

## Application as GoFit4Fun CIC director for the ISCF ESRC research bid

### DETAILS

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#### Design Researcher

Part-time 1 (60%)

#### Director & Founder of GoFit4Fun

Part-time 2 (40%)



### SUMMARY OF MY PROFILE

Since my MA I have developed a particular interest in the area of **Design in Health and Well Being**. I focus on developing methods for **engaging** end-users, as much during the process of designing the outcome as the outcome itself (through using **play & games**).

This question of engaging and **empowering** the users is crucial to me, especially when designing interventions in this area since it involves:

-**vulnerable people** (such as children, elder or disable people)  
-**complex or sensitive topics** (such as dignity, ageing, body corpulence).  
Yet these methods can be applied to other intervention areas.

I am a highly **motivated** person with a very **friendly and empathic** personality, who loves **interacting** with people and being part of a **team**. I am also

a good observer of things and people, and possess excellent **communication** skill.

This allows the creation of an environment **conducive** to ensure all stakeholders (such as team mates, customers) feel included and part of the experience.

This allows finding out what they think, expect, or want and leads to a **durable and constructive collaboration**.

### DEGREES, DIPLOMAS & TRAINING

2020: Successfully completed the **Doctoral Supervisor Development Programme**

2019: Trained **Lego Serious Play Facilitator**. Rasmussen Consulting

2010-2015: **PhD in Design** (*Sheffield Hallam University*) - Involved a 4 week course @ Indian Institute of Technology (*Mumbai, India*) - CLAHRC funding of £72K.

2006-2008: **MASTER in Industrial Design** obtained with Distinctions (*SHU, UK*).

2005-2006: **BACHELOR Honours in Product Design** (*SHU, UK*).

2003-2005: **French BTS in Interior Design** (*Cournon d'Auvergne, 63, FR*).

2002-2003: **FCIL, Model Maker diploma** (*Villefontaine, 38, FR*).

2001: **French Baccalauréat in "Economical and Social Sciences"** (*Vienne, 38, FR*).

1999: **"End of studies' degree" in rudiments of music** after 8 years practicing percussions.

# PROFESSIONAL EXPERIENCES

## Design Researcher

Dec 2019-On going: **'Play'** theme **Design Research Lead** at Lab4Living as part of the 100 Year-Life project. Creating new international collaborations, managing projects, writing bids, supervising small teams and PhD students. Worked on **'Function First'**.

July 2017-Dec 2019: **Design Researcher** at Lab4Living, seconded to the **Translating Knowledge to Action** theme (TK2A) as part of the NIHR Collaboration for Leadership in Applied Health Research and Care Yorkshire & Humber. Projects conducted: **'Active environment', 'Avachat', 'Being Warm Being Happy', 'Dementia', 'Diabetes', 'Energy Advice', 'Functional Memory Disorder', 'START', 'Move More Mental Health', 'Meso', 'Neutropenic Sepsis', 'Noiseless', 'Exercise in Doncaster', 'PEARL', 'Prioritise Me', 'Safety Netting', 'Way Forward'**. TK2A design research lead in charge of applying design thinking and skills to plan and deliver participatory workshops, approaching and linking with various stakeholders (e.g. patients, NHS staff, GPs, health researchers), developing relationships with other researchers, writing funding applications, presenting at conferences, writing publications.

Oct 2015-Ongoing: **Consultant as Design Researcher at Remi Bec (co-) design**. Working on a range of projects such as **'Prioritise Me', 'Utah Climate Challenge', 'Heart is where the home is', 'Head Up', 'Non-Invasive Ventilation', 'Light Armour', 'TITCH'**. Writing literature review, files to submit to the Ethic committee, creating scenarii for communicating with doctors/clinicians, organising & leading co-design workshops with adolescents (designers) – children/carers (patients) teachers/doctors (*Lab4Living at SHU, in collaboration with local NHS, Bradford Royal Infirmary, industries and secondary schools*) and other members from the public (*Frankly Green & Web*).

Sept 2014-March 2015: **Design researcher for the 'Cone2020' project** (as part of the 'European ProFit' funding) at the Centre of Sport and Exercise (*SHU, UK*).

June 2011-Dec 2015: **Consultant as a Design Researcher**. Organising and leading co-design workshops with adolescents &/or adults) at User-Centred Healthcare Design team (*SHU, UK*) and at MHealth Habitat (*Leeds & York Partnership NHS Foundation Trust, UK*).

May 2013 & May 2014: **Co-organisator of 'Design Challenges': '24h design challenge' & 'BIN health hack'**.

May 2009-Feb 2010: **Research Assistant**. Development of a vacuum cleaner to pick up cigarette butts (patented), at the *'Arts and Design Research Centre' (SHU, UK)*.

May 2013 & May 2014: **Designer et co-organisator of 'Design Challenges': '24h design challenge' & 'BIN health hack'**.

## Secured Grants

- Sheffield Innovation Partnership 2**. Software & Product development. **£8,900**. (2019).
- Getting Research into Practice** (Small Tasks Aid Recovery Time). Design Lead. **£11,000**. (2018).
- Awards 4 All** (Big Lottery Funding). Pilot testing. **£9,977**. (2018).
- Sheffield Innovation Partnership 1**. Graphic & Packaging development. **£8,900**. (2017).
- South Yorkshire Community Foundation**. GoFit4Fun identity. **£1,442**. (2017).
- Sheffield Hallam Enterprise**. GoFit4Fun launch. **£500**. (2017).
- National Institute for Health Research** - Collaboration for Leadership in Applied Health Research and Care - **User-Centred Healthcare Design & Obesity** themes. PhD. **£72,000**. (2010).

## Additional Projects and Activities

2017-On going: **CEO & Founder of GoFit4Fun CIC**, a social enterprise fighting obesity and social exclusion by promoting physical activity through games and co-creation.

2017-On going: **Reviewer for The Design Journal and Design for Health Journal**.

2017-On going: **Member of the review panel for the Design4Health conference**.

July 2019: **Co-organisator of the Lab4Living symposium**.

Sept 2016-On going: **Assistant Lecturer.** Collaboration with the Health & Well-being department (*Sheffield Hallam University*) to create & deliver a new module. Students with a health background create their own game to promote physical activity using Design processes and practices (1st year).

Oct 2012-On going: **Visiting Lecturer.** Delivery of presentations about methodologies and processes used in Design, and when designing in Health (*SHU, Nottingham Trent University, UK*).

May 2016-June 2016: **Assistant Lecturer.** 'Collaborative Practice' module (1st & 2nd year). Interior Design Bachelor (*SHU, UK*).

Feb 2016-June 2016: **Assistant Lecturer.** 'Reflective Portfolio' module (3rd & 4th year). Interior Design Bachelor & MDes (*SHU, UK*).

Sept 2015-Jan 2016: **Assistant Lecturer.** 'Inhabitation' module (3rd year). Interior Design Bachelor (*SHU, UK*).

Sept 2014-Jan 2015: **Assistant Lecturer.** 'Collaborative Practice' module (2nd year). Interior Design Bachelor (*SHU, UK*).

## PUBLICATIONS

### Conferences Proceedings & Presentations

-Langley J, Bec R, et al. "*Playing' with Evidence: combining creative co-design methods with realist evidence synthesis*". Design4Health, Amsterdam, UK, July 1-3 2020.

-Bec, R., Grindell, C., Wolstenholme, D., "*Enhancing the uptake of exercise after stroke: START*", The Royal College of Nursing International Nursing Research Conference 2019, Sept 2019.

-Bec, R., "A creative co-production approach to promote exercise after stroke" pitch, *HSRUK conference*, Manchester, 2-3 July 2019.

-Bec, R., Ali, A., "*Small task aid recovery time*", Sharing Good Practice Festival, Northern General Hospital, Sheffield, 26th June 2019.

-Langley, J., Wolstenholme, D., Bec, R., Partridge, B., "*Collective making - to make things happen*", UK KmB forum Newcastle, UK - March 2019.

-Grindell, C., Bec, R., Tod A., Bahtnagar, R., Sivakumar, P., Evison, M., Morley, A., Ahmed, M., Ahmed, H L., Woldtenholme, D., "*Using Creative Co-Production to Develop a Treatment Decision Support Tool for People with Malignant Pleural Effusion*". Journal of Thoracic Oncology 13(10):S996. DOI: 10.1016/j.jtho.2018.08.1890. Conference: IALSC WCLC. October 2018.

-Grindell, C., Wolstenholme, D., Bec, R., Tod, A., "*Using distributed creative co-design to develop a treatment decision support tool for people with malignant pleural effusion*", Design4Health, Sheffield, UK, Sept 4-7 2018.

-Bec, R., Langley, J., Wolstenholme, D., "*Designing in Health: Developing Shared Knowledge through (Un-)Prototyping*", Design4Health, Sheffield, UK, Sept 4-7 2018.

-Langley, J., Wheeler, G., Partridge, R., Bec, R., "*The need for distributed co-design in healthcare contexts*", Design4Health, Sheffield, UK, Sept 4-7 2018.

-Wheeler, G. Partridge, R., Bec, R., Langley, J., "*Making Knowledge, Making Impact*", Creating Knowledge Conference, Sheffield, UK, 15th June 2018.

### Book Chapters

-Langley, J., Wheeler, G., Partridge, B., Bec, R., Wolstenholme, D., Sproson, L., (2020) in '*Designing with and for Older People*', in Andree Woodcock et al. (Eds): Design of Assistive Technology for Ageing Population Vol. 167. Chapter DOI: 10.1007/978-3-030-26292-1\_1

- Bec, R. *Playful life for healthy ageing* (currently writing for the Play Journal).
- Bec, R. *Bringing transparency and rigour to design research: the Annotated Design History* (currently writing for the Design Journal - informed by IASDR 2019's workshop).
- Bec, R., Heyhoe, J., Reynolds, C., Grindell, C., Wolsetholme, D., Lawton, R. *Shared Safety Netting Action Plan* (currently writing for the Journal of International Medical Research).
- Grindell, C., Tod, A., Bec, R., Wolstenholme, D., Bhatnagar, R., Sivakumar, P., Morley, A., Holme, J., Lyons, J., Ahmed, M., Jackson, S., Wallace, D., Noorzad, F., Kamalanthan, M., Ahmed, L., Evison, M. (2020). "Using creative co-production to develop a treatment decision support tool for people with malignant pleural effusion". BMC Medical Informatics.
- Easton, K., Potter, S., Bec, R., Bennion, M., Christensen, H., Grindell, C., Mirheidari, B., Weich, S., De Witte, L., Wolstenholme, D., Hawley, M. (2019). "A Virtual Agent to Support Individuals Living With Physical and Mental Comorbidities: Co-Design and Acceptability Testing". Journal of Medical Internet Research 21(5). DOI: 10.2196/12996
- Brookes et al. (2019). Patient experience and reflective learning (PEARL): a mixed methods protocol for staff insight development in acute and intensive care medicine in the UK. BMJ OPEN 9(7).
- Ali, A., Church, G., Bec, R., Langley, J. (2018). Enhancing uptake of an exercise programme after stroke or transient ischaemic attack (TIA) - a co-production event. International Journal of Stroke Vol. 13. SI (3).

## Workshops (as part of conferences)

- Bec, R. & Grindell, C. 'Using creative methods to co-design better health care experiences', Quality Forum 2020: Shaping Success Together. British Columbia Patient Safety & Quality Council - Feb 2020.
- Bec, R. & Langley, J. 'Documenting the Reflective Making', International Association of Societies of Design Research Conferences. Manchester, UK - Sept 2019.
- Langley, J., Wolstenholme, D., Bec, R., Partridge, B., Grindell, C. 'Developing the Knowledge Mobilisation model' published by Langley et al. (2018) at UK KmB forum Newcastle, UK - March 2019.
- Langley, J., Bec, R., Wheeler, G., Partridge, R. 'Showcasing the range of methods used at Lab4Living'. Unite-CPHVA Annual Professional Conference in Bournemouth, UK - Oct 2018.
- Langley, J., Wolstenholme, D., Bec, R., Partridge, B., Grindell, C. 'Demonstrating the use of Design methods to mobilise knowledge'. **Award for my participants: 'most creative contribution' to the conference.** at UK KmB forum Bristol, UK - Feb 2018.
- Wheeler, G. Partridge, R., Bec, R., Langley, J., 'Making Knowledge, Making Impact', Creating Knowledge Conference, Sheffield, UK, 15th June 2018.

## Exhibitions

- Bec, R. (2019). 'From research to implementation, GoFit4Fun CIC' at Design Research Showcase event at the London Design Fair. London, UK.
- Bec, R. (2014). 'Utilising Design methodology and games to promote physical activity among young people', PhD Viva. Sheffield, UK
- Bec, R. (2013). 'A design exploration to create games that promote physical activity among young adolescents aged from 11-14'. Sheffield, UK.
- Bec R. (2013). Kiss and Fly, Un panorama sur le voyage, entre réel et imaginaire. Lyon, France.

## Posters

- Bec, R., Church, G., Langley, J., Ali, A. (2019). "A creative co-production approach to promote exercise after stroke" poster, *HSRUK conference*, Manchester, UK.
- Bec, R. (2019). "A creative co-production approach to promote exercise after stroke". Poster presented at *Health Services Research UK (HSRUK) symposium*, Manchester, UK.
- Bec, R., Church, G., Langley, J., Ali, A. (2018). "Promoting Exercise and Activity Uptake after Stroke - Getting Research Into Practice". Poster presented at *UK Stroke Forum*. Telford, UK.
- Bec, R., Grindell, C., Wolstenholme, D. (2018). "A national creative co-production initiative to develop a treatment decision support tool for people with malignant pleural effusion". Poster presented at the *British Medical Association conference*. London, UK.
- Bec, R., Grindell, C., Wolstenholme, D., Tod, A. (2018). "Using creative co-production to develop a treatment decision tool for people with malignant pleural effusion". Poster presented at the *International Association for the Study of Lung Cancer (IASLC) conference*. Toronto, USA.