IT4Anxiety:UK Hackathon

Marion MacInnes, Project Manager Research and Innovation, NHS Western Isles.
Siobhan Poulter, Associate Researcher, Ulster University.

Introduction

IT4Anxiety aims to support the implementation of innovative solutions through start-ups with the objective of reducing the anxiety of people who have lived experience of mental ill health. Due to various factors in North-West Europe, the number of people diagnosed with mental ill-health and/or dementia is increasing, with anxiety highlighted as an additional complexity in many cases. In Scotland there are 90,000 people with a diagnosis of dementia and 67% of these people will have a diagnosis of Alzheimer's disease. We are now in a position where we are battling recovery from the impacts of Covid 19 alongside an ongoing health and social care crisis due to lack of resources andincreased demand. The need for digital technologies to help support and deliver mental ill health care has drastically increased and this is recognised by both the Scottish and UK governments.

Project overview

The IT4Anxiety project management is divided into a number of work packages and activities. One of IT4Anxiety's key activities is the organiastion of hackathons (n=5) as a mechanism to both attract new start ups and allow for co-design of innovative and effective solutions for people who have lived experience of mental ill health. So far, four Hackathons have been organized as follows; Bielefeld University Germany, Vrije Universiteit Amsterdam, CNPSaint-Martin Belgium and GAC Group – WHOCC Lille, France. This, the final and 5thHackathon was organized by NHS Western Isles in partnership with Ulster University. The aim of this report is to give an overview of how this Hackathon was organised and delivered as well as to highlight the result and future plans.

Objective of the Hackathon

The objectives of the Hackathon were to proactively engage start-ups in the co-creation of innovative solutions answering the needs of mental health professionals, people with lived experience of mental ill-health and their family/informal carers.

During the Hackathon the focus was very much on collaboration and co-design to ensure that solutions were able to meet the needs of people with lived experience of mental ill-health. The main themes: added value, sustainability and future investment formed the workshops on day 1.

Support to Deliver (see Appendix 2)

To help us organize this hackathon, after an official tender process ,we procured the services of specialist facilitator The Lens Our Team | The Lens (lensperspectives.org.uk). The Lens headed by CEO Steve McCreadiesupports participants embrace an

intrapreneurial mindset to drive innovation, embrace challenges and create opportunities for change. We particularly liked their ethos of 'inspiring others, valuing ideas and powering innovation'. They also offered added value through an offer of a series of preparation workshops for participants leading up to the event. (This was an attractive addition that the other 2 competitors did not offer).

Budget

The budget reserved for the Hackathon was £25,000 from NHSWI budget code.We operated within budget.

The budget spends included the following:

- Procurement of Lens perspectives (£15, 600). Preworkshops, eventbrite invites, presenter/team, workshops at event, programme and other resources.
- The prizes for the winner of the hackathon (£2000) and the 2 runner-up (£1500) (£500)
- Venue hire and refreshment costs for 2 days (£2600)
- Evening meal for invited 25 guests (£675)
- Gifts and presentations (£300)
- Travel and accommodation costs for NHSWI team (TBC).

Organisation (timeline)

The Hackathon took place over 2 days specifically on the 22nd and 23rd June 2022. The focus as in previous Hackathons was on technological and innovative solutions within mental health care focusing specifically on anxiety disorders. A total of 5startups joined this Hackathon – 1 start up (KAWAIN) withdrew prior to the event).

The Lens team worked with the startups in the weeks leading up to the Hackathon through a set of online workshops to build relationships and offer support in key areas. As part of this process startups already began to pitch their concept and receive feedback from the other startups and the Lens team.

Summary of the event: See Appendix 1.

The following 'Welcome to the 5th IT4Anxiety Hackathon of 2022' from Marion MacInnes, Project Manager was included in the programme as well as details of the events over Day 1 and Day 2.

> "*Thank you for joining us. IT4anxiety is focused on the creation and implementation of innovative solutions for citizens and as a partner, NHS Western Isles are delighted to host the final UK Hackathon event in Scotland.*

Scotland has a rich and robust history of innovation. Indeed, the venue today is named in honour of Scottish born inventor Alexander Graham Bell, who is credited with patenting the first practical telephone! On Thursday, the finalists will be pitching to receive funding and support opportunities to bring their ideas to fruition. Our judges have a difficult role, as the standard of applicants has been very high. We want to congratulate each finalist on reaching this stage and wish them all the best of luck here and for the future. A big thank you goes out to everyone who has engaged with us in this process, we really appreciate your enthusiasm, commitment and support. Let's spread the word on social media today – please post about our event tagging @IT4anxiety @NHSWesternIsles and @LensCP. Marion MacInnes, Project Manager, NHS Research and Innovation"

Schedule Day 1:

Registration. Tea/Coffee and biscuits. Programme, small gift and delgate pack.	9am	9.30am
Introduction from the Lens team	9.30am	9.45am
Keynote 1: Chris Wright, National Advisory for digital mental health at the Scottish Government. Chris Wright has 17 years experience working for Scottish Government and NHS Scotland in various roles. He is currently the lead of the digital mental health programme in Scotland. Chris has offered 1-1 coaching and mentoring support for the winner and the runner up of the Hackathon for a 12 month period.	9.45am	10.15am
Lens workshop 1 Workshops led by Lens and supported by the stakeholders in attendance – people with lived experience, mental health professionals, health and social care professionals, stakeholders from the digital health and business sector, IT4anxiety consortium members and people with an interest in supporting the process.	10.15am	11.15am

Refreshment break	11.15am	11.30am
Lens Workshop 2 Workshops led by Lens and supported by the stakeholders in attendance – people with lived experience, mental health professionals, health and social care professionals, stakeholders from the digital health and business sector, IT4anxiety consortium members and people with an interest in supporting the process.	11.30am	1pm
Lunch and networking	1pm	1.30pm
Short presentation from Martin Malcom, Head of Public Health Intelligence & Information Services at NHS Western Isles to detail the IT4anxiety project and NHS Western Isles local picture.	1.30pm	1.45pm
Keynote 2: Chris Mackie, Digital Assistant director at Health and Social care alliance Scotland (ALLIANCE SCOTLAND) Chris joined the organisation in January 2021. He leads the ALISS programme, as well as a range of ALLIANCE activity around digital health and social care. Prior the ALLIANCE, Chris worked in independent advocacy, as Managing Director of AdvoCard in Edinburgh and as Depute Director at The Advocacy Project in Glasgow.	1.45pm	2.15pm
Lens Workshop 3 Workshops led by Lens and supported by the stakeholders in attendance – people with lived experience, mental health professionals, health and social care professionals, stakeholders from the digital health and business sector, IT4anxiety consortium members and people with an interest in supporting the process.	2.15pm	4.30pm

Startups had the opportunity to practice their pitches and received feedback from stakeholders.		
Day 1 Close	4.30pm	5pm

Day 1 ended with participants having some free time before many joining together at the Sunninghill Hotel, Elgin for a 2 course meal hosted by NHS Western Isles. Menu was traditional Scottish fayre including Scottish salmon and Balmoral Chicken. It was an enjoyable evening with more opportunities for networking and some relaxation.

Day 2 focused on the start up pitches and the presentation of the prizes. Whilst the judges deliberated, there was time for the start ups and stakeholders to make best use of network opportunities and contacts.

Day 2:

Registration and welcome refreshments	9.30 AM	10 AM
Welcome from Lens CEO Steve McCreadie	10 AM	10.15 AM
Start up pitches 1-5. 1.Woodlands in my room. 2. Kindspace. 3. Well@caring (online). 4. Cerina (online) 5. VRHive. Each start up was given 5 minutes to pitch their concept.	10.15 AM	12 PM

Opportunity for judges questions.		
Lunch break and networking time Judges deliberations.	12 PM	1.30 PM
Judges announcement and feedback	1.30pm	2pm
Closing Remarks – Marion MacInnes, Project Manager Research Innovation, NHS Western Isles.	2pm	2.15pm
Celebration cake! Photos and Congratulations.	2.15pm	3pm
Close	3pm	3pm

Online Access

Due to the ongoing impact of corona virus affecting some of the start ups and an unscheduled railway strike affecting travel from central Scotland it was necessary to implement the contingency plan agreed with Lens to facilitate 2 of the 5 teams to join the Hackathon online. This was at times challenging but was facilitated smoothly to ensure that startups did not lose out on the same experience as the in person start ups. The 2 online start ups(Cerina and Well@caring) were included and communicated with at all times. Stakeholders were encouraged to speak with them in online sessions to ensure equal access to support. This way they were able to access experts / mentors for advice and were not disadvantaged.

Experts/Stakeholders

On both days of the Hackathon, the teams were supported by a range of specially invited experts and stakeholders who were carefully selected to attend to ensure a wide mix of skills and knowledge. A full list of these and their skills set was made available to start ups prior so they could identify if there was anyone in particular they wished to engage with at the event. Introductions were made with key people facilitated by NHS Western Isles and Ulster university.

The experts gave feedback to the start-ups on their product as well as their pitch which was well received by all 5 start ups. The Lens encouraged an approach for startups to listen to feedback and decide what was useful or not useful rather than debate. This was quite a radical approach for some and it took some practice for startups to do this.

Introducing our judges

Martin Malcom, Head of Public Health Intelligence and Information services. Lead for NHS Western Isles Research & Innovation team and IT4anxiety project partner. Martin is an experienced Public Health Intelligence Specialist who leads a data analytics team and a number of research and innovation projects on behalf of NHS Western Isles. Martin is particularly interested in loneliness and social isolation and their physical and mental health impacts, particularly among remote and rural communities. Martin has built up considerable experience in developing innovative partnerships and solutions to challenges of healthcare delivery in remote and ageing communities, particularly in relation to technology supported care.

Karim Mahmoud, Commercial Innovation Lead, Digital Health and Care Innovation Centre. Karim has a comprehensive career in research and innovation management. His expertise lies in maximising the impact of projects and in developing appropriate exploitation strategies. He has worked at three of Scotland's universities, an award-winning spin out company, and has served on the evaluation panel for the UK's Knowledge Exchange Concordat. He is also an assessor for EARMA's Certificate in Research Management and has served on the board of trustees of two charities.

Dr Alison Robertson, Consultant Clinical Psychologist. Alison has worked in the NHS as a clinical psychologist with a wide range of client groups for over 30 years. She has been involved with the development of the Scottish Government's Matrix of Evidence Based

Psychological Therapies, as well as in implementing new modes of delivery, and overseeing NHS staff supporting the public in their use of new technology. In doing so, she has worked closely with colleagues in other Health Boards and at Scottish Government to ensure new learning and best practice is shared.

Aliah Chowdhury BEng. MSc. LLM. With over a decade's experience in commercial software engineering, Aliah's professional experience spans the entire innovation life cycle of digital technologies; from user-centred design through to business modelling around a digital solution. Aliah has recently joined Jacob's Engineering Group as a Digital Commercial Manager, applying her expertise in evaluating and derisking new digital solutions for commercialisation. Professional interests aside, Aliah also has lived experience of being diagnosed and treated for anxiety disorder, so has taken a personal interest in the IT4Anxiety project.

The judges assessed the teams on their pitches during the Hackathon and ultimately chose 1 winner and 2 runner up prizes.

Prizes

We agreed the following prizes would be offered:

Winner1:
£2000 cash prize
One-to-one mentoring with SG MH Digital Lead
Shooting of promo video with start-up
Introduction to IT4A network and opportunity to apply to become partner.

Winner 2:
£1500 cash prize
One-to-one mentoring with SG MH Digital Lead
Shooting of promo video with start-up
Introduction to IT4A network and opportunity to apply to become partner.

Winner 3:
£500 cash prize
Introduction to IT4A network and opportunity to apply to become partner.

Criteria

The pitches were judged against the IT4anxiety criteria used in previous Hackathons with feedback from stakeholders. The applicants were scored using the following headings.

Utility	Co-Production	Design	Innovation	Evidence Base	Future Plans
Does it address the problem area potentially providing added value for MH Professionals and/or users? Does it fit with Govt. Mental Health strategy?	Was it co-produced with service users, carers and/or Mental health professionals taking into account affordability, accessibility, etc?	Is it easy and pleasant to use?	Is Product/ service unique/ innovative in itself or in its use?	Is there an evidence base of outcomes? Is the product at mature level of development e.g. evidence of testing?	Has there been robust consideration of future plans inc. business model?

Startups

5 start ups pitched at the event. (1 start up withdrew before the event).

1.Woodlands in my room To coincide with our first ever Outdoor Dementia Resource Centre, based in Cairngorms, we will create a virtual reality experience to essentially bring the outdoor experience to people living with dementia who might not have a chance to experience the Cairngorms for themselves. In doing so, we are seeking to utilise the benefits of nature and positive mental wellbeing in a virtual environment. This concept of a nature based virtual reality has shown to have positive effects in reducing anxiety and improving mood states for people living with dementia.

2.Kindspace is a holistic wellbeing voice application for Amazon Alexa, designed to track and improve wellbeing. It raises awareness of key wellbeing indicators, encourages the formation of new habits and signposts to other areas of support. Kindspace empowers people to better manage their self-care and helps to alleviate issues such as stress, anxiety and loneliness. At the heart of Kindspace is community. Kindspace curates and shares the strategies that people use to stay well, in a way that is easily accessible and at a time when access to timely, affordable mental health support is increasingly more difficult to access

3.Well@Caring is a super-app. It uses evidence-based machine learning algorithms to empower behavioural change to support care home workers and informal carers who are experiencing burnout and other mental health challenges as a result of COVID-19. Interactive Health is co-developing it with cares for carers. It is being evaluated and validated as part of Alan White's PhD study at the University of Aberdeen.

4.Cerina is a medical-grade digital therapist providing disorder-specific psychological support. Our current application focuses on treating Generalised Anxiety Disorder (GAD). It consists of six weeks long therapy sessions with the intention of helping the user to understand their condition, the treatment approach, and how it is applicable to them. We are currently working on personalising the user experience further through an avatar (i.e. virtual therapist). Thus, the long-term vision is to develop a digital therapist that can be scaled up to treat other mental health problems, can be used in multiple languages, and is culturally appropriate to each end-user.

5.VRHive. The cutting-edge mindfulness and meditation platform is set to transform the way we deal with mental health. Developed by a team of experts, we have designed an effective mindfulness space, with a focus on making it engaging and easy to practise. Mindfulness and meditation can be hugely beneficial for people suffering from common mental health disorders. By gamifying meditation, The VR Hive makes it fun and engaging, whilst helping users to focus and relax.

Competition Winners

The judges made the following announcement after 90 minutes deliberation.

The winner of the competition was Kindspace. They received £2000.

The 2nd runner up was VRHive. They received £1500.

The 3rd runner up was Cerina. They received £500.

The 2 pitches that did not win were offered support and signposting and all were directed to the IT4anxiety Open Call by UlsterUniversity.

Communication about the Hackathon

Communication before, during and after the Hackathon was mainly through the social media pages of NHS Western Isles, Ulster University and the main IT4Anxiety (LinkedIn, Facebookand Twitter) and through the website of IT4Anxiety. Posts where shared widely by all stakeholders.Particularly DHI Scotland, Alliance Scotland, UHI and TEC Scotland were very engaged in promoting our posts regularly to ensure a large audience.

What we learned

- It is very important to start the engagement process early to recruit the right level of stakeholders and their engagement in the process. We started this process in October 2021 as it gave time to build up a strong relationships with stakeholders.
- It was helpful to have multiple "brainstorming" sessions, where people could share their ideas. It was particularly helpful to do this with Ulster University who gave insightful suggestions and practical support.
- Social media seemed a good platform for visibility. It was appreciated to have the support from IT4anxiety (from Charlotte and Lisa in particular).
- It was useful to have support from Vinciane as a steer – we also had some input from other partners who had completed the Hackathon process however we were at times unclear about the process and found it difficult to find information we could use. The Hackathon guide and reports from previous Hackathons were useful tools.
- The fastest and most used engagement of start-ups, experts and jury members was through warm contacts. We engaged in numerous TEAMS calls to engage and ensure commitment from stakeholders.
- It would have been useful to have started the tendering process sooner as this took a lot of time and then left less time for planning at the other end of the process and it at times felt rushed.
- Although covid risk and restrictions were reduced it was useful to have a contingency hybrid offer at the event because conditions change from one day to another. Also, for emergencies such as the national railway strike.
- It was helpful that Project Manager had been involved in all discussions with Lens as their team contracted covid and had to be replaced at the last minute (day before event). This meant that Project Manager could support pre event/night before and morning of Day 2. This was a difficult development and

caused some disruption to the plans. This was quickly resolved by mid-morning Day 1 although some flexibility was required on the day.

- Some small changes were made to the final programme – Martin Malcolm presentation and partner logos. There was also some confusion over the content/style of delivery of the workshops and how to use the stakeholders present but this was resolved quickly on the day with a quick intervention and review. This ensured that start ups and stakeholders remained engaged and comfortable.

- It is very important to keep in mind to cc everyone on the team in important e-mails, so that everyone has an overview of what is going on. Ulster University were fully involved in all discussions and offered a great level of support to the proceedings.

- There was good support from IT4anxiety coms team to support and promote the event.

- We felt that presentations may have been hard for people to follow on the day (for some participants) – slides were sent to participants to look at them in their own time/translate.

- It was a fantastic boost to have in person support from our IT4anxiety colleagues on the day from Vinciane, Anna Paulina, Siobhan and Tony and also Kevin Van Geest from Psylaris made an excellent contribution to share experience as a current start up. We feel we could possibly have been utilised better but time was against us.

The future!

- We have been keeping in contact with start ups to build our relationships, in order to get familiar with their product and needs/preferences.

- Ulster University have supported winners to apply to be part of the IT4anxiety consortium.

- Ulster University have supported access to the current open call.

- We have planned an in-person catch up for 25th August 2022 with Chris Wright where the 2 winners Kindspace and VRHive. We will have their first 1-1 mentoring session with Chris Wright, Scottish Government and we will run a parallel planning session led by NHS Western Isles and Ulster University (and others) around the next stages and updates.

- We'd like to see some strong peer support in place for the new start ups from current start ups within IT4anxiety (buddy system) and ensure that the startups have a good solid start within the project.

Photos

Stakeholders filled in a golden envelope with their particular skillset. 3D Glasses to look at life from a different perspective!

Dr Alison Robertson and Martin Malcolm, NHS Western Isles.

Vinciane de Moffarts, Marion MacInnes and Anna Paulina Mulliez – IT4anxiety.

Kevin Van Geest (Psylaris), Alliah Chowdhury (Judge) and Siobhan Poulter (Ulster University)

Steve MacCreadie CEO Lens addresses the audience

The Judges and start ups (including online)

Presentation Gift (Western Isles and Elgin,Moray in pink) and celebration cake

Appendix 1

Hackathon Attendees.

Marion MacInnes NHS Western Isles Project Manager Research and Innovation NHS Western Isles Health and social care frontline and leadership roles. Learning disabilities, Older adults, dementia, mental health,innovation. Chatbot research. Managing projects. Networking. Learning and development. SQA. Health and social care.

Sam Akinosoun NHS Western Isles Health Researcher Leadership. Time management. Data analysis.

Carolina Borda-nino NHS Western Isles Health Researcher Political science. Amerindian studies. Social sciences. Research. International. Teaching public policy, health, medical anthropology, economic rights. Research ethics.

Siobhan Poulter Ulster University Research Associate Ulster University Project management. Technology development. Validation/testing. Data science/analytics. Sports coaching/education.

Tony Robinson Ulster University Research Associate Ulster University Electrical/electronic engineering hardward design, development and validation. Computer science and informatics. Machine learning. AI, data science, cloud and high performance computing.

Vinciane de Moffarts IT4 Anxiety International Project Manager IT4Anxiety - Managing anxiety via innovative technologies for better mental health | Interreg NWE (nweurope.eu) IT4anxiety programme. Dynamic project management. Healthcare and public health specialist. International – private and public sector. Stakeholder engagement. Facilitating change. Improvement.

Martin Malcolm NHS Western Isles Head of PH intelligence and info services NHS Western Isles Serving the Outer Hebrides of Scotland. Public health intelligence, Leadership - data analytics, international research & innovation, Social isolation - Churchhill fellowship (Canada/New Zealand). Tech based solutions. Remote and rural. AI. Chatbots. Digital health. Online art therapy. Partnerships working. NHS boards.

Alison Robertson NHS Western Isles Consultant Clinical Psychologist Clinical psychology Mental health. Anxiety. Digital interventions. Mental wellbeing. National Mental health strategy. CBT.

Aliah Chowdbury Person with lived experience/informal carer. Digital expertise. Person with lived experience. Informal carer.

Karim Mahmoud DHI Commercial Innovation lead DHI Scotland Digital Health & Care Innovation Centre | Digital Health & Care Innovation Centre (dhi-scotland.com) Research and innovation management. European-funded grants.UK investments. Exploitation strategies. Scotland's universities, UK's Knowledge Exchange Concordat. Assessor for EARMA's Certificate in Research Management. life sciences and health innovation,management and leadership.

Chris Wright, National DigitalMental Healthstrategy Scottish Government National Advisor for Digital Mental Health/Head of Programme Digital Mental Health Keynote Day 1 Scottish Government. NHS Scotland. Implantation, design,development of services and systems. Leadership in Innovation, technology, servicedelivery. Digital mental health.

Chris Mackie, Alliance Scotland Digital hub and ALISS project managr Alliance Scotland Home Page - Health and Social Care Alliance Scotland (alliance-scotland.org.uk) Digital

health and social care. Advocacy. Human rights. Third setor. Technology. Sustainability. Inclusion.

Maisie Peebles, Digital health and care assistant Alliance Scotland Home Page - Health and Social Care Alliance Scotland (alliance-scotland.org.uk) Digital health and social care. Public and third sector engagement.Digital hleath and social care Policy and Practice in Scotland.

Anna Terje. UHI Researcher Rural health and wellbeing Principal Researcher mpower and ehealth project Institute of Health Research and Innovation - Rural Health and Wellbeing (uhi.ac.uk) Research. Social prescribing. Ehealth. Citizen technology. Empowerment and self managing. Sociology and anthrapology. Qualitive methodologies. Ethnography.

Dr Adam Giangreco UHI Health and Life sciences Director of life sciences UHI Health and Life sciences About - School of Health, Social Care and Life Sciences (uhi.ac.uk) Design. Development and evaluation of digital health technologies. Clinical and health economic assessments of health and medtech innovations. Clinical and commercial advice and funding support for healthtech startups.

Kevin VangeestIT4anxiety Psylaris start up (Netherlands) Innovative applications for the mental health care of the future | Psylaris IT4anxiety start up process. Sales. International growth. Virtual solutions. Virtual reality using EDMR, relaxation and medical hynosis. Former PTSD and mental health lived experience.

Anna Paulina Mulliez IT4 Anxiety Project Officer IT4Anxiety - Managing anxiety via innovative technologies for better mental health | Interreg NWE (nweurope.eu) E-mental health. Participation of users. French context.

Dr Jay BradleyDHI Scotland Research fellow DHI Scotland Digital Health & Care InnovationCentre | Digital Health & Care Innovation Centre (dhi-Participatory design workshops. Innovtion. Tchnology. Academic and industry background. Designing, developing and evaluationing novelscotland.com) technologies and experiences. Co design. Nursing records. Posture sensing devices. Health and care records. Digital empathy.

Leigh Mair SHIL Innovation manager Welcome | Scottish Health Innovations (shil.co.uk) Innovation. NHS Scotland. Assessing ideas. Developing protypes. Regulatory advice. Intellectual property. Finance. Sales. Marketing.

Dr Mark A Grindle UHI Senior lecturer in digital health
https://pure.uhi.ac.uk/en/organisations/division-of-rural-health-and-wellbeing 25 years film,TV, computer games industry. Screenwrite and Executive producer. Digital

storytelling. Transformation framework DSTF. Digital mental health co-design. VR and nature therapy. Chatbots.

Isobel Murray Penumbra Head of Services (West Scotland) Penumbra - Supporting Scotland's Mental Health

Anne Murray NHS Grampian Moray UHI Psychology practitioner/CBT Counsellor/Lecturer Mental health and wellbeing. CBT.

Alan Whiteside Stonnavtion Innovation director Innovation Consultant Enabling Technologies SDGs and Rural Development Healthcare Education Renewable Energy Food & Nutrition Water Environment

Promoting Event – were not able to attended but supported promotion and dissemniation of the call for start ups:

- Katie McCLure, Chair. BCS in Scotland
- Grant Reilly, Communications Manager &Joanna Boyle, Head of Engaement Digital Health & Care Innovation Centre | Digital Health & Care Innovation Centre (dhi-scotland.com)
- Jenni Oliver, Senior Development Manager, Creative Industries, HIE (XPONNORTH) Olivia Wolfheart, Membership engagment manager, BCS in Scotland
- Rosyln Thomas, Enterprise Lecturer UHI, CREATE
- Marian Dunbar, MSc Programme team. https://community.thedatalab.com Dr Andrea McColl, Senior Development Manager Life Sciences, Highlands and Islands Enterprise | Supporting Business & Communities | HIE
- Darlene Russell, Communications Exchange UHI.
- Nicola Cooper, Technology & Digital Innovation Lead. Scottish Care.
- Donna Henderson, Head of international engagement. TEC Scotland
- Nesa Barry, International Engagement manager, TEC scotland
- Jim Hume, Support mind Scotland.

If you would like to make connections with anyone mentioned please contact marion.macinnes@nhs.scot

Appendix 2

Extract and quotes from the Lensperspective evaluation report

The Lens is delighted to report on our contribution to the success of the NHS Hackathon, which was designed and delivered in partnership with NHS Western Isles and IT4Anxiety.

The purpose of the IT4Anxiety Hackathon was to raise awareness among e-Health start-ups in the Mental Health field, generating prototypes or innovative digital solutions to mitigating the impact and reducing the anxiety of people living with anxiety. The 2-day Hackathon took place on 22nd and 23rd June 2022. 6 teams were involved in The Lens Programme and went on to present creative and innovative solutions, all aimed at reducing the symptoms of people living with anxiety and improving lives. The Lens team supported the partnership to deliver a successful event through a phased approach to planning, co-design, engagement, and event management. This included: identifying and attracting candidates, a communication and stakeholder engagement plan, project management, supporting the investment and assessment criteria and ensuring the judging panel were fully briefed and supported.

Applications were assessed against the agreed event investment criteria:

• Usefulness: Is the product/service useful? Does it provide significant added value for health professionals and/or users?

• Design: Is the product/service easy and pleasant to use?

• Originality: Is the product/service unique and/or innovative?

• Data: Is the product/service evidence based?

• Co-design: Was the product/service co-designed and co-evaluated with the people directly concerned?

The Lens team delivered a series of workshops to support candidates to develop their ideas into investment ready propositions which clearly met the criteria. The workshops included: Activating – generating ideas, Business storytelling, Valuing your idea, Business Modelling and Pitching your idea.

Participants shared positive feedback in relation to the support provided by The Lens team and the impact of the workshops in relation to the development of their idea and their confidence to pitch for investment.

Quotes regarding the pre event workshops/preperation (Start ups).

"You have been such a great support in helping us craft out story for the pitch. The team at The Lens have honestly been amazing!"

"We had a fab couple of days with plenty to look forward to. Thanks for your support"

"It was great to get to know Lens and work with you. I learned a lot from the workshops, and will definitely stay in touch"

"I thoroughly enjoyed it, especially the fast pace!" "Thanks again for helping us with the business workshops. We certainly found them useful. We'll stay in touch with any future progress we make with the project".

"We had a good understanding of our idea but the workshop helped us fine tune it".

"I found the workshop really helpful and useful for my idea, especially helping understand how to communicate my idea in an engaging way"

"It was really valuable to spend time on the customer empathy and understanding things from their point of view and crafting a story around that".

"The workshop really increased my confidence to pitch as our idea was validated and helpful suggestions were made which made us think of ways to improve it"

"I felt a lot more confident after doing the workshops. I think it helped working as the groups as it helped to see how others did it. Some had more experience at these workshops and that was useful. Jenny was also super nice and supportive".

Investment Day was a huge success. The day included a careful balance of keynote speakers, pitches for investment and networking opportunities,creating a sense of a community with a shared goal of improving people's lives through innovation. On the day, 6 teams presented their ideas. 3 teams secured financial investment. All the participants were able to apply to join the IT4Anxiety network. Everyone received constructive, developmental feedback to continue to improve and develop their ideas.

As one team commented, the value of taking part was more than the financial investment, **Quote from a participant (start up)***"We were a wee bit disappointed not to*

win a prize, but for us the big prize is being back in the IT4Anxiety family and being in contact with Chris Wright".

As well as the events management, The Lens team provided coaching support to the applicants pitching their ideas and support to the judges' team, helping to assess ideas and provide feedback to applicants.

Feedback from participants about the Hackathon 2 day event.

"I liked that we had plenty of time on the morning of the pitch to practice and refine the pitch. The feedback (coaching from The Lens team) was really helpful and it calmed my nerves".

"I got really good feedback on the ways to structure the pitch and how to make our ask much more concise and powerful".

One of the judging panel shared her experience – *"As a judge, I was really impressed by the positive and structured facilitation which made for a really constructive 2 days. Often 2 days can involve a fair bit of wasted time but I did not feel that at all. I enjoyed all aspects of my involvement as a judge and learned a lot too".*

One of the lead partners described the day as a success - *"a really well organised event'* and *"the most support the ideas at our hackathons have ever had".*

"Overall it was a positive programme and event with new and innovation ideas being taken forward which will be well researched, have strong evidence of client needs and will be co-designed with people with lived/living experience of anxiety. It was a privilege for The Lens team to play a key role in the NHS Hackathon, supporting the development of these ideas and we wish the candidates great success for the future." Steve McCreadie, CEO, Lens perspectives.