



Herefordshire and Worcestershire

NHS Herefordshire & Worcestershire are providing free access to Lumi Nova to families living in **Herefordshire** and **Worcestershire** to support children to build skills around managing anxiety, worries and fears.



<https://luminova.app/handw>

Melo provides a range of early intervention and preventative support options to improve the emotional wellbeing and mental health of the child or young person (CYP), from birth to 25 years, and that of their family.

Moving away from traditional “threshold levels”, **Melo** and their delivery partners build a tailored package of support with fresh, new innovative ideas for the CYP and their families, ensuring a joined up offer is available.

Melo works across Herefordshire & Worcestershire with partners in the Integrated Care System.

Melo
be well being you

<https://www.onside-advocacy.org.uk/melo>



Parenttalk workshops will run again in 2026 at Gorsley Baptist Chapel

Key themes and topics explored in Parentalk: The Primary Years:

- The busyness of family life
- Understanding children's 'Love Languages'
- Communication
- Setting boundaries
- Preparing children for the outside world
- The importance of family time

<https://www.careforthefamily.org.uk/courses/courses-for-parents/parentalk-courses/>

