

Dear Parent / Carer,

Welcome to Lumin&us™, we're glad you've found us!

There are any number of reasons why you may have found us. Maybe you have been struggling with what seems like challenging behaviours. Maybe you are a frustrated, worried or worn-out parent looking for some support. Maybe you suspect your child has unmet or additional needs that are not being catered for.

Whatever the reason, we want you to know that you are in the right place.

Why Lumin&us™?

If you've found us, it's likely that you have already experienced some difficult parenting moments. Haven't we all? Research tells us that most parents look to social media or friends for support, which is helpful, but where can parents or carers find or access professional advice and help? We have an answer.

According to the Mental Health of Children and Young People in England 2023 report published by NHS England, 20.3% of eight to 16-year-olds in the UK are struggling with their mental health. Among 17 to 19-year-olds, the percentage of those with a probable mental disorder increases to 23.3%. Nationally, a record 1.4m children are seeking NHS support for their mental health, increasing demand for CAMHS by 76% with waiting lists. Currently, the demand for support far outweighs the resource available to UK families.

Over the past 6 years, our colleagues at Beacon Family Services have been working hard to support as many struggling or worried families as possible, providing essential, professional therapeutic services to parents and carers in-person and online. Like many other supportive services in the UK and worldwide, Beacon Family Services have been unable to meet the growing demand for therapeutic support. So, we decided to find a solution ourselves by creating low-cost, access to professional, therapeutic support in the form of our Lumin&us™ resources. Through generous funding from the National Lottery Fund, we're able to provide grant funded resources at no cost to families.

The Lumin&us™ subscription boxes have been created by qualified social workers, play therapists and educators to provide much needed access to professional and clinically proven therapeutic interventions, practices and activities. Developed by Beacon Services Resources, the not-for-profit research and development arm of Beacon Family Services, our resources support families looking for early professional support and guidance in their parenting journey.

Parents or carers may find Lumin&Us™ subscription boxes helpful if they are:

- ◆ Struggling to make sense of their child's behaviour
- ◆ Questioning their parenting / worried they aren't being a good enough parent
- ◆ Feeling stressed and anxious and/or finding it difficult to relax and enjoy time with their child



These resources are designed to benefit families with children between the ages of 2 and 10 who may have experienced one, some, or many of the following:

- ◆ Not wanting to go to school
- ◆ Controlling behaviours and/or tantrums
- ◆ Shyness or struggling to build relationships
- ◆ Children who are very reactive to sensory experiences – noise, touch, taste etc.
- ◆ Traumatic experiences, including recovering from loss, separation or domestic violence

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.

How do the Lumin&us™ subscription boxes work?

Each family will receive a monthly pack of play therapist curated resources based on Theraplay™ techniques and Polyvagal Theory. Our Lumin&us™ resources help children and their parents or carers learn more about the reasons behind behaviours and help them to understand the body's response to a range of situations. The games and activities provided in each box help improve both children's and parents or carers response to stress, build relationships and help children feel safer emotionally which often leads to positive changes in behaviour.

As a National Lottery funded, free-to-access resource we will ask families to participate in our anonymised clinical research to improve our resources for more families worldwide. This research will be used to develop and improve our resources to help prevent future mental health disorders through accessible early and preventative therapeutic interventions.

To find out more about us, see what we do, access our blog, read about how we will protect your data and to sign up to receive your fully-funded, professionally curated subscription boxes, head to <https://beaconfamilyservices.beaconforms.com/form/c801e898> or use the QR code below.

We look forward to supporting you along your parenting journey.

Charlotte Jenkins & Lisa Merryweather-Millard

Co-founders of Lumin&us™



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