

Dear Colleague,

As we all know, the UK is at a crisis point with children's mental health. Since 2020, the West Midlands Combined Authority have seen demand for children's mental health services increase by more than 60%. Nationally a record 1.4m children are seeking NHS support for their mental health, increasing demand for CAMHS by 76%.

We, at Beacon Family Services and Beacon Services Resources, have come up with an innovative way to help professionals who want to provide families with professional mental health support by increasing access to expert advice and play therapy activities. Our Lumin&us™ subscription boxes are designed to help parents of children, aged 2 to 10 years, who want to improve their child's emotional wellbeing through combining play activities with therapeutic benefits. Our research into the impact of our resources over the past two years has shown that regular use over six months can prevent the escalation of anxiety and depression in children increasingly left untreated by under-resourced services

How does it work?

Each family will receive a monthly pack of play therapist curated resources based on Theraplay™ techniques and Polyvagal theory. They will offer children and their parents' insight into the reason behind their behaviours and their body's response to a range of situations as well as providing suggestions for and examples of games, activities and practices which improve users' response to stress.

How do our Lumin&us™ subscription boxes help?

Holistic Development: Each monthly box is meticulously curated by therapists and child development experts to enhance emotional intelligence and promote social interactions. Our activities are designed to support children's social and emotional development.

Therapeutic Play Materials: We include safe, and age-appropriate materials for our activities. From sensory play to fine motor skill development, our boxes include a diverse range of items carefully chosen to provide therapeutic benefits as well as fun and safe playtime.

Expert Guidance: Each box comes with expert advice and guidance from certified play therapists, offering valuable insights into how to make sense of a child's behaviour and maximize the therapeutic benefits of play at home.

Building Emotional Resilience: Lumin&us™ focuses on building relationships that foster emotional resilience through play. Relationships built through play provide a platform for children to express themselves, build self-confidence, and develop essential social skills in a supportive and non-threatening environment.



Early support for worried parents: We understand the challenges of being able to access play therapy. Lumin&us™ Subscription Boxes are easy and immediate to access, delivering curated play therapy activities to family homes every month. They allow parents to harness the power of their bond with their child to improve lifelong mental health.

Community and Support: Join the Lumin&us™ community! Connect with other parents, share experiences, and access additional resources to support children. We believe in the power of a supportive community to enhance the overall well-being of both parents and children.

Target audience:

Children aged from 2 years to 10 years who are displaying signs of anxiety including:

- ◆ Not wanting to go to school
- ◆ Controlling behaviours
- ◆ Tantrums
- ◆ Shyness
- ◆ Struggling to build relationships
- ◆ Recovering from loss or separation
- ◆ Experienced domestic violence
- ◆ Children who are very reactive to sensory experiences – noise, touch, taste etc

Parents may find this helpful if they are:

- ◆ Struggling to make sense of the needs underneath a child's behaviour
- ◆ Feeling worried about if they are a good enough parent
- ◆ Stressed and anxious
- ◆ Looking to relax and enjoy their child more

A note on diagnosis

A child may be waiting for a professional diagnosis such as Autism or ADHD or to see a Speech Therapist / Occupational Therapist. Whatever the outcome of that process their behaviour remains their behaviour and will not change as a result of a diagnosis. Whilst that diagnosis may be extremely important to a family, it is not necessary for this programme to be helpful.

Referral Process

This programme is funded by the National Lottery. We have capacity to offer 200 families the opportunity to participate.

- ◆ **Cohort 1:** March (end of) – August
- ◆ **Cohort 2:** May – October

Although there is no financial cost for families, we will require that they complete an outcome measure before their first box and after their final for us to understand the impact. They will also be asked to provide feedback.



We will be looking to meet with a focus group of parents, children and professionals who will be happy to share their experiences so we can understand what has been helpful and what hasn't so we can continue to improve our resources.

If you would like to refer a family for this fully-funded resource, please send them our Parent / Carer Letter which contains a link to a sign-up form. In addition to this letter, we have attached an outline of what each of the 6 monthly subscription packs will contain. You can also find it using this link.

You can also find the form using the link or by scanning the QR code below.

<https://beaconfamilyservices.beaconforms.com/form/c801e898>



After completion of the form, referred families will be redirected to the links to complete the outcome measures.

Please feel free to get in contact with us at resources@beaconservices.org.uk with any questions or concerns you may have.

Best wishes,

Charlotte Jenkins & Lisa Merryweather-Millard

Co-founders of Lumin&us™

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