try to help your child?

Would you like to speak to somebody and get advice on what could be done to help?

If you have answered “yes” to any of the above, then the “Return to school helpline” service is available for parents and carers throughout August and September.

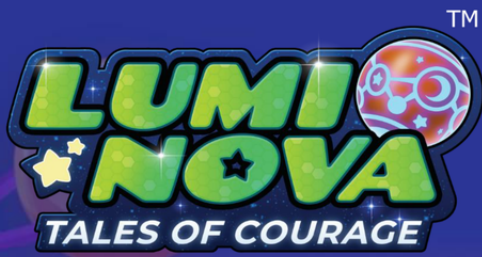
We have Educational Improvement Teachers (EITs) available to take your call to listen to your worries, suggest possible support and provide impartial advice.

The EITs are available to take your telephone call on the following dates:

Wednesday 5 th August 2026	10am – 4.00pm
Wednesday 12 th August 2026	
Wednesday 19 th August 2026	
Wednesday 26 th August 2026	
Wednesday 2 nd September 2026	
Wednesday 9 th September 2026	
Wednesday 16 th September 2026	
Wednesday 23 rd September 2026	



Please call the Educational Psychology Service on **01924 307403** and ask to speak to an EIT.



Digital therapy enabling children to self manage their fears and worries

Recommended by **NICE**



What is Lumi Nova?

Everybody worries sometimes, but sometimes worries stay and can have a big impact on your child's life.

Lumi Nova can support your child by helping them set goals and challenges to overcome their worries, one step at a time.

- ★ **NICE recommended digital therapy** through a fun mobile game (smartphone/tablet)
- ★ **For 7-12 year olds**
- ★ **Supports mild to moderate fears, worries & anxiety***
- ★ **Based on Cognitive Behavioural Therapy (CBT)** and provides Psychoeducation and **Exposure Therapy** - The gold standard of care for treating anxiety
- ★ **Safe, effective & easy to use**



*Lumi Nova is for children aged 7-12 experiencing mild to moderate anxiety. It is not recommended for use with children who have severe anxiety, are in crisis, have suicidal thoughts or are at risk of self harming **without clinical supervision**.

See instructions for use: bit.ly/luminova-ifu

Using Lumi Nova can help your child:

- ✓ Learn **lifelong skills** on how to self manage their worries
- ✓ Learn how to **breakdown fears and worries into manageable steps**
- ✓ **Build confidence and resilience** by completing small challenges in the game and in real life
- ✓ **Understand what worry and anxiety is** so they can learn to cope
- ✓ Talk about their own worries in a way that is **non-stigmatising**



To learn more visit:
luminova.app/wakefield

Choose from 15 'ready made' goals

To help build confidence, you'll need to shortlist 3 goals that are relevant to your child, practical to do and easy.

Your child will then be able to choose a goal to work on which is broken down into small steps to help your child progress.

The first few challenges happen in the game (imagine, draw, photos, and videos) and then progress to real life challenges that will need your support.

luminova.app/choosinggoals

- | |
|---|
| 1. Be comfortable staying at home without my parent or guardian |
| 2. Be ok making a mistake on school work or a test |
| 3. Be able to sleep away from home overnight |
| 4. Be comfortable speaking in front of a group |
| 5. Be able to sleep on my own |
| 6. Feel comfortable visiting a crowded or busy place |
| 7. Be able to spend time in the dark |
| 8. Be able to spend time near a dog |
| 9. Be able to spend time near insects or spiders |
| 10. Try to make a new friend |
| 11. Feel comfortable going to a party or social gathering |
| 12. Feel comfortable going to school |
| 13. Be able to spend time in a high up place |
| 14. Be able to eat or drink in front of other people |
| 15. Be okay seeing vomit or thinking about vomit |

How to get started with Lumi Nova and your role as a parent:

Step 1: Register for free access

1. Scan the QR code or visit luminova.app/wakefield
2. Validate your postcode and complete the registration form.



Step 2: Complete a short survey to get your Lumi Nova game key

1. You'll receive a text message with a link to get started (and occasional reminders to use Lumi Nova and progress updates).
2. Complete a short 4 question survey, to receive a text message with your game key. Please keep this safe and secret - you'll need it later for the 'real life' challenges.
3. Download the app on a device your child has regular access to and activate it with your game key.

Your role as a parent:

1. Activate and setup the app by shortlisting 3 goals for your child to choose from.
2. Set a regular time in a quiet place for you and your child to use Lumi Nova together.
3. Support your child to complete real life challenges (unlock and approve these with your game key)
4. Complete weekly surveys sent to your phone via text message

Recommended usage: 15- 30 mins, 2-3 times per week to use Lumi Nova with your child.

Need support using the app? Email us at: support@bfb-labs.com

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For more info and resources visit:
luminova.app/parents

USEFUL CONTACTS



Wakefield
Parent Carer Forum

WAKEFIELD PARENT CARER FORUM

Unit 2, Airedale Business Centre,
Kershaw Avenue,
Castleford
WF10 3ES
info@wakefieldparentcarers.co.uk
www.wakefieldparentcarers.co.uk

Wakefield SENDIASS

01924 965588
wakefieldsendiass@family-action.org.uk

LOCAL OFFER

wakefield.mylocaloffer.org

INFORMATION NETWORK

wakefield.mylocaloffer.org/information-network

PORTAGE

01924 307403
eps@wakefield.gov.uk

WISENDSS CONNECT

wisendssconnect@wakefield.gov.uk
07789 442127
Monday & Thursday, 10am-2pm
Term Time Only

SENART

01924 302465
senart@wakefield.gov.uk
SENART, Block C, Normanton Town
Hall,
High Street, Normanton WF6 2DZ

CAMHS SPA 01924 316200

TRANSPORT TEAM

hst@wakefield.gov.uk
01924 305675 or 01924 305643

EDUCATIONAL PSYCHOLOGY TEAM

eps@wakefield.gov.uk
01924 307403

SOCIAL CARE DIRECT

0345 850 3503

SCHOOL NURSING TEAM

0300 373 0944

IPSEA

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