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| Twitter is a great way to keep updated on health issues and to get involved in the health community. Twitter can be used to help with CPD requirements and is a useful tool to allow healthcare professionals to share thoughts, ideas and experience. It is important that before you even start to use twitter in a professional capacity that you read your professional body’s [social media guidance](http://wecommunities.org/resources/links/guidance) and your workplace social media policy.   Getting signed up and starting on twitter is as easy as... |
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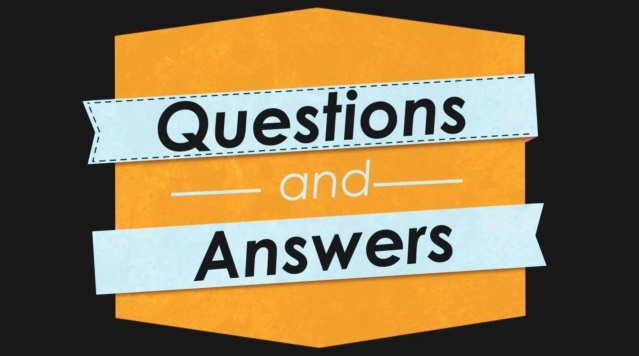
Good afternoon

Here we are again, it’s our second Q News email, and there’s plenty in here to feast your eyes upon!

Firstly, the **Q Contacts Booklet** - thank you to all of you who emailed me with an updated email address or phone number. I have updated the booklet and have added portraits taken at the Welcome to Q event. Speaking of which, did you know that our photographer, George Chan, works on David Attenborough productions? This explains the fantastic quality of our portraits! So have a good flick through the booklet and admire. Not everyone has a photo yet, so please do send one my way if you didn’t attend the Welcome event. As we are part of the Q-mmunity, we’d really like it if we could all get together to get to know one another. This Q Contacts Booklet is a useful tool for this – email each other, call each other, throw a party for each other…

Secondly, we’d like you to **share your projects** via the wonder of this bi-weekly email. Do you have any videos of projects you’ve been working on? Do you have a phone with video capabilities? Film us a 5 minute (max) explanation of what you’re working on or have worked on! Or if you’re camera shy, we’d love to share your written case studies instead. Email these to me before 22nd May.

On to round three –In the spirit of acronyms in the NHS - **QIQ&A**! I like this one because it gives us all the opportunity to ask anything technical about Quality Improvement. Don’t be shy – email me anything you may want to know and I will share it anonymously with the rest of the Qs who will then email me their answers. These will follow in the next Q News email. I’ll go first…

Question to Qs…

Those of you who attended the Welcome To Q event may remember that you had a postcard which prompted you to think of an improvement idea and which Q you should connect with in order to get the improvement ball rolling.

**Did you try your idea out? Did you connect with the Q?**