



Log in



Menu

Blog post • 22 Mar 2019

# Hexitime – The Healthcare Skill Exchange and Timebank

Hesham Abdalla, Consultant Paediatrician Senior Lecturer in Healthcare Management and Leadership, Walsall Healthcare NHS Trust, introduces Hexitime, the new skills exchange for Q members.



Hesham Abdalla

---

Like many of you reading this, I remember that as a new member of the Q Community, I felt privileged to have joined but confused about “What now?”. Although I knew it was a network of experts, I did not know what expertise was available or how to access it. My chats on the [Randomised Coffee Trials](#) or forays on [Q Visits](#) gave me a flavour of the richness of expertise within the community



---

**It is founded on the principle that you give an hour of your time and claim one back from another registered member of the community who has a skill that you need.**

It was around this time that I learnt about Timebanking from Sebastian Yuen, a Q colleague. Timebanking is a reciprocal volunteering model that works to build local communities. It is founded on the principle that you give an hour of your time and claim one back from another registered member of the community who has a skill that you need. Everyone's time is of equal value no money changes hands. It has benefits beyond simple exchanges by providing opportunities for collaboration and conversations which strengthen connections and lighten everyone's workload. I wondered, as it worked so well for strengthening local communities, if it could work for a virtual community like ours.

This sparked a conversation with Matthew Mezey who connected me with Professor Richard Byng, who had expertise in Timebanking and John Lodge, an NHS Improvement Lead in London who had envisaged a Q skills exchange platform. Together we developed a pitch to the **Q Exchange** and received more offers of support than any other idea and had more votes than any other at the national event. With this came funding for Hexitime a new platform to host exchanges. Many of the ideas for Hexitime have since evolved through contributions of Q Members, including the choice for our platform host, Made Open. In this company we found individuals who shared our values and a passion to make this platform a force for improving healthcare improvement.

Being voted as the most popular Q Exchange proposal by fellow Q members has given me a feeling of responsibility that I have a duty to make it work for your benefit as well as the wider health and care system. With this, John and I have

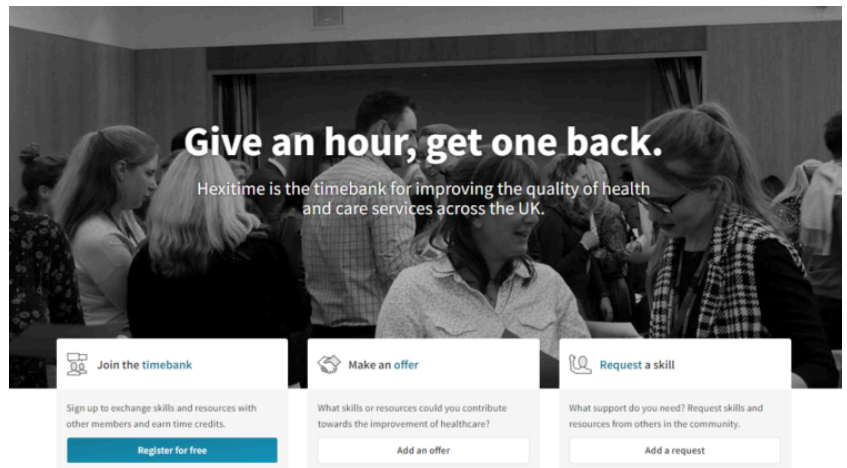


Log in

network of networks it could help us escape silo thinking and accelerate improvement projects throughout health and social care.

As of March 2019, the platform is now live at

[www.hexitime.com](http://www.hexitime.com) and already has over 60 members registered who have already posted some fabulous offers and heartfelt requests.



You can browse the platform to view these as well as register and post your own. There is launch event on 4th April 1300-1600 at the Health Foundation, Covent Garden where we will share our experience and what we have learnt from the first few exchanges. You are welcome to **join us**.

So, what now?

- Browse and register at [www.hexitime.com](http://www.hexitime.com)
- Post an offer or an ask of your own
- Tweet or message me or John about your thoughts or how you could use the platform
- **Come to our launch!**

[@hesham\\_abdalla](https://twitter.com/hesham_abdalla) | [@NHS\\_Man\\_john](https://twitter.com/NHS_Man_john)



[Log in](#)

---

## | Share

---

### Related areas of interest

[Analytics and data](#)

[Community and voluntary](#)

[Integrated care](#)

[Patient and public involvement](#)

[Patient experience](#)

[Quality improvement](#)

[Workforce](#)

---

### Related groups

[Q Exchange 2018 Award Holders](#)

---

### Related links

---

[Hexitime](#)

---



Log in

---

## Leave a comment

If you have a Q account please log in before posting your comment.

Read our [comments policy](#) before posting your comment.

**Your name** (required)

**Your email address** (required)

This will not be publicly visible

**Your comment** (required)

Paragraph ▾ **B** *I* ☰ ☷ “ 🔗 ✖

---

Notify me of followup comments via e-mail. You can also [subscribe](#) without commenting.

Post your comment



  
Log in

---

## Further information

[Privacy policy and cookies](#)

[Terms and conditions](#)

[Comments Policy](#)

[Copyright](#)

---

## Get in touch

Q, 8 Salisbury Square

London

EC4Y 8AP

020 7664 4661

020 7664 2078

[q@health.org.uk](mailto:q@health.org.uk)

---



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

[Find out more](#)

© 2024 The Health Foundation