



# Connect. Grow. Contribute.

Take the next step in your improvement journey, join Q to drive positive change in health and care.

Make real-world change by bringing your improvement challenges and helping others solve theirs. Connect, share, and discover with a group of like-minded people while contributing in a way that suits you.

Whether you have years of experience or are looking to build on your improvement skills, there's a place for you in the community.

To help decide if Q is for you, we've answered some of our most frequently asked questions:

## What is Q?

Q is a community of thousands of people across the UK and Ireland, collaborating to improve the safety and quality of health and care. We share our knowledge and support with each other to tackle challenges. Together, we make faster progress to change health and care for the better.



**The  
Health  
Foundation**

Q is led by the Health Foundation and supported by partners across the UK and Ireland

## Why should I join Q?

Becoming part of our community enables you to:

- connect with others carrying out improvement work with access to free events, networking, and learning resources
- learn, grow, and share ideas with a community dedicated to driving positive change
- take a flexible approach to contributing and help improve health and care
- join for free and get access to member-exclusive funding opportunities, with no ongoing membership fees.

## Who can join the Q community?

You don't have to be an expert or come from a certain career path or background, Q could be for you if:

- you're interested in collaborating to improve health and care
- you understand some of the structured improvement approaches like co-design or Systems Thinking
- you have played a role in improvement by contributing to the design, supporting analysis or evaluation of improvement work.

## Do I have to pay to be a member of Q?

No, there are no joining or ongoing fees to become a member of our community. It's free membership for life.

## How can I join Q?

Joining our community is simple, just go to [q.health.org.uk/apply-q](https://q.health.org.uk/apply-q) and submit an application through our online portal. You'll be asked to write about your experience in improvement and why you want to join Q. Once you've submitted your application it will be assessed, and you should hear back within six weeks.

## What makes Q different from other initiatives, networks or programmes?

Our community is designed to complement other improvement initiatives you're part of. Q makes it easier to collaborate, providing resources and platforms to connect and support each other and making it easier to understand what improvement work is being done, by whom, and where, whilst influencing the context of improvement. Q is aimed at individuals and provides long-term support throughout your improvement career.

## How can I find out more?

For more information about Q just visit [q.health.org.uk](https://q.health.org.uk) or email our team on [Q@health.org.uk](mailto:Q@health.org.uk)



Join the Q community,  
visit [q.health.org.uk/apply-q](https://q.health.org.uk/apply-q)

