



Acronym:CLOCKWORKName:Smart system for the management and
control of shift workers' circadian rhythmsCall:AAL Call 6 2013Contract nr:AAL-2013-6-055Start date:02 June 2014Duration:36 months

D5.3 Dissemination Report (b)

Nature¹: R Dissemination level²: RE Due date: Month 18 Date of delivery: Month 19 Partners involved (leader in bold): **CUF**, FhP, BCB, ABACUS, GZE Authors: Rita Ralha (CUF), Francisco Nunes (FhP), Carlota Gonzaléz (BCB), Walter Baccinelli (ABACUS), Giada Dammacco (GZE)

¹ L = Legal agreement, O = Other, P = Plan, PR = Prototype, R = Report, U = User scenario

² PU = Public, PP = Restricted to other programme participants (including the Commission Services), RE = Restricted to a group specified by the consortium (including the Commission Services), CO = Confidential, only for members of the consortium (including the Commission Services)





Partner list

Nr.	Partner name	Short name	Org. type	Country
1	Fraunhofer AICOS (coordinator)	FhP	R&D	Portugal
2	BCB Informática y Control SL	BCB	SME	Spain
3	KOHS PIMEX	KOHS	SME	Austria
4	Ab.Acus S.r.l.	ABACUS	SME	Italy
5	Grado Zero Espace	GZE	SME	Italy
6	RK Tech, Kft.	RKT	SME	Hungary
7	José de Mello Saúde	CUF	IND, End user	Portugal

Revision history

Rev.	Date	Partner	Description	Name
1	22.02.2018	CUF	Updated with contributions from the partners	Rita Ralha
				•
		Approved by FhP		





AAL-2013-6-055

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1. Introduction

This Dissemination Report intends to showcase all the dissemination efforts and initiatives accomplished by the Clockwork Consortium in order to raise awareness of the project and engage with potential partners and/or customers of the prospective Clockwork solution.

Dissemination initiatives can be carried out by each partner individually or by several partners together and will likely assume on of the following formats:

- Online through digital channels (such as a project website or social media accounts)
- Presence in industry conferences and events
- Scientific papers in journal and conference proceedings
- Press releases

This deliverable will be updated throughout the project development in order to reflect additional dissemination activities that take place.





2. Concluded dissemination initiatives

2.1. Online through digital channels

[January 2017] Clockwork's Website launch

An online website for Clockwork was created and is accessible at www.clockworkproject.eu.

It offers information about the project, such as its description, objectives, obtained results (when available), expected impact and consortium partners. The website will be updated throughout the project's development, in order to accommodate new information, namely relevant output yielded from achieving major project milestones.

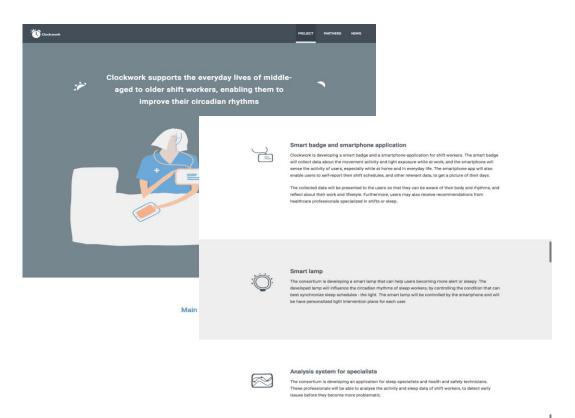


Figure 1 Snapshots of Clockwork's website landing page





PARTNE

DC

NEWS

Clockwork

NEWS



AAL Forum 2017





02, Oct 2017

Nobel Prize 2017

circadian rhythms

attributed to research on





27, Jun 2017 Clockwork participated in a workshop on participation

PROJECT



^{01, Jun 2017} Clockwork General Assembly Meeting in Madrid

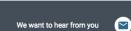


Figure 2 Clockwork's website news section

In December 2017, the website was updated to include a listing of the available Deliverables, in order to allow any visitor access concrete information on the project's progress.

[January 2017] Ab.Acus' website and Twitter account updates Clockwork was disseminated through Ab.Acus' website and Twitter account.





Ab.Acus Home Project Description Project Details About Us The Abacus Clockwork Skills Needed: Self-Tracking Technologies Skills Clockwork has received funding from the Active and Assisted living Works programme. Categories 🕄 a HEALTH TECHNOLOGIES Partners Careers Tags: chronodisruption Bloa The main goal of the Clockwork project is to create a healthy and comfortable environment by supporting circadian rhyth middle-aged to older adults in the improvement of their circadian rhythms. Particularly, the solution will Contact Us shift worker target shift workers, such as healthcare professionals, who are greatly affected by chronodisruption, which can lead to health issues, long absences or early retirement. The objective will be achieved through the enhancement of external synchronizers that will help users maintain a healthy day and night rhythm by Link f У 8+ in introducing some imperceptible modifications in their environment. http://www.aaleurope.eu/projects/clockwork Three main tools will be used: an activity monitoring device, a feedback and support application framework W3C HTML and an innovative environmental circadian empowering system module, which includes the design of a lighting device, a wireless sensor network and actuators to regulate the environment. The feedback and support application framework is not only the platform that communicates with the user, but it is also onsible for managing the information gathered by the sensors and controlling the different devices to adjust the environmental conditions to the person's needs. From 11-02-2016 to 11-02-2019, ongoing project.

Figure 3 Ab.Acus' website update on Clockwork

[January 2017] Grado Zero' website and social accounts updates

Clockwork was disseminated through Grado Zero's website and its several social media accounts, namely, Twitter (5716 followers), Facebook (5984 followers), Instagram (8806 followers) and Linkedin (512).

[June 2017] BCB's website and Linkedin account updates

Clockwork was disseminated through BCB's, one of the Consortium's partners, website and Linkedin account (350 followers).







Figure 4 BCB's website update on Clockwork

[October 2017] José de Mello Saúde's internal Innovation Newsletter

Clockwork was disseminated to all the employees of José de Mello Saúde (CUF), on the Consortium's partners through the company's monthly Innovation Newsletter, which communicates innovative initiatives in which CUF is involved. The target audience was reached about 10,000 people.

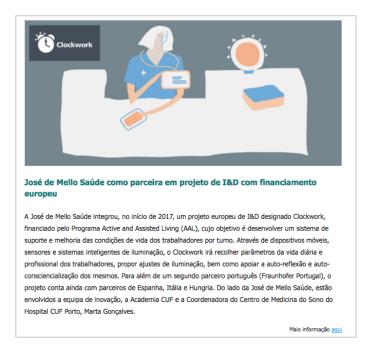


Figure 5 - Snapshot of Clockwork's article on CUF's Innovation Newsletter

[June 2017] José de Mello Saúde's Annual Report

Clockwork was included in José de Mello Saúde's 2017 Annual Report in the Innovation chapter as an example of one of the company's innovative R&D projects. The Report will be available online in April through the corporate website.

2.2. Industry conferences and events

[June 2017] Workshop on Patients and Carers roles in Healthcare Tech

Fraunhofer hosted a workshop on the participation of patients and carers in healthcare technologies. The event gathered researchers from Austria, Denmark, UK, and Portugal, as well as a guest from the Council of the Primary Care Reform of the Portuguese Ministry of Health. The participants discussed their experiences in designing and evaluating healthcare infrastructures where patients and carers play an active role.





From Clockwork's side, Fraunhofer presented the initial concept of the smartphone application that will enable shift workers to be self-aware of their body and work schedules, and consequently act in a more informed manner towards their health.



Figure 6 - Workshop on Patient and Carers' roles in Healthcare Tech

[October 2017] AAL Forum

Fraunhofer AICOS, one of the Consortium's partners, presented Clockwork at the AAL Forum 2017 in Coimbra, from the 2-4 October. The event gathered 750 participants, among researchers, developers, designers, and users, interested in contributing to an active and healthy ageing.



Figure 7 - Fraunhofer team at AAL Forum 2017





[November 2017] Presentation to José de Mello Saúde's Social Responsibility Director

Clockwork was presented by Fraunhofer and CUF to additional elements of the latter company, namely its Social Responsibility Director.

[November 2017] Presentation to Master students from the Faculty of Engineering of University of Porto

Fraunhofer carried out a presentation of Clockwork, along with an additional R&D project, to a group of Engineering Master students from Universidade of Porto.

[February 2018] Presentation within the "LightingEurope" event

Grado Zero participated in an event of LightingEurope, the industry association that represents the lighting industry in Europe and presented Clockwork.

[Upcoming - March 2018] Presentation within the "Light & Building" event

Grado Zero will participate in "Light & Building", the world's leading trade fair for lighting and building services technology and will have the opportunity to present Clockwork, along with an additional R&D project.