

# Interreg



EUROPEAN UNION

## North-West Europe

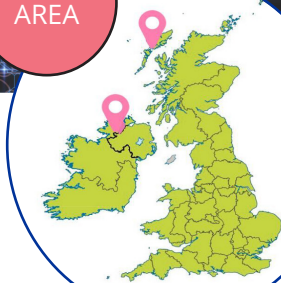
### IT4ANXIETY

European Regional Development Fund

THEMATIC PRIORITY: INNOVATION



PROJECT  
AREA



Project objectives: to support the implementation of innovative solutions through start-ups developing innovative technological solutions in Mental Health for people living with anxiety.

Total budget received from Interreg North-West Europe (2014 - 2020):

**€3.77 million of ERDF**

Total project budget:  
**€ 6.29 million**

[www.nweurope.eu](http://www.nweurope.eu)

# Welcome to the 5th IT4Anxiety Hackathon of 2022!

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.**

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## IT4Anxiety Hackathon 2022: 22nd June

**09.00 Registration**

**09.30 Welcome from Jenny Coxon and Susan Perry**

**09.45 Keynote speaker Chris Wright**

**10.15 Lens Workshops with expert advice and support**

**11.15 Break**

**11.30 Lens workshops with expert advice and support**

**13.00 Lunch and networking**

**13.45 Keynote speaker Chris Mackie**

**14.15 Lens Workshops with expert advice and support**

**17.00 Event close**

### Introducing our key note speakers...

#### **Chris Wright, National Advisory for Digital Mental Health at The Scottish Government.**

Chris Wright has worked in the Scottish Government and NHS in Scotland for over seventeen years. He is currently the National Advisor for Digital Mental Health and the Head of the Digital Mental Health Programme.

#### **Chris Mackie, Digital Assistant Director at the Health and Social Care Alliance Scotland (the ALLIANCE).**

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.

# IT4Anxiety Hackathon 2022: 23rd June

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## 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.**



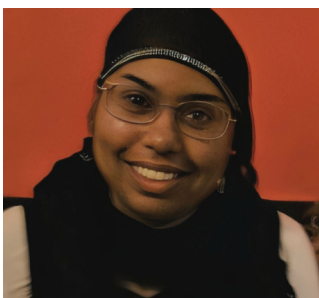
Karim has a comprehensive career in research and innovation management. His expertise lies in maximising the impact of projects and in developing appropriate exploitation strategies. He has worked at three of Scotland's universities, an award-winning spin out company, and has served on the evaluation 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. LL.M.**



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.

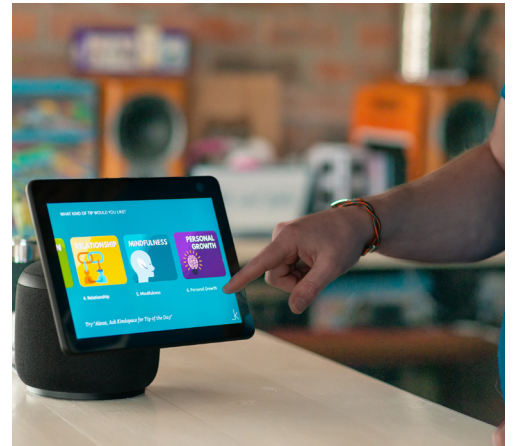
# IT4Anxiety Hackathon 2022: 23rd June

## Investment event

09.30	Registration
10.00	Welcome from Martin Malcolm, NHS Western Isles
10.15	Welcome from Jenny Coxon and Susan Perry,
10.30	Pitches
11.05	Break

### ***Woodlands in my room* with Janice McGhie, Kathy Wiles and Rachel McLauchlan**

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.



### ***Kinspace* with Caroline Laurenson and Phoebe Pearson**

Kinspace 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. Kinspace empowers people to better manage their self-care and helps to alleviate issues such as stress, anxiety and loneliness. At the heart of Kinspace is community. Kinspace 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.



### ***Well@Caring* with Alan White, Dr Silja Voolma and Jay Evans**

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.



# IT4Anxiety Hackathon 2022: 23rd June

## Investment event

11.20	Pitches
12.15	Lunch and judges deliberations
13.45	Judges announcements
14.15	Closing remarks
14.30	Networking

### ***Kawan* with Ezra Kitson, Zita Takacs and Lisa Iwanaga**

Kawan is a virtual pet designed to help people who are suffering from anxiety. Virtual pets in the past, such as Tamagotchi, were built on a one way relationship with the user. The Tamagotchi demanded that you fed it, and in return your pet levelled up. Kawan inverts that relationship; the pet asks the owner to look after themselves, and can help when they are suffering from episodes of anxiety. Kawan is an open source project built using an Arduino microcontroller, it operates entirely offline and doesn't require use of a smartphone.



### ***Cerina* with Ozlem Eylem-van Bergeijk PhD**

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.

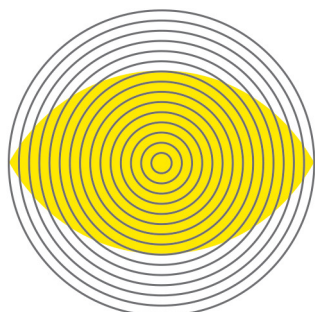


### ***The VR Hive: A virtual space designed to help reduce anxiety* with Anne Widdop and Kerri Thornton**

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.



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## With thanks to our partners



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