



# Gloucestershire Lumi Nova

## School Spotlight Webinar

luminova.app  
@luminovaapp

Recommended by



# Meet the team



**Lauren Munro**

Service Delivery Manager



**Niamh Bolton**

Implementation Lead



**Fiona Quan**

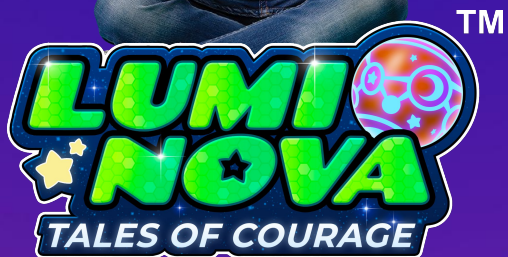
Lead for Health and Wellbeing  
(Education and Learning)



**Mel Turner**

GHLL Primary Lead Teacher





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**NICE** National Institute for  
Health and Care Excellence

## What we'll cover today:

1. Introduction
2. The Lumi Nova Package
3. School Spotlight
4. Lumi Nova in Gloucestershire Update

**Questions!**



# Introduction



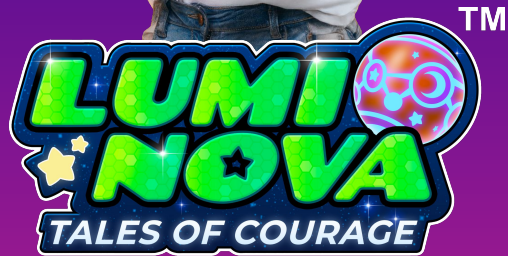
**LUMI  
NOVA**  
TALES OF COURAGE

Recommended by

**NICE** National Institute for  
Health and Care Excellence

## Lumi Nova: Tales of Courage

- ✓ **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 CBT** and provides **Exposure Therapy** (Gold standard treatment)
- ✓ **Low risk medical device** - Safe, effective & easy to use



Recommended by

**NICE** National Institute for  
Health and Care Excellence

Co-developed with young people, families,  
educators, clinicians & academics





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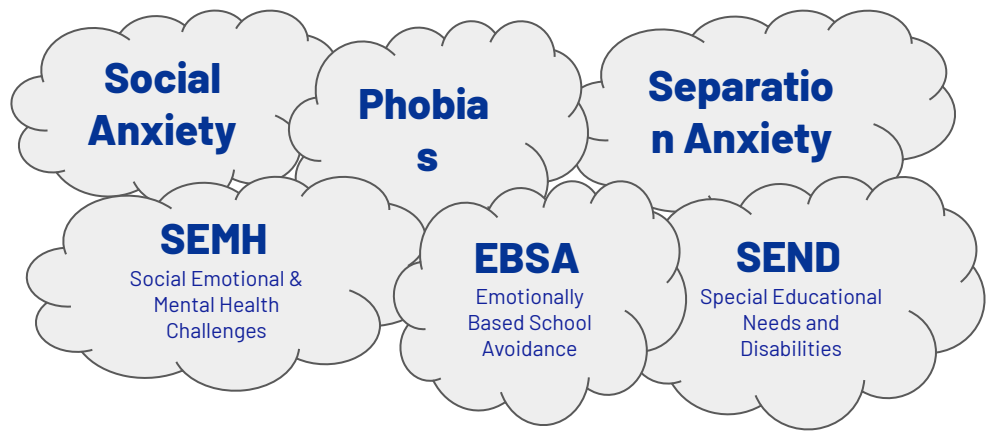
## The app provides Exposure Therapy and is NOT suitable for young people:

- ✗ who do not have parent, carer, guardian or trusted adult supervision
- ✗ who are currently experiencing suicidal thoughts or are at risk of self harm
- ✗ who have severe anxiety or who are in crisis
- ✗ with severe mental health symptoms or diagnoses, who are not supported by a healthcare professional.
- ✗ with substantial Special Educational Needs

READ FULL INSTRUCTIONS FOR USE: [bit.ly/luminova-ifu](https://bit.ly/luminova-ifu)

Missions
1. Stay at home without my parent/guardian
2. Make a mistake on school work or a test
3. Sleep away from home overnight
4. Speak in front of a group
5. Sleep on my own
6. Go to a crowded or busy place
7. Spend time in the dark
8. Spend time near a dog
9. Spend time near insects or spiders
10. Make a new friend
11. Go to a party or social gathering
12. Go to school
13. Spend time in a high up place
14. Eat or drink in front of other people
15. Be okay seeing vomit or thinking about vomit

**Choice of missions related to common fears & worries associated with:**





Signpost families for instant access:

[luminova.app/glos](https://luminova.app/glos)



Reach out to the Lumi Nova team on [luminova@bfb-labs.com](mailto:luminova@bfb-labs.com)



# **The Lumi Nova Package**

# Universal and Targeted Promotion



Lumi Nova can be used in two different but complementary ways:

## Universal Approach:

This ensures all children have access to support, enabling them to tackle fears and worries.



## Targeted Approach:

This is beneficial for children and young people identified as needing specific support.



**For the most effective implementation of Lumi Nova, it is important to utilise both approaches.**

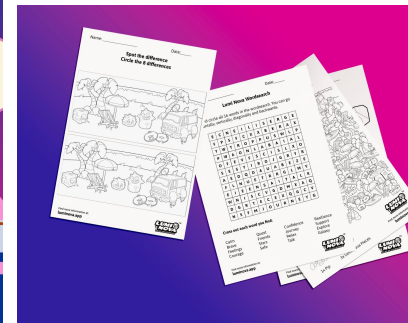
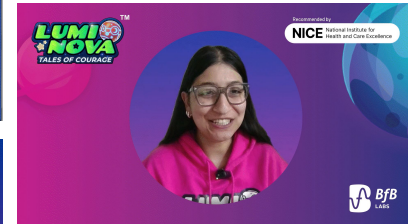
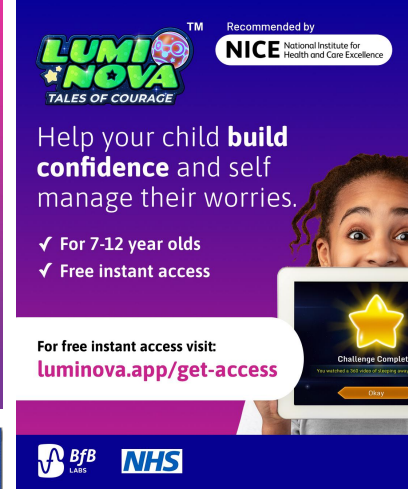
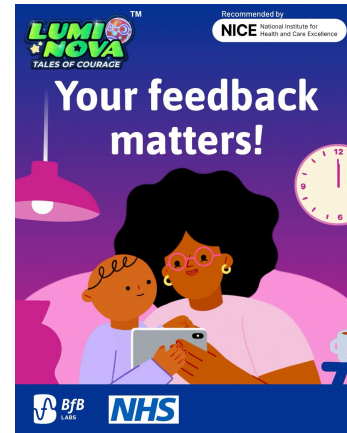
# Signposting Support

There is a full '**Lumi Nova Resource Kit**' of options for sharing Lumi Nova with families and pupils, including:

- Communications for parents and professionals
- Social Media & website assets
- Lumi Nova Workshop
- Recorded Interactive Assembly
- Lumi Nova Club
- Display Kit



Printed leaflets and posters can be request by emailing - [luminova@bfb-labs](mailto:luminova@bfb-labs)



# **School Spotlight**

# Claire Walsh

Family Support Worker and  
Nurture Support

Cirencester Primary School and  
Nursery



# 1. What motivated you to implement Lumi Nova in your school?



“We had a considerable number of parents approaching class teachers to let them know that their child was experiencing worries or anxiety in relation to a variety of issues. **I explored your website and watched the case study videos and felt that it could be a useful resource to signpost parents to.**”



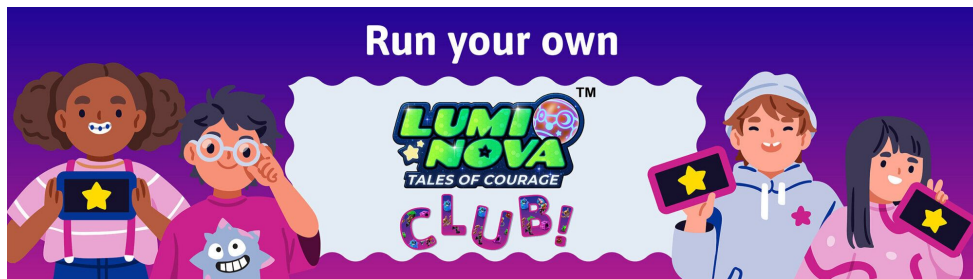
## 2. How are you implementing Lumi Nova?



"We felt that it would be beneficial to offer Lumi Nova as a **lunchtime club** as well as signposting individual families to the app. We sent out communications to our families via **Class Dojo and the newsletter**.

**The Lumi Nova Club could help children who may not otherwise have the opportunity to use the app or whose parents may not be able to support their use at home.**

We have started with a small group of children. We sent out targeted invitations-parental engagement can be tricky."



Session type	Setup / equipment	Delivery time	Student numbers	Target audience
Weekly Club	Parental consent (template provided).  Access to tablets  Optional: display screen for discussion points & printing facilities for activity sheets & feedback forms (included)	6 x weekly 1 hour session	10-15 students (per term)	Students needing support with fears and worries

Engaging parents and carers in supporting fears and worries at home isn't always easy. Students can be supported to access Lumi Nova in a supportive school based club. The Lumi Nova Club Pack contains all you need to set up and run the club including:

- Parent / Carer Permission Form
- Lumi Nova Club Guide
- Lumi Nova Activity Sheets



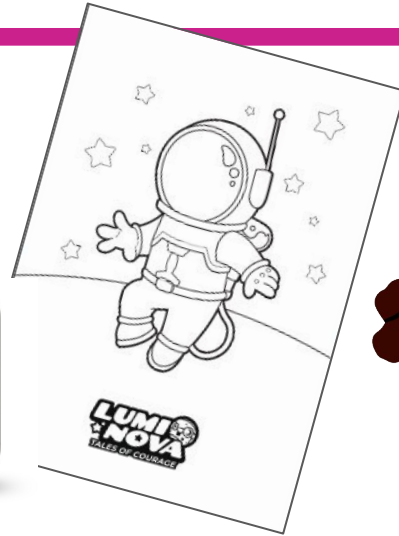
### 3. What impact have you seen in your pupils?



"The first group was great and I was really surprised by how open the three children who attended were. I am now running the second group (only 2 pupils). This pairing (of pupils) is working really well, lots of thoughtful and helpful conversations and these 2 vulnerable pupils feel they have a safe space to open up.

Whilst we are only at the beginning of our Lumi Nova journey, I am keen to extend our provision. I would like to be able to offer the lunchtime club to more children going forwards."

**"They grew in confidence each week and it was lovely to see them sharing their worries and talking about ways they could be kind to themselves and work towards overcoming them."**



## Lumi Nova Club Feedback...



It's wonderful that Lumi Nova and the club have given the children the confidence of choice. Some of the members who suffer from social anxiety are becoming more sociable, and that is wonderful to see.

The data is really positive. Children filled out a wellbeing questionnaire at the start of the club and again last half-term. There was an improvement in their overall happiness, as well as their home life and school life.

*- Teacher*



I love it! Because it is fun and inspirational. It teaches me not to be scared of other people's opinions and it feels safe. Miss Randall is a kind and loving teacher.

*- Y5 Pupil Emotional dysregulation and difficult home life*



Lumi Nova club is fun and games. You can talk to friends and even make friends.

*- Y5 Pupil with Social Anxiety*



For me Lumi Nova teaches me not to be scared of my fears and overcome them in a safe and fun space. It is really helping me.

*- Y5 Pupil with Social Anxiety & low self worth*

# Nicky Copson

Year 2 Class Teacher

St Thomas More Catholic Primary  
School

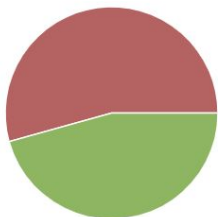


# 2025-2026: 173 Pupils

Print

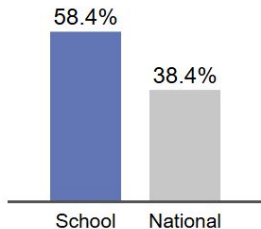
# School Context

## Gender

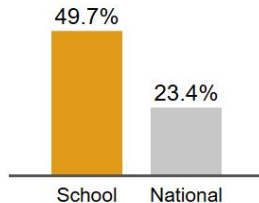


● 54.3% Boys  
● 45.7% Girls

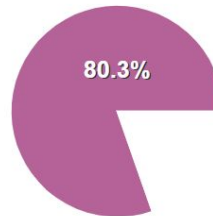
## Minority Ethnic Background



## EAL

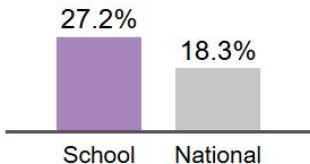


## Homegrown Pupils



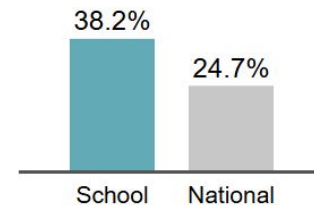
**i** Only includes pupils in Reception and above.

## Pupils with SEND



	# Pupils	% Pupils	National
SEN Support	36	20.8%	14.8%
EHC Plan	11	6.4%	3.5%

## Free School Meals



**i** Only includes pupils in Reception and above.

## SEND Specific Needs

	# Pupils	% Pupils
Social, Emotional and Mental Health	22 	12.7%
Speech, Language and Communication Needs	16 	9.2%
Moderate Learning Difficulty	11 	6.4%
Specific Learning Difficulty	3 	1.7%
Other Difficulty/Disability	1 	0.6%
Physical Disability	1 	0.6%
SEN support but no specialist assessment of type of need	1 	0.6%

- Lack of mental health support for younger children;
- Easily implemented;
- Home/School continuity;
- Key Stage integration;
- Empowerment for children – owning and facing own fears and worries.

# Lumi Nova Club

- Discussion with class teachers;
- Invitations sent to families;
- Parents create game code and share goals;
- Weekly after school club (45 mins running for long term);
- Check in using Lumi Nova club prompts or general chat;
- Time spent on Lumi Nova game;
- End the session with a 'check out' /goal setting for the week.

Implementation

Children are invited back the next term to be Lumi Nova experts for the next group of children

- Class teachers report children are more confident in facing challenges.
  - Children are aware of their fears and worries and actively face them.
  - Children have greater resilience.
- 
- Year 5 pupil, 'I slept in my room all night without a light on'.
  - Year 3 pupil, 'I said hello to someone on the playground that I wouldn't normally talk to'.
  - Year 6 pupil, 'I know it's okay to make mistakes in my work'.

**Future  
impact  
(desired)**

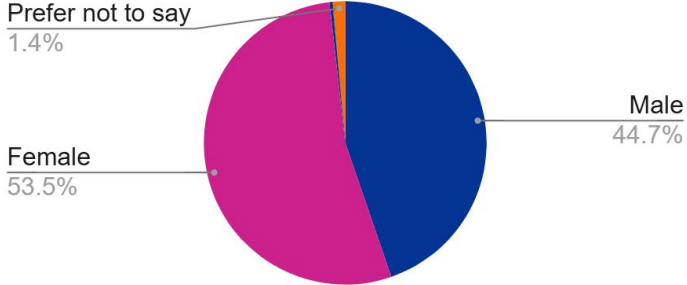
- Greater engagement from parents;
- Stronger links between school and home.

**Lumi Nova in  
Gloucestershire  
Update**

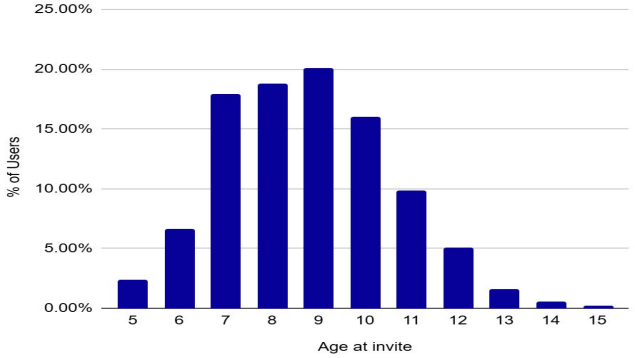
**3200+ children and their families**  
have had access to support via  
Lumi Nova in Gloucestershire since  
launch

# Lumi Nova is being providing support to CYP who are often underrepresented within more traditional services.

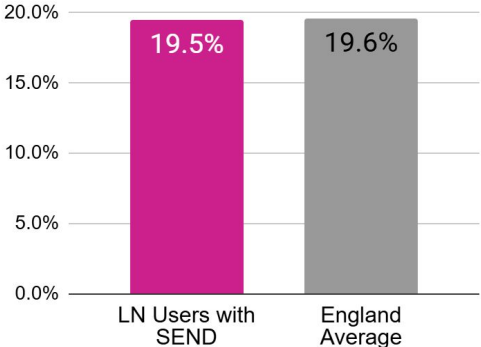
## Gender



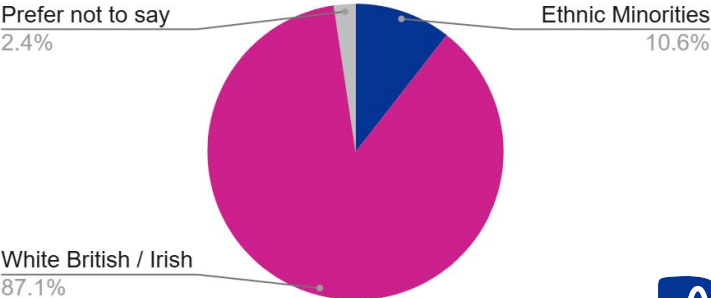
## Age



## SEN / D



## Ethnicity

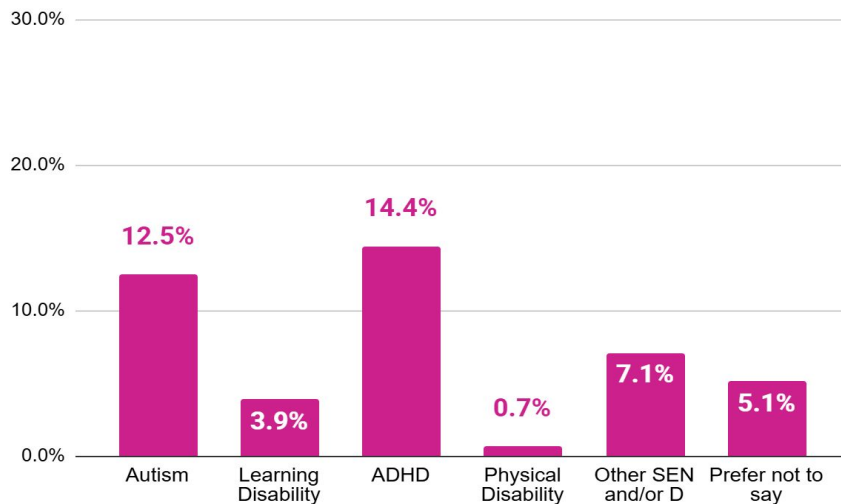


Source: VitaMind Hub data Launch - February 2026

# Lumi Nova has a range of accessibility features to support use by CYP with SEN and/or disability



% of users accessing Lumi Nova



## Accessibility Features:

- **Voiceovers** for CYP with reading difficulties
- **Reading speed** options for all written text
- **Left / Right Joystick** options
- **Volume and background music** options for CYP with sensory sensitivities

# Most Common Goals Selected

Goal Name	Glos %	National Average (same time period)
1. Make a mistake on school work or a test	18.43%	16.94%
2. Feel comfortable going to school	12.84%	13.44%
3. Be comfortable speaking in front of a group	10.15%	9.58%
4. Be able to sleep on their own	9.12%	8.85%
5. Be able to spend time in the dark	8.06%	7.04%
6. Feel comfortable visiting a busy or crowded place	7.62%	8.73%
7. Try to make a new friend	7.38%	8.15%
8. Be able to sleep away from home overnight	5.49%	5.51%
9. Feel comfortable going to a party or social gathering	4.31%	5.12%
10. Be comfortable staying at home without their guardian	4.21%	4.44%

# Change in outcomes

**91%**

**of parents reported a  
reliable improvement  
or stabilisation in their  
child**



# Parent / Carer Feedback

Of families in Gloucestershire using Lumi Nova at least 1-3 times a month:

The game made it much easier to talk generally about things she was worried about - especially things related to school. There has definitely been a positive change in her attitude to things in general!

She loved the game. It's really helped with how we talk about worries in the family and so there are fewer tantrums.

More confident about going to school!

She really enjoys using the app. I've noticed she's able to talk about her worries now which she wasn't able to do before. She seems more confident day to day.

**81%**

**Would recommend  
Lumi Nova to friends  
and family**



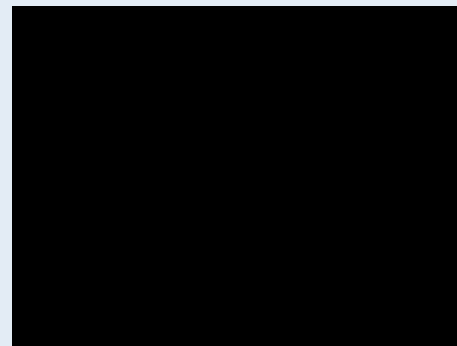
# Gloucestershire: one family's story (BBC Sounds)



*Tap anywhere on the image above to be taken to the article on the BBC website.*

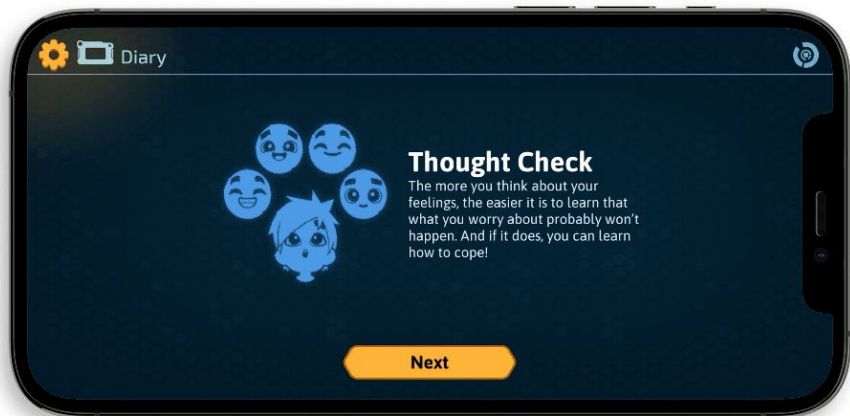
*More details available in the BBC Sounds clip >*

**BBC** RADIO  
GLOUCESTERSHIRE



**[Click here](#) to listen  
to Imogen's story**

# Thank you!



Lookout for an email from us containing links to all the resources we have spoken about today!

**How will you use Lumi Nova as targeted support and a universal offer?**

Take the first steps on your Lumi Nova journey this term:

1. Universal: Share Lumi Nova with families via your newsletters or parent mail.
2. Targeted: Signpost pupils who are showing signs of worries.

**[luminova@bfb-labs.com](mailto:luminova@bfb-labs.com)**

Email us to request leaflets and posters!

# Questions?



[luminova@bfb-labs.com](mailto:luminova@bfb-labs.com)

[luminova.app/glos](https://luminova.app/glos)



We believe in mental healthcare support **for everyone.**

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Feedback  
from  
professionals



# Share your feedback:



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survey about today's webinar!

