

Workforce Wellbeing Innovation Exchange

Event pack

Thursday 26th September 10am-12pm



Innovators presenting at this event

Holly Health



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Holly Health is changing preventive health and wellbeing through digital health coaching, with intelligence.

The platform provides accessible, person-centred coaching via web and mobile app, to support people with consistent changes to exercise, mood, sleep and nutrition. Tailored to all major long-term conditions, and with a human compassion-based approach, Holly Health is advancing wellbeing across populations, while offering insightful aggregated data insights for local healthcare teams.

To date, the service has supported over 40,000 people in more than 15 NHS regions.

Rated within the top 2% of health apps by ORCHA with a score of 91%, and part of the NHS Innovation Accelerator, Holly Health is available to support healthcare partners around the country, affordably.



Flow Neuroscience



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Flow's mission is to use the latest technology to provide patients and clinicians with more depression treatment options.

The first treatment developed by Flow is the FL-100 tDCS headset. This uses tDCS, a form of neuromodulation, to treat depression. The headset is supported by a mobile application which guides the patient through the treatment, collects patient outcomes and prevents abuse. Both the headset and the app are a Class IIA medical device.

Flow is currently being used by 30,000 patients with depression and is being offered by 3 NHS trusts and >300 private practice mental health clinics.



Dr Julian Medical Group Ltd.



Dr Julian Nesbitt, Founder

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Founded in 2016, Dr-Julian is an innovative platform connecting therapists to patients, aiming to improve the accessibility of Mental Healthcare to all. At Dr-Julian, we firmly believe our role is to augment, not replace therapists, and we work collaboratively with our own therapist community to enhance the human experience for both clinician and patient. We are commissioned across the country providing services for the NHS in IAPT as well as universities, EAPs, occupational health and health insurance.

Our innovative platform enables its users to book and then have scheduled video, voice and text appointments with accredited therapists remotely from the comfort of their own home. They can also undertake assessments and have tailored resources and homework suited to their needs on unique patient dashboards. We integrate our patient facing side with our clinician and admin sides, incorporating a modern easy to use electronic health record and case management system. We have recently launched our technology as a service proposition for service providers wanting benefits of enhanced efficiency in a case management/ EHR system, alongside a patient facing system.



R;pple Suicide Prevention



Luke Haseldine, Senior B2B Executive

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R;pple is so called, because of the ripple effect, when someone dies by suicide. It's said that for each suicide, there are over 130 other people affected by it.

R;pple is a unique piece of technology. Principally, it's a browser extension for laptops and desktop PCs only (not yet available for phones and tablets) – but there is an option to have it through a company's Wi-Fi (in Offices and workplaces). For example, R;pple has been working with Mersey Care NHS, who put the browser extension on over 13,000 machines – but will soon move to a second stage of having it through their Wi-Fi for both staff AND patients.



Metluma



metluma

Georgie Drury, Co-Founder and CEO

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Metluma is a pioneering women's health company dedicated to empowering women through the often-misunderstood stages of perimenopause and menopause. Co-founded by Specialist GP and Medical Director Dr. Nicole Avard, alongside digital health expert Georgie Drury, Metluma combines medical expertise with innovative technology, including AI, wearable technology, behavioural science, and remote monitoring. This integrated approach provides personalised support, education, and triaging to medical care, helping women navigate not only perimenopause and menopause but also related conditions like ADHD, mental health issues, metabolic syndrome, and diabetes.

Focusing on early education and empowerment, Metluma aims to flip the traditional healthcare script, starting with perimenopause and expanding into other crucial areas of women's health. The platform offers group coaching with empathetic doctors and a unique 'Ask Uma' feature, allowing users to directly message healthcare professionals and receive personalised advice while tracking symptoms and data. Metluma's mission is to elevate women's health by providing a holistic, accessible, and doctor-led support system that addresses the unique challenges women face, particularly those over 40. As a leader in women's health, Metluma is redefining how care is delivered, making it more proactive, personalised, and inclusive.



The Share Gratitude Company Pty Ltd



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A well-motivated healthcare workforce is the key to addressing the current challenges and financial inefficiencies. Burnout, low retention, sickness rates, and an inability to attract new talent are all having a profound impact on patients, staff and hospital finances.

The power of direct-to-staff appreciation and its ability to improve morale, and remind staff how much they really matter, has been historically underestimated.

“HUMAN by ShareGratitude” empowers patients, their families and healthcare colleagues to share realtime moderated appreciation direct-to-staff. These impactful personalised messages are delivered directly to individual recipient staff members’ mobile phones, in realtime, and in a completely safe and compliant manner for the benefit of patients, staff and the NHS.

This unique approach has delivered compelling results, improving morale, reducing short-term staff sickness rates by as much as 24%, and reaching staff at all levels, with an average staff uptake of 88%, benefiting both clinical and non-clinical staff, ancillary staff and all those behind the scenes, bringing appreciation to the fore for those who would otherwise remain unthanked, presenting a transformative opportunity.

Designed by a cohort of patient representatives and NHS staff, and comprehensively managed by ShareGratitude, the system is standalone, turn-key, and synergistic with all existing workforce initiatives.



ImproveWell

ImproveWell.

Hannah Campbell, Head of Partnerships

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ImproveWell is an award-winning real-time feedback solution for continuous improvement and everyday innovation in health and care. By giving everyone a voice, ImproveWell makes it simple for organisations to capture continuous, real-time insight to improve staff experience *and* the quality of patient care. Never has this been more important.

The award-winning solution is grounded in three principles: those at the frontline are best placed to improve the systems around them; giving staff a voice and the agency to find solutions to the challenges they face is fundamental to building a collaborative, motivated and resilient workforce; and a happier workforce leads to better patient outcomes.

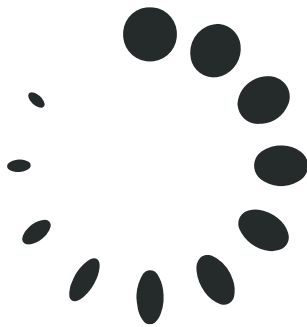
Developed in partnership with healthcare organisations and flexible according to local needs, ImproveWell's evidence-based feedback systems offer a platform for people to drive change, together. Everyone can suggest ideas for improvement, share how their workday is going, and complete tailored pulse surveys – 24/7. Insights from wider stakeholder groups can also be gathered – from expert patients to partner organisations. A powerful data dashboard enables group and organisational leads to surface critical information for decision-making. AI-powered analysis categorises and summarises data so users can focus on spotting trends, making the right decisions, prioritising efforts, monitoring progress, and sharing reports.

But ImproveWell is not just a technology solution: a dedicated Customer Success team provides consultative onboarding and ongoing advice. Customers can also join a community of healthcare improvers offering opportunities for collaboration and sharing best practice.

Simply put, the ImproveWell solution helps create the right environment for workforce engagement, continuous improvement and everyday innovation in health and care.



Cerina



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Cerina is an innovative, medical-grade mental health app designed to provide NHS employees with easy access to therapy for managing symptoms of anxiety and depression in a self-guided manner. Regulated by the MHRA as a Class 1 Software as a Medical Device, Cerina follows NICE-recommended CBT protocols and was featured in NICE's Early Value Assessment report for digitally enabled therapies, ensuring it meets the high standards required for delivering safe and effective mental health support.

Accessible 24/7 with multi-language capabilities, Cerina provides a flexible option for NHS employees to access therapy at any time, regardless of their work schedules. The platform includes seven therapy sessions enhanced by AI-powered tools such as a friendly chatbot, symptom screening, psychoeducation, symptom tracking, and an adaptive content hub. The hub offers resources like breathing exercises, podcasts, articles, and signposting links to further support mental well-being.

Through AI-driven screening, Cerina personalizes therapy pathways based on individual profiles, and it uses the Cooper Norcross Inventory of Preferences questionnaire to align therapy approaches with each employee's preferences. This ensures that NHS staff can access tailored, evidence-based mental health support when they need it, promoting well-being without wait times.



MyMynd



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MyMynd is a workplace digital health platform helping to get ahead of mental health and wellbeing in the workplace; we enable employees to take control of their mental health and help employers align their wellbeing efforts with organisational needs.

What clients like NHSE, RCVS and Oxford University say sets MyMynd apart is the level of engagement with their employees (60% +) and scale of impact as a result of the proactive, data driven approach and 1-to-1 human intervention. The workforce insights and programme of organisation wide masterclasses drive improved workforce attrition, engagement and performance.

MyMynd proactively identifies issues for early intervention and directs targeted support precisely where needed to strengthen resilience/wellbeing. The platform is based around a secure assessment using clinically validated tools. Employees get a detailed understanding of their mental health (risks) and protective factors (resilience).

Priority concerns are flagged to our trained responder team for 1-to-1 follow up guidance/personalised resources and all users are directed to targeted resources linked to their individual needs to strengthen their ability to cope.

Employers get aggregated data with powerful insights and emerging themes segmented across the workforce to inform wellbeing plans together with a tailored curriculum of targeted workshops/resources to drive greater organisational capability and resilience.

