

# A DIGITAL CAREER IN PSYCHIATRY

Dr Shevonne Matheiken  
Consultant Psychiatrist in Psychiatry of Old Age

# AREAS OF INTERESTS

---

Doctors' wellbeing

---

Mental health stigma

---

Inclusive leadership

---

Health inequalities

---

Neurodiversity

---

Maternal mental health

---

Transcultural psychiatry

# Your 'WHY'!



# THE NHS CLINICAL ENTREPRENEUR PROGRAM (CEP)

---

Failures celebrated, not just success.

New ideas always welcomed.

Disrupting the status quo – actively encouraged.

Competitors often become collaborators.

Each Entrepreneur innovates at their own pace.

Becoming part of an exciting community without an exit date.

# CEP PITSTOPS



Roughly once a month.



In person + zoom online attendance.



One evening + one full day.



Funded overnight accommodation.



Different themes each pitstop.



Pitching practice – standard item on agenda.



Networking opportunities – mindblowing !!!

# CE profile page:



## Our Entrepreneurs: Dr Shevonne Matheiken

November 6, 2024

[CE, News](#)

In our latest #OurEntrepreneurs profile we meet cohort 8 Clinical Entrepreneur Dr Shevonne Matheiken, Specialty Registrar and resident doctor in Old Age Psychiatry.

### Why do you think innovation is important in healthcare?

Medicine is rapidly evolving, and psychiatry, in particular, has had to adapt to new understandings of mental health and what does and doesn't constitute mental illness. Current challenges relevant to my innovation include addressing the complexities of the neurodiversity movement, and the big chasm between the medical model of ADHD and the social model of disability.

The NHS is facing significant challenges related to funding, staffing constraints and workforce morale, which impacts its ability to provide high quality timely care to our diverse population. Given these challenges, I believe that innovation is crucial for the future, not just an optional luxury.



# ADHD services in crisis:

- How many on ADHD waiting lists at present?

(2025)

- Average NHS waiting time for assessment in years?

(Smith et al 2024)

My plan : DIGITAL TOOLKIT OF  
SOLUTIONS FOR ENTIRE PATHWAY

# DEEP MEDICAL AI:

Fairer for society.



**5.6 million**

patients waiting for care

**8 million**

missed NHS appointments each year

**4 million**

short notice cancellations

**£165**

the cost of each missed appointment

**£2 billion**

the cost of annually missed appointments

Missed appointments aren't always forgotten appointments.

Reducing no shows

Cutting the NHS waiting list

Predicting no shows accurately



There are 5.6 million patients on the NHS waiting list. We'll fit them into the eight million missed appointment slots to reduce the backlog - without asking any more of NHS staff.

# PATIENT ENTREPRENEURS (COHORT 1)

Eli App  
(sickle cell  
disease)

MyFolks  
(dementia  
care)

# HIGHLIGHTS FROM THE YEAR

HACKATHON

INDUSTRY DAYS (Google, IBM...)

NETWORKING

FOUNDER STORIES

FUNDING OPPORTUNITIES

INTERESTING PEOPLE

A WHOLE NEW WORLD!!!!

# Funding pots:


 Health Innovatio... 19 Jan [Unsubscribe](#) ...  
 to me ▾

Can't read or see images? [View this email in a browser](#)

Health Innovation East



## Health Innovation East Grant Opportunities Report

Hello All,

We have identified a need for innovators to be able to access a single free source of information that can provide all the grant opportunities available for innovators to apply for, especially a source which is updated on a regular basis.

Therefore, Health Innovation East are now providing our innovators with a grant report every, 6-8weeks, in order to highlight opportunities in the system that might suit your innovation. This is a free resource and purely for informational purposes only.

If you have any comments or queries please do not hesitate to get in touch using the email: [innovatorenquiries@healthinnovationeast.co.uk](mailto:innovatorenquiries@healthinnovationeast.co.uk)

Grants_January_2026				Done
Sheet2		Sheet1		
Category	Category	Funding Organisation	Title	Brief Description
	Grant	Innovate UK	Eureka GlobalStars Japan 2026	Innovate UK, part of UK Research and Innovation, will invest a million pounds in collaborative research and development (CR&D) projects for SMEs subject to a sufficient number of high quality applications being received.
	Grant	Innovate UK	Innovate UK Growth Catalyst – Investor Partnerships Round 2	The aim of this competition is to provide you with support for research and development to the capital investment you need to develop and commercialise your idea. Your proposal must have a clear route to market, a clear link to innovation and create a team to deliver your proposal. You must be: registered in the UK as an SME by the time the award is contracted; able to complete the aligned investment led by the investor partner through the issue of new shares or convertible debt; You must also demonstrate that if your project is funded, it will: have significant market impact; be able to demonstrate the potential to grow and to scale; be attractive to equity investors
NEW	Grant	Innovate UK	Knowledge Transfer Partnership (KTP): 2025 – 2026 Round 5	The Knowledge Transfer Partnership (KTP) programme allows a UK SME to partner with a 'knowledge base partner', which is either a UK high education (HE) institution, research and technology organisation (RTO) or a research and technology organisation (RTO).
NEW	Grant	Innovate UK	Women in Innovation Awards 2025/26	The aims of this competition are to support Women in Innovation / Entrepreneurship whose innovation is aligned to one of the following three high growth sectors: Government's Industrial Strategy; Advanced Manufacturing; Digital. Applicants must be women who have a late stage start-up with ambitions to grow a scalable business and require considerable investment in the next 12 to 24 months.
	Loan	Innovate UK	Innovate UK Innovation Loans Round 25	Innovate UK innovation loans are for highly innovative late stage projects with the best potential for the future. There must be a clear economic impact. Your project must lead to innovative new products, processes or services that are not currently available, or propose an innovative use of existing technology. It can also involve a new or innovative business model.
NEW	Grant	NIHR	NIHR NICE rolling funding opportunity (EME Programme)	Our Efficacy and Mechanism Evaluation (EME) Programme is inviting applications for commissioned workstream. We are interested in receiving applicant research identified in NICE guidance that has been published or updated since 2018.
	Loan	British Business Bank	South West Investment Fund (SWIF) Smaller Loans	The South West Investment Fund is the first in a series of new NatWest funds being launched by the British Business Bank, and it will deliver a £100m of funding to the area. Whether you are an entrepreneur wishing to start a new business or a more established small business looking to grow you may be able to finance your need. Smaller loans can be used to fill the funding gap between your business plan and what you can raise from other sources.
	Grant	British Heart Foundation	Clinical Study Grants	The Clinical Study Grant supports funding for over £350,000 for: Interventional clinical trials: trials of specific interventions or pathophysiological mechanisms in diagnosis and treatment of cardiovascular disease. Interventions in psychological, physical and educational interventions. Observational studies: observational studies that are hypothesis led and address a defined clinical question(s) or research aim. The population of interest should be a patient population, with the NHS. The study should have a predefined outcome(s) that will management directly or will inform the development of a clinical trial. Studies can include a mechanistic evaluation, either as a substudy or as a stand-alone observational study.
				To encourage scientists from outside traditional cardiovascular biology to bring novel expertise to the field to develop new tech and explore novel concepts.

# PSYCHIATRISTS AS INNOVATORS

- Aware of the impact of being a human buffer in broken systems
- Aware of limitations of checklists and tools over human interaction
- Familiar with managing complexity, safeguarding and risk
- A place at the 'digital health' table, with other specialties
- Aware of health inequalities and bias / 'isms'.
- Communication, empathy and people skills!

# EARLY CAREER STEPS:

- Consider OOPE/OOPC/LTFT
- Consider digital fellowships
- Consider attending events such as Digital REWIRED
- NHS Clinical Entrepreneur programme
- Doctors and Innovation networks
- Connect with residents globally
- Upskill as needed – think about the long term.
  
- **DON'T UNDERESTIMATE YOUR TRANSFERABLE SKILLS!**

# ADHD & INNOVATION



**ADHDers 500 times  
more likely to be  
entrepreneurs**

**27% entrepreneurs  
have ADHD**

# My personal journey as it stands...

- Resigned from my 1<sup>st</sup> substantive NHS post
- Moving into clinical and educational adult ADHD/autism space
- Longer term plans to develop NHS service that supports older adults with ADHD or autism.





‘One of the greatest discoveries a man makes, one of his great surprises, is to find he can do what he was afraid he couldn’t do’

- **Henry Ford**

