

Thank you!
 A huge thank you to everyone who was able to contribute to our Harvest collection! The CGCC were extremely grateful for our generous collection and all donations will help to support local families in need.

Thank You!

Light-up Wakefield!
 From 17-19 November, Light Up Wakefield will delight visitors with 3 days of light installations, craft activities, Christmas Craft & Gift Market, street entertainment and more.

For timings and the Light-up trail, follow the QR code.





Salt-dough Fingerprint Ornaments

Home-made presents are a thoughtful way to show someone how much they mean to you at Christmastime. Why not try these simple salt-dough fingerprint baubles as a lovely keep-sake?

You will need:

- Salt dough and flour
- Rolling pin
- Christmas tree cutter
- Colourful paint and a black pen
- String or ribbon

New Ways November 2023

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
 1 Make a list of new things you want to do this month	 2 Respond to a difficult situation in a different way	3 Get outside and observe the changes in nature around you	4 Sign up to join a new course, activity or online community	5 Change your normal routine today and notice how you feel	6 Try out a new way of being physically active	7 Be creative. Cook, draw, write, paint, make or inspire
8 Plan a new activity or idea you want to try out this week	9 When you feel you can't do something, add the word "yet"	10 Be curious. Learn about a new topic or an inspiring idea	11 Choose a different route and see what you notice on the way	12 Find out something new about someone you care about	13 Do something playful outdoors – walk, run, explore, relax	14 Find a new way to help or support a cause you care about
15 Build on new ideas by thinking "Yes, and what if..."	16 Look at life through someone else's eyes and see their perspective	17 Try a new way to practice self-care and be kind to yourself	18 Connect with someone from a different generation	19 Broaden your perspective: read a different paper, magazine or site	20 Make a meal using a recipe or ingredient you've not tried before	21 Learn a new skill from a friend or share one of yours with them
22 Find a new way to tell someone you appreciate them	23 Set aside a regular time to pursue an activity you love	24 Share with a friend something helpful you learned recently	25 Use one of your strengths in a new or creative way	26 Try out a different radio station or new TV show	27 Join a friend doing their hobby and find out why they love it	28 Discover your artistic side. Design a friendly greeting card
29 Enjoy new music today. Play, sing, dance or listen	30 Look for new reasons to be hopeful, even in tough times					

ACTION FOR HAPPINESS

Happier · Kinder · Together

Digital Therapeutic Tool - Lumi Nova

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.

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.

Watch the short informative video for more information



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?

Accessing Lumi Nova is quick and easy and doesn't require assessments or lengthy forms. Lumi Nova is free to download from the Apple and Google Play Stores and is compatible with iPhones, iPads and most Android smartphones and tablets. 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.

To learn more visit:
luminova.app/wakefield

