

Decarbonising general practice

Northumberland, Alnwick, Berwick,
Gateshead, Hexham, Newcastle, North
Tyneside, Northumberland

Your guide to a net-zero action plan for
non-clinical emissions



Introduction

To achieve net-zero carbon emissions means decarbonising both clinical and non-clinical carbon. This guide covers non-clinical carbon for general practice.

Warning – do not read from cover to cover!

The guide is designed to be picked up; read the section you want to act on and put in place one key action today. Then find another action tomorrow...

- Over time, the number of actions taken will build.
- Make the actions part of a bigger practice wide strategy - they can be ticked off cumulatively.

You are in great company. Other GP practices are:

- becoming carbon literate;
- having their carbon footprint measured;
- already greening their estates;
- increasingly designing green action plans for their own practice;
- signing up to become active practices or already designing active travel plans.

The Green Impact for Health toolkit – a sustainability accreditation scheme for GP practices – has over 1,000 practices taking part. This means more than 15% of all GP practices are using the toolkit!



We can do this!

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Contents



Going net-zero



Energy



Travel



Business services



Green IT



Waste



**Procurement of
goods**



Net-Zero Action Plan

Going net-zero



Let's join the healthcare net-zero movement and decarbonise primary care

Along with the UK government and other businesses and organisations, the NHS in the UK has been proactive in implementing sustainability in healthcare by setting targets and developing the 'Delivering a Net Zero NHS' published in Oct 2020. Wales has a [decarbonisation plan](#), Scotland is process of [developing a plan](#), NI has yet to endorse [their targets](#).

The carbon footprint of the health service is notoriously large – the NHS produces 5.4% of the UK's greenhouse gas emissions. The NHS is also responsible for 3.5% of all road travel in England, producing significant air pollution.

This means all aspects of the NHS are required to take action and this guide is designed to make it easy for you to start taking action on your non-clinical carbon impacts with the target of reducing your impacts by 2045. Although the Greener NHS has a 2045 ambition, the quicker we can reduce our emissions, the greater chance to limit any climate change catastrophe, so aiming for a more ambitious 2025 or 2030 target is ideal!

In each section this guide highlights:

- The quick and easy wins and longer-term changes
- How to take action
- How to monitor and measure your improvements

Dr Matthew Sawyer,
GP and founder of SEE Sustainability

*The NHS has committed to decarbonising by 2045, however, to prevent the worst impacts of the climate crisis, we should be aiming to decarbonise as rapidly as achievable - by 2025 if possible - and not delay starting to take action.



CO₂

The NHS contributes to 5.4% of the UK's carbon emissions.

What could a net-zero practice in 2030 look like?

Imagine your practice with low or no energy bills, fewer asthma patients, healthy staff members who cycle to work daily...

This may sound like a big ask for your organisation, but practices around the country are already taking steps by:

- Reducing their energy use
- Having travel initiatives for staff and patients alike
- Setting up 'green teams' to encourage and inspire behaviour change
- Working with suppliers to look for low carbon and environmentally responsible options

This guide will support you on your journey to make a net-zero practice by 2030 less of a dream and more of a reality.



125,000 lives could be saved each year by 2040 by meeting the minimum climate emissions, according to a study by the Lancet*.

*Source: The public health implications of the Paris Agreement: a modelling study, The Lancet, February 2021, [www.thelancet.com/journals/lanplh/article/PIIS2542-5196\(20\)30249-7/fulltext#seccesstitle10](http://www.thelancet.com/journals/lanplh/article/PIIS2542-5196(20)30249-7/fulltext#seccesstitle10)

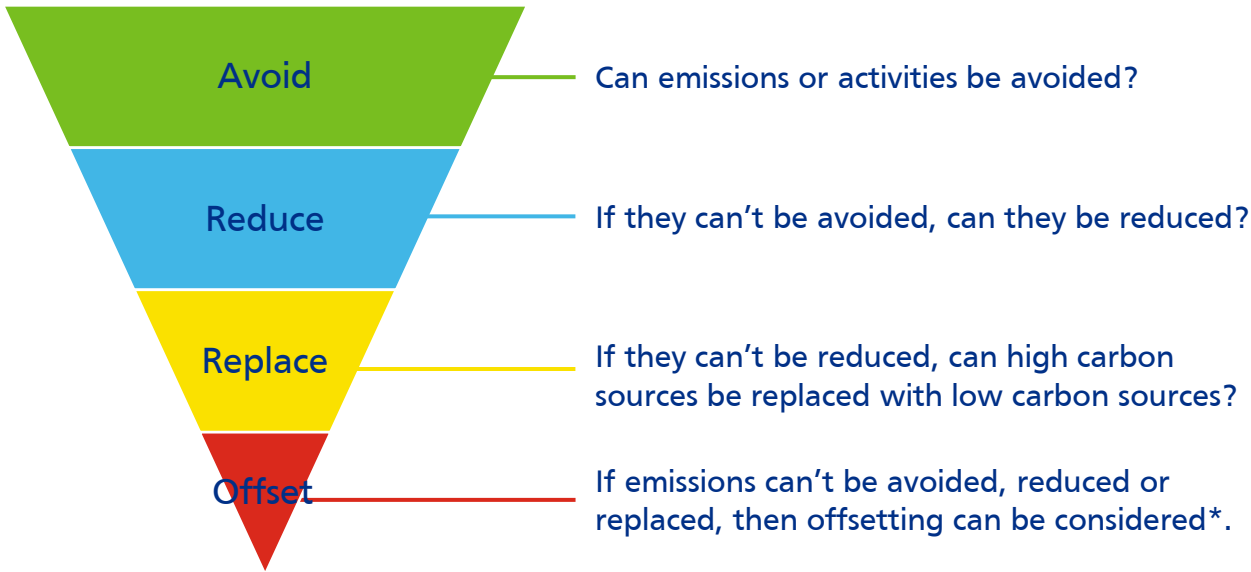




What does net zero mean?

Along with the UK government and other businesses and organisations, the NHS has committed to be net-zero by 2045 and decarbonise its direct emissions from its operation by 80% by 2028-2032. The NENC ICS 2030 vision to be the greenest region in England

Working to net-zero means measuring and reducing as many emissions as possible with offsetting being the last resort. Using a carbon-reduction hierarchy can help:



*Offsetting is controversial and should not be relied upon in a carbon reduction strategy.

GLOSSARY

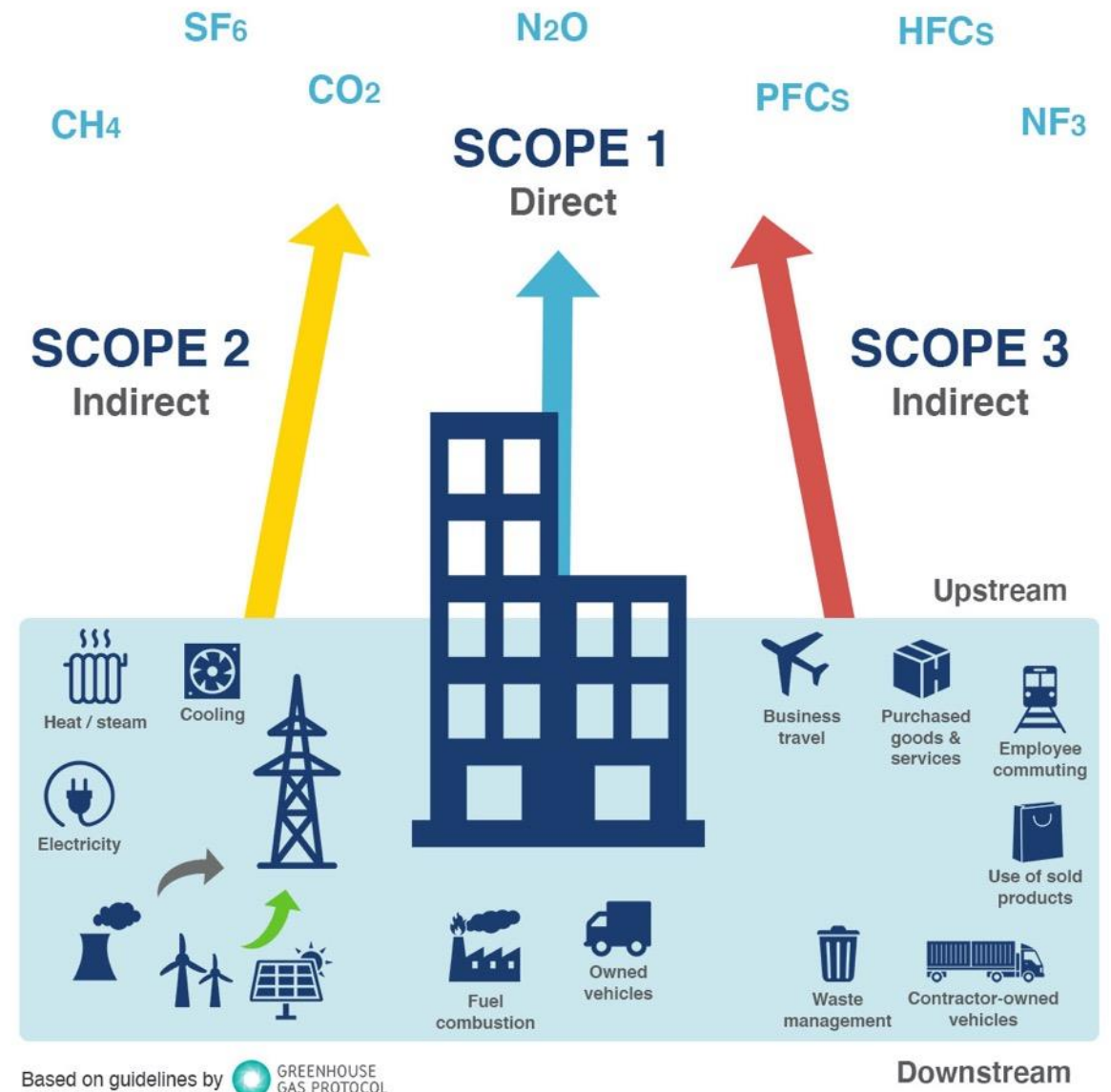
- **Carbon footprint**
The total amount of greenhouse gas emissions released into the atmosphere that is produced directly or indirectly by human activities. The standard unit of measurement for carbon footprints is carbon dioxide equivalents (CO₂e).
- **Net-zero**
A "net-zero" target refers to reaching net-zero carbon emissions by a selected date where carbon emissions are balanced with those being absorbed.
- **Zero emissions**
Zero emissions are when no carbon is emitted resulting in no net release of carbon dioxide into the atmosphere.
- **Carbon negative**
The reduction of an entity's carbon footprint to less than neutral, so that the entity has a net effect of removing carbon dioxide from the atmosphere rather than adding it.

What are scopes 1, 2 and 3?

Carbon emissions can be grouped into categories depending on where they arise and where they are used by a business.

The [Greenhouse Gas Protocol](#) has categorised emissions in the following way:

- Scope 1 – direct emissions created by an organisation through fuel combustion and owned vehicles. For primary care, the scope 1 emissions relate to heating and cooling of buildings and any practice owned vehicles.
- Scope 2 – indirect emissions from electricity and energy production.
- Scope 3 – all the indirect emissions from suppliers, purchases, transport. For a practice, this includes medicines and chemicals (the biggest impact for primary care), medical and office equipment and consumables plus staff and patient travel and all the services we use to run our practices.



The biggest carbon impacts from healthcare

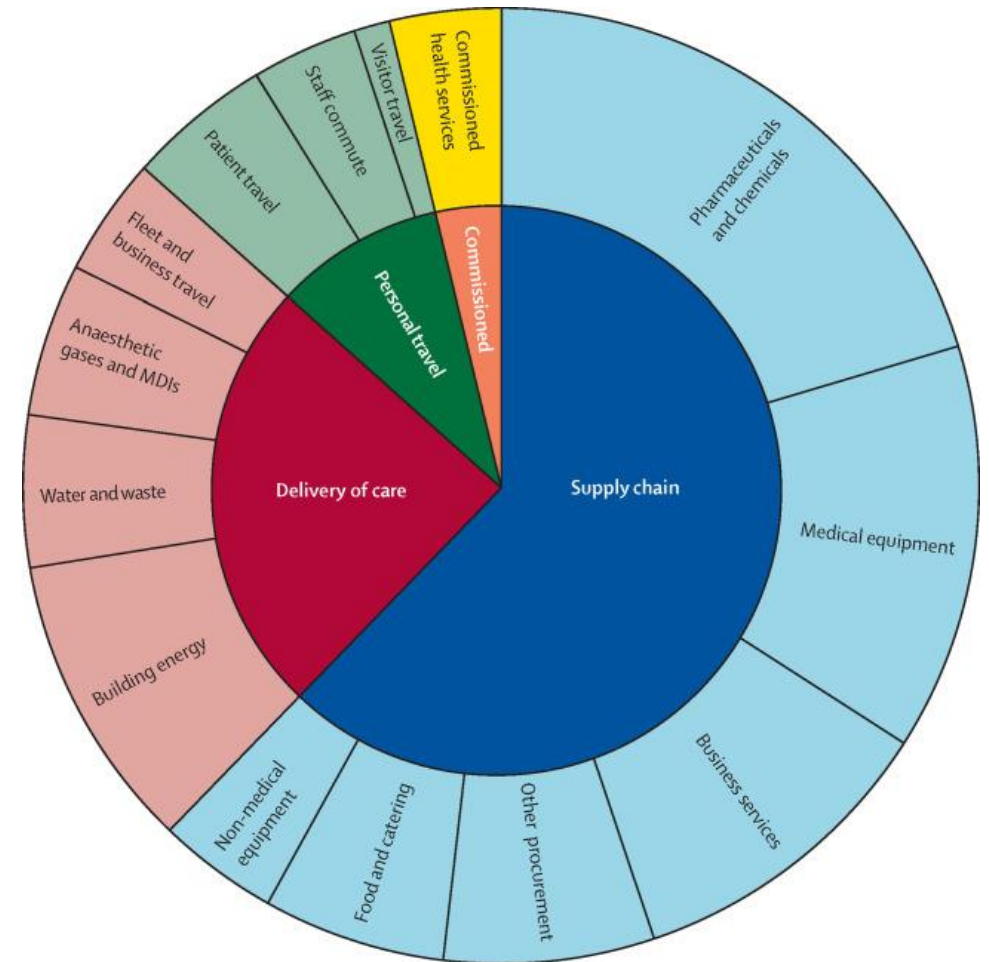
Healthcare has an environmental impact and generates carbon emissions.

In 2020, the Lancet* calculated the whole of the NHS generated 25 megatons of CO₂e, with primary care being responsible for nearly 25% of the emissions.



Globally, the healthcare sector causes a substantial share of the world's emissions of greenhouse gases and air pollutants:

- 4.4% of greenhouse gases
- 2.8% of harmful particulate matter (air particles)
- 3.4% of nitrogen oxides
- 3.6% of sulphur dioxide

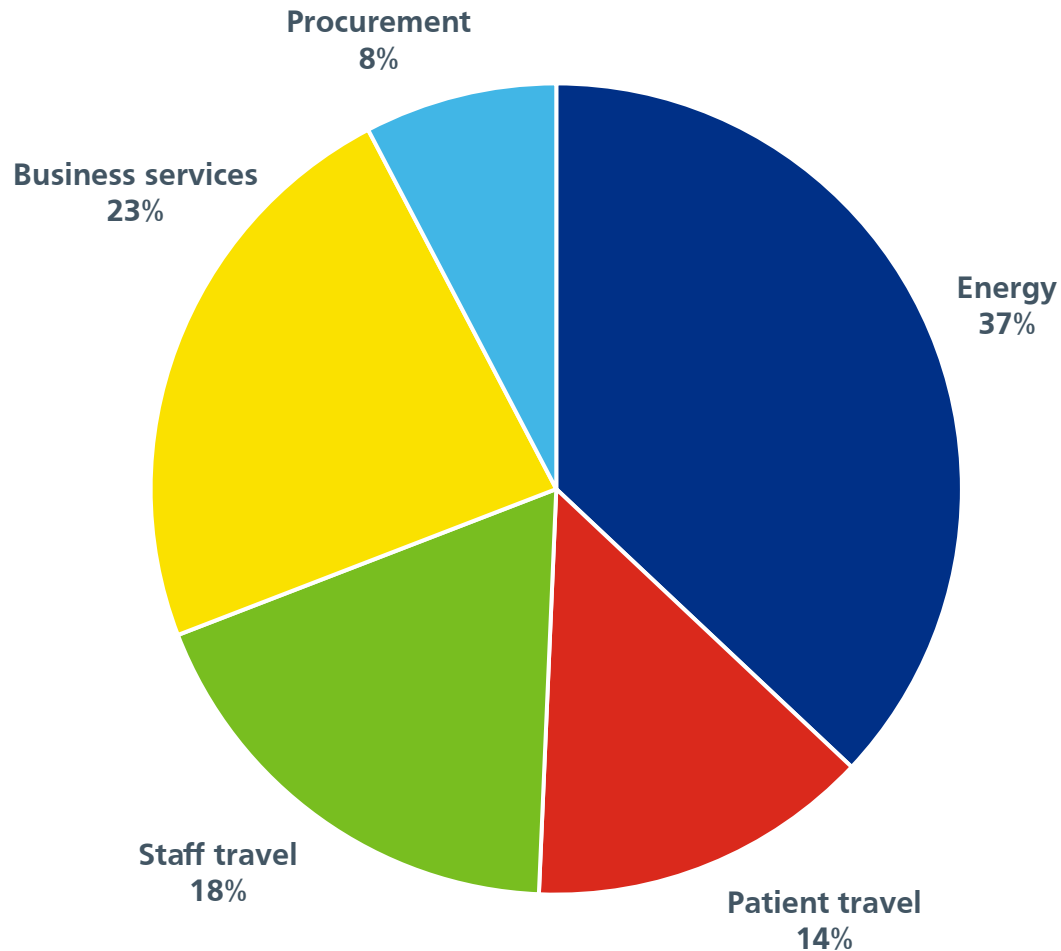


Contribution of different sectors to the greenhouse gas emissions of the NHS England, 2019**

*Source: [www.thelancet.com/journals/lanplh/article/PIIS2542-5196\(20\)30121-2/fulltext](http://www.thelancet.com/journals/lanplh/article/PIIS2542-5196(20)30121-2/fulltext)

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Non-clinical emission hotspots from primary care



In primary care:

- 40% of the emission footprint is due to non-clinical carbon from the running of the practice including energy use, transport of staff and patients, business services and procurement.
- 60% is due to pharmaceuticals and chemicals and gases from inhalers.

The hotspots in primary care for non-clinical carbon emissions depend on the practice list size, location, building type and services provided.

The major emission hotspots will include:

- Energy use – for both gas and electricity
- Travel – for both patients and staff*
- Business services – covering accountancy, IT, waste services etc.
- Procurement – covering medical and non-medical equipment and consumables

Other areas – such as water, food and drink and recycling are responsible for smaller proportions of emissions but can be included in your practice plans.

*pre Covid19



Getting started doesn't necessarily mean tackling the biggest areas. It's a combination of addressing the biggest areas and the easy-wins.

The easy wins also motivate your team and build momentum.

5 benefits of climate action for practices

Taking action has lots of additional co-benefits. If you need to develop a business case for your organisation, these are some aspects to focus on:



1. Positive physical and mental health impacts
on staff and patients



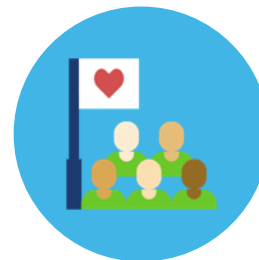
2. Business continuity and resilience
allowing us to continue to provide care to our patients



3. Financial savings
by improving efficiency, reducing waste and changing service delivery models



4. Minimised reputational risk
by demonstrating that we recognise the impact healthcare has on the planet



5. Safer and fairer communities
by recognising and addressing the health impacts of climate change, which exacerbate existing inequalities

“Healthier populations will prove more resilient to future health threats, thus reducing economic consequences. Finally, whole societies profit when disparities between the most privileged and those most vulnerable to the impacts of climate change and disease are reduced.”

The Lancet, February 2021

Getting started with net-zero

To get started...

Audit your impacts by establishing your carbon footprint.

If you have not already done so, the first step is to audit your carbon footprint so you know what the big issues are and you can monitor the improvements from your actions and interventions.

There are plenty of carbon calculators and tools to use, for example [SEE Sustainability](#), [Compare Your Footprint](#) or [Smart Carbon](#) who offers a simple and cost-effective way for you to measure the carbon footprint of your operations.

You can use external consultants like SEE Sustainability, use a guide to rough calculation can be found [here](#), or head to each section of this guide monitoring and measuring suggestions.

Examples of carbon footprints conducted at a range of services in Salford CCG are available [here](#).





Developing a business case

Making an ethical case for sustainable business practices is easy. For the good of our species and our planet, we all need to come together to reduce our environmental impact, because the ramifications of failing to do so are dire.

Making a financial case for sustainable business practices is easy. There are many financial benefits for a practice in the long term from taking action to reduce our resource or energy use. Energy savings are recurring so worth a huge amount over the years to come.

Sustainable practices are those that:

1. at minimum do not harm people or the planet and
2. create better outcomes for patients by focusing on improving environmental, social, and governance (ESG) performance of the practice.

Building a business case isn't a one-and-done endeavour, but rather a living and breathing process in which we should position ourselves to be nimble and proactive.

Through regular dialogue with staff and patient, a practice with a sustainability agenda is better positioned to anticipate and react to economic, social, environmental, and regulatory changes as they arise.

Managing risks therefore requires making investment decisions today for longer-term benefits of our patients and staff.

Embedded sustainability efforts clearly result in a positive impact on business performance.

1.

Write a simple narrative to demonstrate how providing more environmentally sustainable healthcare benefits the practice.

3.

Intangible benefits – record but don't quantify – yet! Include reputation, staff morale and motivation, productivity, future proofing.

2.

Estimate quantifiable savings and benefits. Identify a process to regularly capture these savings.

4.

Balance against costs of proposed changes.

How to bring your stakeholders on your net-zero journey



1. **Get to know what your team cares about** and look at where sustainability comes into it. It could be small things like a recycling bin or tea bags to big things like procurement and medication.



2. **Set up a green team or green community** with representatives from across the practice.



3. **Discuss the findings** of your carbon footprint audit with the green team or your whole team.



4. **Develop your existing green action plan** or create a net-zero action plan with targets for each impact area. For inspiration use this guide and the resources within it.



5. **Engage your supply chain** – and patients – in setting targets, asking for their input, and creating a sense that ‘we are in it together’.



6. **Meet regularly** to feedback on progress and troubleshoot challenges.



7. **Celebrate** and acknowledge incremental improvements throughout the year. Human brains need short-term rewards to keep motivated for long-term goals.

Engaging your team

Green communities rather than green champions

Change comes when people across the organisation are taking action and feel empowered and motivated. It means collaborating with engaged members from each department to identify ways to reduce your footprint and improve your processes. This does not mean everyone has to become environmentalists overnight.

Start with engaged people from a range of departments and as momentum increases and change happens, others will adopt the new social norms.

People are more likely to act if they feel part of the process and they know there is commitment at a senior level. In the 2020 Edelman Trust survey 73% of workers expected CEOs to take action. And likewise, senior leadership are more likely to act if they know it will improve staff retention and commitment to their organisation.



"We're very good at taking a team approach. We have a group of people that really care and are all working on different areas, and that's starting to gather momentum. I think that's been one of the key things."

Karen Creffield,
Frome Practice and Primary Network Care Manager

A study from [Unily](#) on the 'Future of the Sustainable Workplace' report showed that:

- 65% of new staff are more likely to work for a company with a strong environmental record
- 64% would definitely or possibly turn down a job from a company with a bad environmental track record
- 63% want to learn more green skills to become more valuable in the workplace
- 57% of employees said they need more info. on their company's environmental goals
- 46% said they need more training on environmental goals



TRAINING STAFF

Train and educate your organisation so that they can ensure the net-zero strategy is sustained and considered for all future decisions.

Tips to engage your team



- **We are the champions**

Who are the people in your workplace who are passionate about seeing plastics eliminated? These are the champions. They can help engage work colleagues – the message is far more powerful when it comes from a team-mate.

Give them a support in their role - they could be responsible for making that initial list, regular updates to staff, and generally inspiring others to take the small steps needed.

- **Start small**

All the small actions add up to make a big difference, so make a note of these initial steps you can help staff to get involved in.

Be transparent with your staff about the environmental impact of the products or service they're offered/using, the majority will seek the most sustainable options available (making your decisions even easier!).

- **Communication is key**

The more people involved, the greater the impact. Make sure that staff know what's happening, why it's happening and what you're going to do to make it easy for them to join in.

Take pictures of staff travelling to work, or switching off equipment or recycling before and after, have posters around staff and communal areas with reminders of hints and tips on what they can do.

You do not have to win over all the hearts and minds within your organisation to care about the environment.

You can still engage people with environmental issues without talking about the environment!

Talk about the health benefits of an initiative or the financial savings.

- **Emphasise the benefits of a decarbonised practice**

Decarbonising can also have financial benefits although there may be some initial investment required. Often savings in one area can be used to fund other areas.

Furthermore, there are a wealth of wellbeing and job satisfaction benefits leading to a happier and healthier workforce.

- **Lack of staff engagement?**

Why is your team reluctant to participate? E.g., concerns over extra work, disillusion with green initiatives, not sure how they can get involved...

How can you ensure they have the right support, training and capacity?

Ask the staff!

Engaging your patients

While the pandemic was the centre of conversations in 2020-2021, the climate emergency remains a vital issue that more and more people want to act on.

You don't need to turn everyone 'green'. You can communicate the family, community and individual benefits of low-carbon lifestyles to your patients and work with local stakeholders to transform the infrastructure to make those choices easier for people.

Making Every Contact Count have lots of useful resources for patients- www.meccgateway.co.uk/nenc/new

48%

of people are more concerned about the planet's health as a consequence of the pandemic*

80%

are willing to make lifestyle changes to stop climate change as big as those they've made for coronavirus**

What steps can people take?



Eat more plant-based food



Cycle or walk short journeys



Switch to renewable energy



Plant trees

*Kearney study, April 2020

**Futerra Sustainable Lifestyle Survey, May 2020

Energy



Your energy footprint

Energy is used for space and water heating and electrical equipment, lighting etc. Energy often has a high financial and carbon emissions cost for a practice.

Do you want to save money, energy or carbon? You can do all three simultaneously!

£260 = 233 kg CO₂e* = 1MWh electricity**

Reductions in use can be achieved through behaviour change and technological advances.

A recent survey of GPs revealed the majority were more interested in reducing their carbon emissions than reducing their expenditure.

CO₂

Energy use contributes to around 25% of the non-clinical carbon emissions from primary care.

In 2020, primary care emitted 250,000 tonnes of greenhouse gases through energy use.

*2020 data

** MWh = megawatt hour of electricity = 1,000 kilowatt hours



HOW MUCH DOES OUR PRACTICE SPEND?

An annual electricity bill of £6,000 is equal to emissions of over 5 tonnes of CO₂e each year.

WHY ADDRESS YOUR ENERGY FOOTPRINT?

1. It offers huge financial opportunities – up to 25% savings on energy bills in the first 1-2 years.
2. Energy often has the highest non-clinical emissions footprint
3. It is the easiest way to have a big impact on carbon emissions
4. Reporting of energy use and greenhouse gases emissions is mandatory for companies with more than 250 employee. More information is available [here](#).

Energy hierarchy triangle

The Energy Hierarchy triangle is a classification of energy options with the most sustainable at the top.

Following the hierarchy approach helps to reduce the environmental impact of the energy use of the practice.

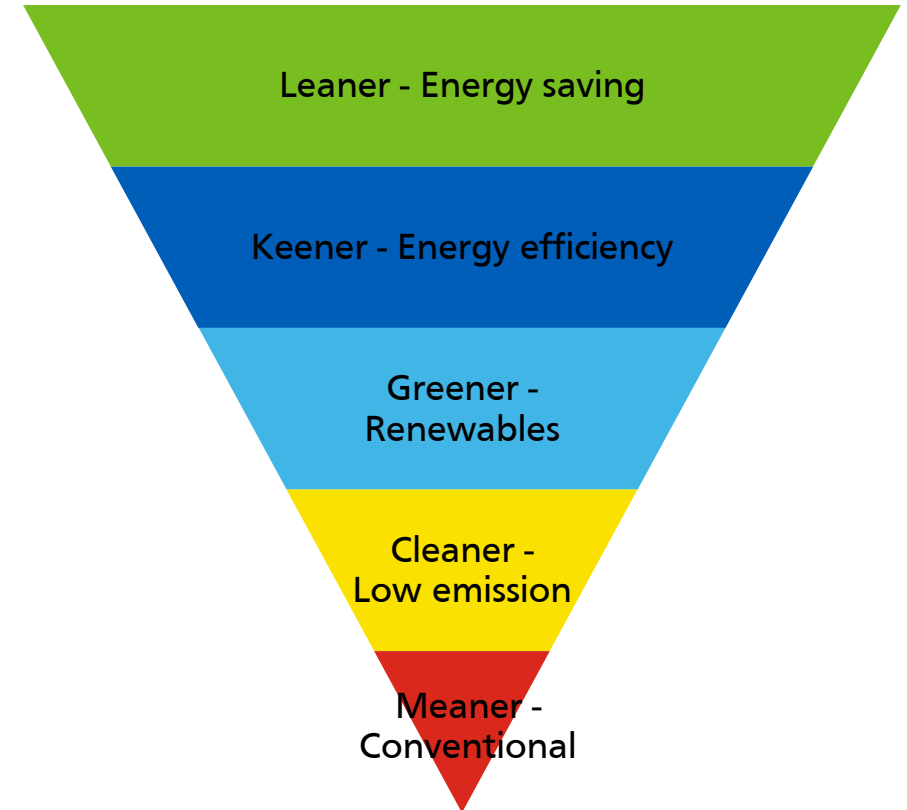
Leaner – The top priority under the Energy Hierarchy is energy conservation or the prevention of unnecessary use of energy. The cheapest unit of energy is the unit of energy you don't use.

Keener – The second priority is to ensure the energy that is used is consumed efficiently.

Greener – Thirdly, BUY Green. The energy that is used is from a renewable energy source. This describes naturally occurring, theoretically inexhaustible sources of energy e.g., 'elemental energy' from the sun, wind, wave, tide or rain (hydropower).

Cleaner – Fourthly, low impact energy production such as nuclear or fossil fuel with carbon capture and storage (not available at scale currently).

Meaner – Finally, energy production using unsustainable sources, such as unabated burning of fossil fuels.



Top actions you can take

1. Understand your current energy use better:

- Carry out an energy audit.
- Install a smart meter for better monitoring.

2. Make a plan and incorporate the energy hierarchy:

- Making every kWh count: Investing in no-regrets energy saving measures
- Preparing buildings for electricity-led heating: Upgrading building fabric
- Switching to non-fossil fuel heating: Investing in innovative new energy sources
- Increasing on-site renewables: Investing in on-site generation



What is your current energy usage?

Knowing the current energy use (gas and electricity) and identifying heavy users or wasted energy can help put plans in place to reduce use and bills.

How to monitor and measure

- Carry out an Energy audit (see box)
- Interrogate your bills for your annual gas and electricity use
- Calculate your practice floor print
- Use your practice floor print to work out energy per m²
- Compare your results to RIBAs 2030 Climate Challenge figures (see [RIBA targets for energy use](#))

ENERGY AUDIT

1. Record the floor space of the practice
2. Use the bills to identify total use/expenditure
3. Identify equipment for heating and cooling (air conditioning, room heaters, fridges etc)
4. Measure the energy use of the equipment
5. Identify air leaks around doors, windows
6. Measure loft insulation
7. Identify type of windows (double glazed, single glazed)
8. Check lighting and other appliances

Energy	Current annual use (kWh)	Annual expenditure (£)	Practice floor print (m ²)	Current benchmark (kWh/m ²) OR (£/m ²)
Gas				
Electricity				



Plug-in energy monitors can help understand the energy use of different pieces of equipment. Measure heating and cooling equipment first.

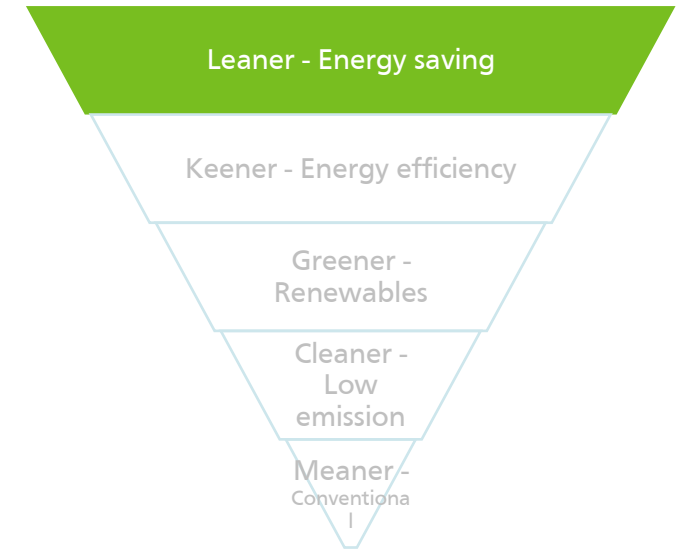
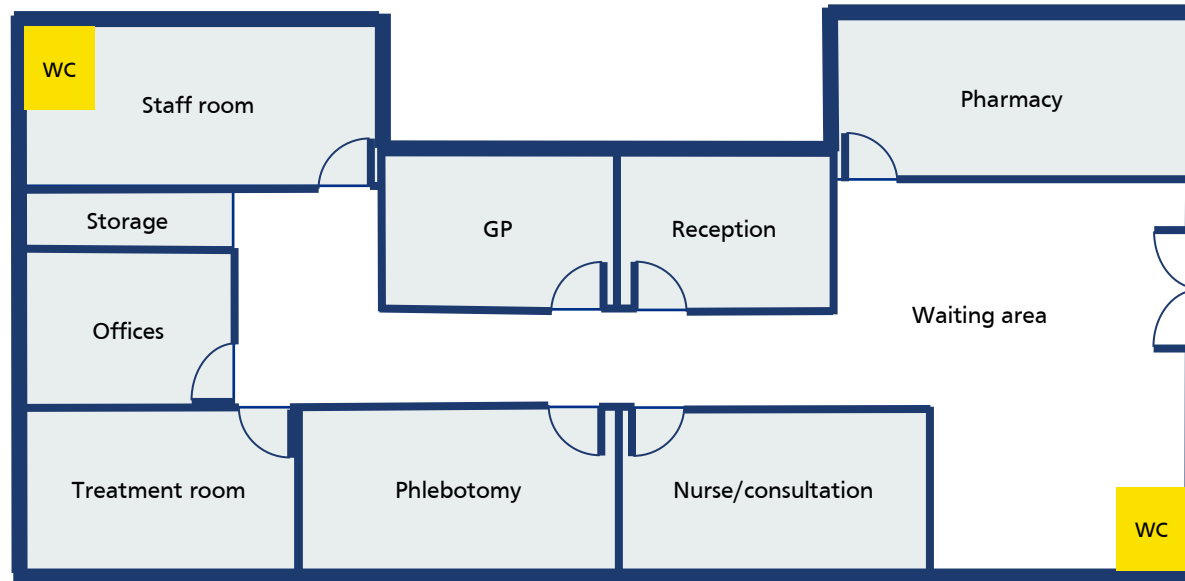
Find monitoring tools [here](#).

Step 1: Energy saving

Reduce energy use through behaviour change

General Practice Energy Management Floorplan

This energy management floorplan can be used as a guide for ensuring that all rooms/areas have the correct energy saving options available. Sites can apply this as practically as possible, noting different estates types may allow for different solutions.



TREATMENT AND PHLEBOTOMY ROOMS

- Ensure computers and printers/peripherals are switched off every night eliminating standby settings
- Set all PC monitors to go to sleep after 5 or 10 minutes of inactivity - a third of a PC's energy is used by the monitor.
- Use thermostats on radiators to control room temperatures

GP AND NURSE CONSULTING ROOMS

- Close doors and window where possible
- Avoid electric heater as they can affect thermostats
- Reducing your PC monitor brightness from 100% to 70% can save up to 20% of the energy the monitor uses.
- Open blinds for natural light

NON-CLINICAL AREAS

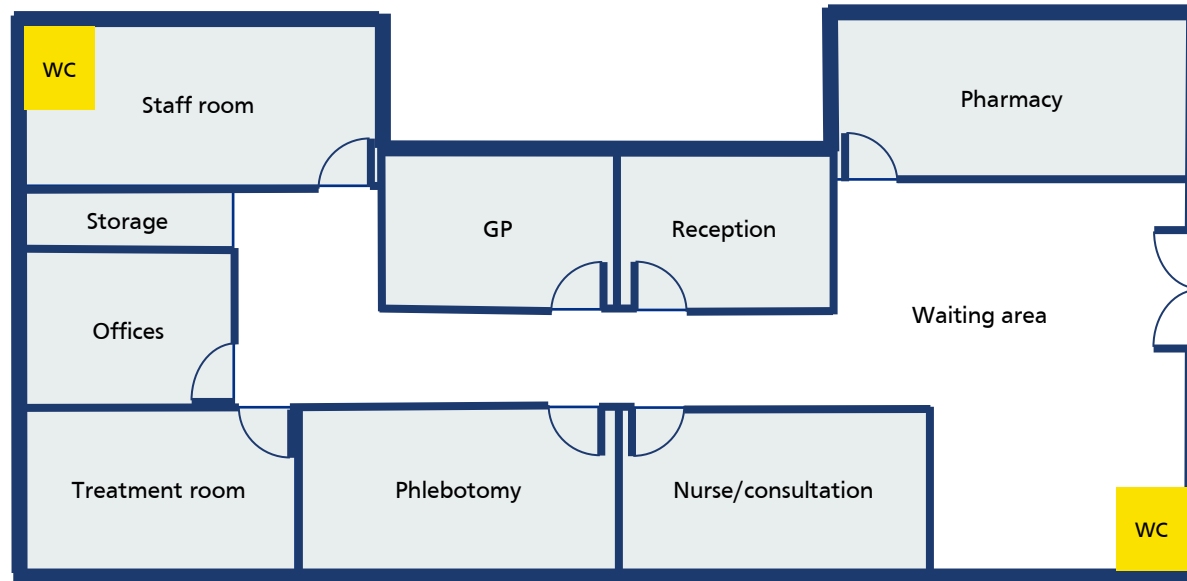
- Consider highest energy efficiency rated appliances within your budget when needing to replace
- Ask staff to only boil as much water is needed in a kettle.
- Use 'on-demand' water heaters instead of kettles

Step 1: Energy saving

Reduce energy use through behaviour change

General Practice Energy Management Floorplan

This energy management floorplan can be used as a guide for ensuring that all rooms/areas have the correct energy saving options available. Sites can apply this as practically as possible, noting different estates types may allow for different solutions.



Equipment left on stand-by can use £10 per year per socket



Case study

One practice asked their clinicians to switch off at the wall as part of their 'Electricity Responsibility Plan'. The depowering of the rooms decreased the practice electricity consumption by 30%

OUTSIDE/ROOF SPACE

- Check and upgrade insulation where needed
- Annual maintenance of boilers and electrical items
- Look to improve thermal efficiency of doors and windows
- Prevent heat loss in the winter - Close windows and doors, improve draft exclusion

SHARED SPACE/CORRIDORS

- Turn the thermostat down 1°C saves 8% in heating costs
- Lights on timers e.g., automatically off overnight
- When replacing equipment choose the highest energy efficiency ratings available

LONGER TERM

Plan to replace a boiler with an air source heat pump in your action plan.

Step 2: Energy efficiency

Reduce energy use through by increasing energy efficiency.

E.g., improved fabric efficiency, upgrades to lighting and cooling equipment, controls and metering.

Short-term investments in technology:

- Examine the current insulation – is it sufficient? The [National Insulation Association](#) can help.
- Is the thermal efficiency of windows enough? Do they feel cold? Are they double glazed?
- Heating – are there thermostats to control individual room temperatures? There is evidence that multizone control can drive higher savings.
- Can you use an 'On demand' water heaters instead of kettles for hot water?
- Water softening: Build-up of limescale in a central heating system due to hard water can reduce the efficiency of heating systems. Practices can include measures for water softening.

Electricity use

Computers & printers

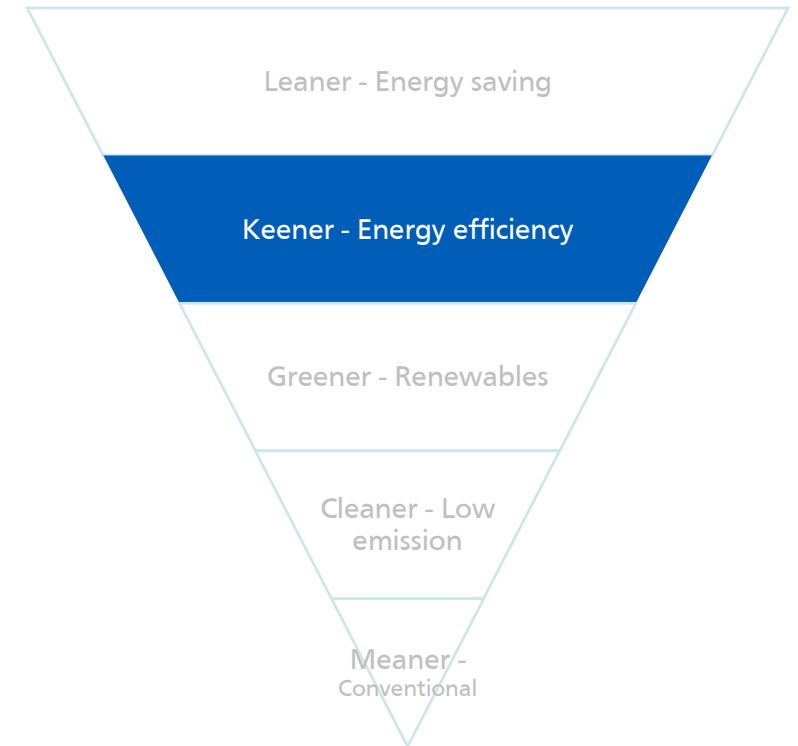
- Put computers, printers and chargers on powerbanks can be turned off remotely or on a timer every night. Best buy reviews are [here](#), [here](#) and [here](#)

Lighting

- Movement sensors, occupancy-controlled lighting, automatic light sensors
- Lights on timers e.g., automatically off overnight
- Change to LED bulbs

Equipment

- When replacing equipment choose the highest energy efficiency ratings available
- Low energy AAA rated electrical equipment e.g., refrigerators



A twin approach to technology change and behaviour change combine to have the greatest impact.

Step 3: Renewables and low emissions

Switch to a green tariff

Only those that are increasing the amount of green energy provision should be invested in. The others are not actually changing the energy-mix on the grid.

To help reduce the amount of carbon used in the UK, you need to look more closely at your choice of tariff. The only truly carbon reducing tariffs are those that buy renewable energy and the REGOs (renewable energy certificates called Renewable Energy Guarantees of Origin) directly from the companies that generate it. Greener is not more expensive, most suppliers now absorb the costs of REGOs.

According to information from Ofgem and research by Which? and the Energy Saving Trust, the greenest tariffs are available from Good Energy, Green Energy UK and Ecotricity.

ecotricity

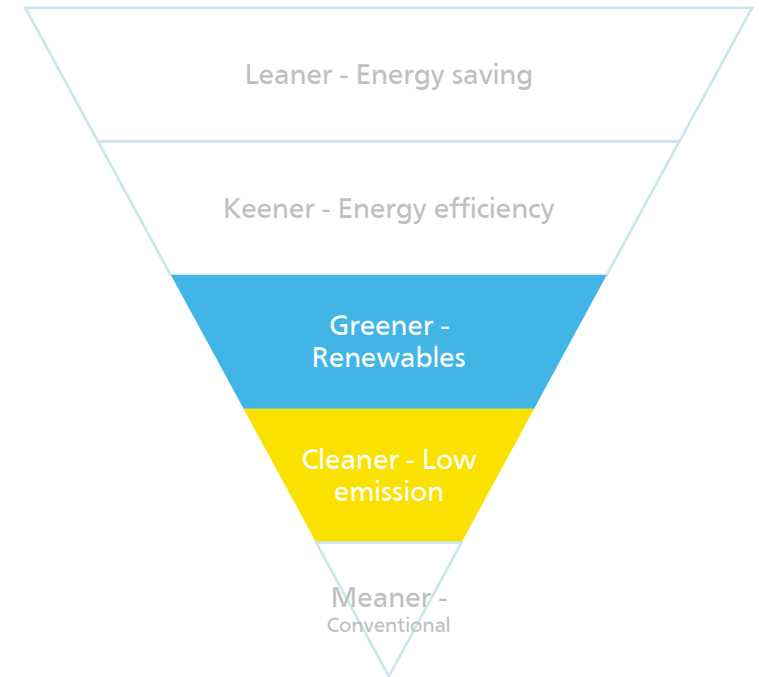
www.ecotricity.co.uk/for-your-business



www.goodenergy.co.uk/business/supply



www.greenenergyuk.com/Business



Switching to a green tariff is easy – look at Good Energy, Ecotricity or Green Energy UK.

Going further: Self generation and heat management

Self generation

Solar panels can be a cost-effective way of converting the natural power of sunshine into electricity or heat. Solar PV generates electricity on site which can be used by the practice, stored for later use or sold back to the grid. Solar Thermal uses sunlight to heat water and offset heating costs. Many UK solar energy manufacturers, suppliers and installers are members of the [Solar Trade Association \(STA\)](#).

Useful information on selling electricity to the grid is available at:

- www.goodenergy.co.uk/business/generation
- www.ecotricity.co.uk/your-green-energy/solar-power-export

CASE STUDY – URBAN PRACTICE

Panels installed on a practice generated 1.3 MWh in 2020. The practice pay the owner for what it uses and any excess is sold back to the grid.

The practice know where its electricity is generated, and the carbon emissions are zero.



Heat management

Pre-heating: Where the practice is sufficiently well insulated, it is possible to pre-heat ahead of peak times. This enables access to cheaper tariffs which reflect the reduced costs associated with producing power off-peak and reducing requirements for network reinforcement to manage peak loads.

Smarter heating management and use: A 3-6% reduction in heat demand can be achieved through more informed and smarter management of heating the practice.

Smart meters and real time displays have been found to result in energy savings of around 3%, driven by associated actions such as turning the thermostat down or reducing the amount of time the heating is on.

CASE STUDY – URBAN PRACTICE

Unit prices increased in the period studied by approximately 5% and 10%. Despite those increased unit prices, we have been able to reduce the energy bill in real terms by £2,500 ex Vat in the like for like period.

How?

Decrease energy consumption by reducing thermal loss using intelligent building management system. This refines the timings of the heating system to come on based on actual and predicted outside temperatures to reduce overheating the building when isn't being used.

Long-term actions

In 2021, the government consulted on reducing gas use for heating and replacing gas boilers with alternatives from 2025.

Options for future space and water heating includes heat pumps, electric (and infrared) heaters, district heating systems, biomass boilers and possibly hydrogen boilers. The upfront investment tends to be higher, but they can be cheaper to run – especially when combined with electricity storage battery options.

Air source heat pumps are several hundred percent more efficient than gas. There are grant schemes for investing in these. Plan to replace a boiler with a heat or ground source air-pump in your action plan when your gas boiler is in need of replacement. The Heat Pump Association is accessible [here](#).

Practices have different requirements due to size, location etc. It is worth understanding the options prior to the disaster of a boiler breaking down

Some practices may be able to access Salix funding via the [Public Sector Decarbonisation Scheme](#). This is likely to only apply to NHS Trust owned buildings and health centers.



FUNDING

A new government initiative – the Clean Heat Grant scheme – is scheduled to be available from April 2022.

Current information suggests it will provide some upfront funding, although an up-to-date Energy Performance Certificate (EPC) is likely needed.

Application details and website are currently not available.

Further information available [here](#) and [here](#).

NHS Property services

NHS Property services are responsible for 3,000 properties including some GP premises and health centres.

They state “NHS Property Services will align with the ambitions of the wider NHS, aiming to become net zero carbon by 2050”.

Their environmental sustainability strategy covers

- Carbon,
- Waste,
- Fuel,
- Water, and
- Environmental management.

Their pledges to reduce their carbon emissions are [here](#).

Their webinar on designing and implementing a strategy to achieve the Net Zero goal is [here](#).

Their contact is via www.property.nhs.uk.

OUR PLEDGE

To reduce our carbon emissions

Why is this important?

The Climate Change Act 2008 (2050 Target Amendment) Order 2019 commits the UK government to reduce carbon emissions by at least 100% by 2050, effectively establishing a net zero carbon emissions position by that date.

100% ↓ ↓ ↓ ↓ ↓
by 2050 ↓ ↓ ↓ ↓ ↓

What have we done in the past 12 months?

We have launched a series of initiatives as we commit to making our sites more environmentally friendly:

- In April 2020, we signed two new energy contracts. By moving to 100% renewable electricity, we will offset 37,000 tonnes of CO2 per year without any increase in costs to either the NHS or our tenants. With the implementation of a new procurement strategy, as part of the new contracts, we will be able to deliver some of the best prices in the market, while managing risk and maintaining budget certainty.
- We have kicked off a three year programme to proactively install LED lighting in, initially, 40 properties which represents an investment of £1.65m. LED lighting can produce electricity savings up to 75% or more compared to traditional forms, are more adaptable and produce a clearer, crisper light to work under. Over this three year programme we anticipate the cost savings to be in the region of £1.5 - £2m, which is money that can be reinvested in other parts of the NHS, and reducing our carbon footprint by about 2,000 tonnes of CO2.
- We are undertaking energy audits at our top 50 energy consuming sites and produce concise reports detailing findings and recommendations. These reports will be used to gather and consolidate

The health and care system in England is responsible for approximately 5% of the country's carbon footprint and therefore in January 2020, the NHS launched its 'For a Greener NHS' campaign to accelerate efforts to tackle climate change with a series of co-ordinated measures to reduce its carbon output.

Green New Deal Fund

The Green New Deal Fund (GNDF) is a new low carbon investment fund established by the North Tyne Combined Authority and managed by Amber infrastructure. It will invest £18 million in low carbon infrastructure and can invest directly into small and medium sized businesses by supporting a wide range of low carbon projects across the region, including community energy schemes, Electric Vehicle charging solutions, building retrofits, small scale renewables, natural capital, and low carbon heating systems.

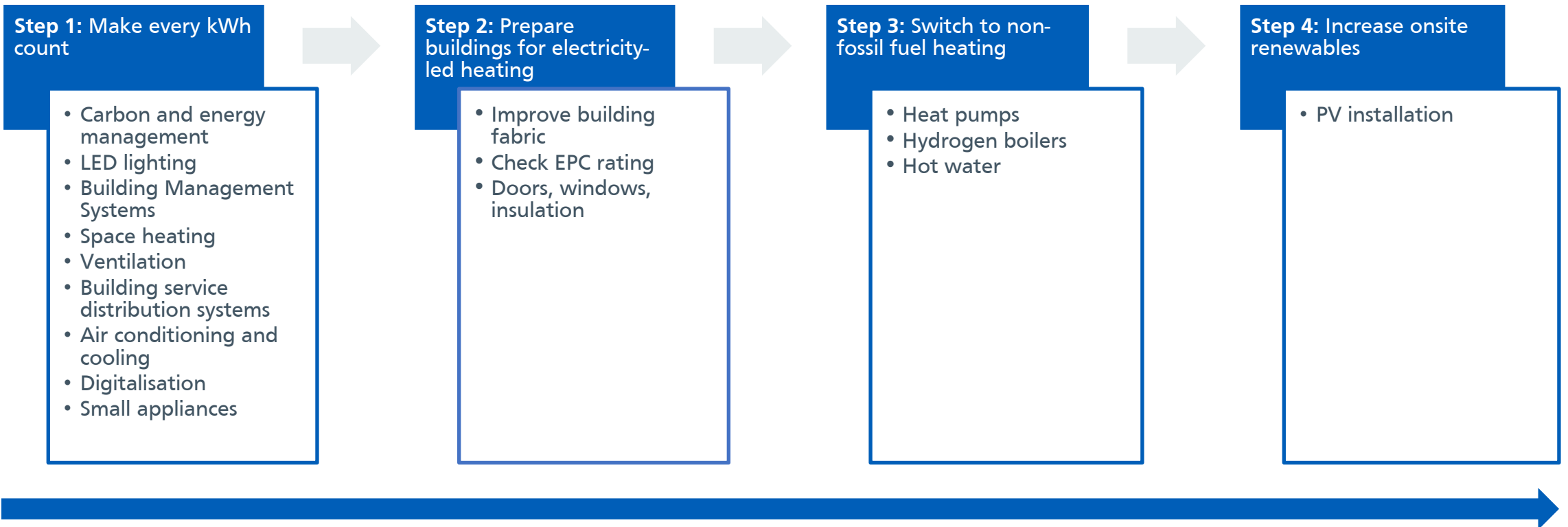
Advantages of GNDF

- Competitive and flexible finance that can be sculpted to meet the Project payback period or can account allow for payment holidays during construction periods
- Grant funding available for innovative measures
- Access to Amber Infrastructure and Bamburgh Capital technical, commercial and legal expertise who can help with due diligence and on commercial structuring

GNDF operates a streamlined and straightforward application process, using a standardised short- form template which the GNDF team can help you complete.

Practices or groups of practices located within Newcastle City, Northumberland and North Tyneside local authorities who are interested in applying to the Green New Deal Fund should visit www.greennewdealfund.co.uk.

Four step approach to decarbonise the NHS estate



Setting targets



Identify ways to reduce your emissions. Once you have calculated your greenhouse gas emissions, this information can help you reduce your emissions and help identify ways to save you money. Setting an emissions reduction target is one way in which this can be achieved.

Setting targets can help you deliver the strategic changes that are needed to reduce use and carbon emissions.

Regarding energy, a practice can set their own targets to achieve their goal such as:

- 50% energy reduction through energy efficiency savings within 3 years,
- Or, have a 100% carbon reduction in space and water heating by installing an air source heat pump by 2025,
- Or, changing to a 100% green energy tariff for electricity supplier by the end of this financial year.

HOW TO SET TARGETS:

1. Carry out an energy audit in the practice
2. Identify energy-saving opportunities
3. Implement energy-saving settings where possible
4. Build a business case for energy-efficient replacements and include the payback period.

Route to reduce		Aim/target					
Area	Current footprint (this year)	3 years time		6 years time		9 years time	
		Total % reduction	How	Total % reduction	How	Total % reduction	How
Energy – electricity	200,000 kWh = 46,000 kg CO ₂ e	25% in use 100% to 'green'	Green team, behaviour change, energy audit Change supplier to 100% renewable	50%	Install on site generation, more efficient equipment	75%	Intelligent building management system for heating
Gas	35,000 kWh = 6500 kg CO ₂ e	20% in use	Improved insulation, reduced losses	80%	Replace with ASHP/GSHP	100%	Gas free premises

RIBA targets for energy use

The RIBA has developed voluntary performance targets for operational energy use, water use and embodied carbon.

These performance targets form the basis of the 2030 Climate Challenge. The performance targets align with the future legislative horizon and set out a challenging but achievable trajectory to realise the significant reductions necessary by 2030 in order to have a realistic prospect of achieving net zero carbon for the whole UK building stock by 2050.

You can use your practice figures for total annual energy use (gas and electric) and surgery floor size to understand your current performance. This can help inform practice targets.



RIBA sets energy reduction targets for businesses including a reduction from over 225 kWh/m²/y to less than 55 kWh/m²/y by 2030.

RIBA 2030 Climate Challenge target metrics for non-domestic buildings

RIBA Sustainable Outcome Metrics	Current Benchmarks	2020 Targets	2025 Targets	2030 Targets
Operational Energy kWh/m ² /y 	225 kWh/m ² /y DEC D rated (CIBSE TM46 benchmark)	< 170 kWh/m ² /y DEC C rating	< 110 kWh/m ² /y DEC B rating	< 0 to 55 kWh/m ² /y DEC A rating

Energy options

There are many options which can be considered when looking to reduce heat use or heat losses. This list covers the majority of topics which a practice can consider and research in more detail. The installations costs are a guide only and each practice will need to assess the impact and costs for themselves.

Proposed measure	Description	Potential level of impact	Implementation cost	Running cost*	Ease of installation
Heating, cooling, ventilation (HVAC)					
Heating	Air Source Heat Pump (with 100% renewable electricity supplier)	High	> £1,000	=	Difficult
	Ground Source Heat Pump	High	> £1,000	=	Difficult
	Heating - electric heating (with 100% renewable electricity supplier)	Medium	£100 to £1,000	- = +	Easy
	Connect to existing district heating	High	> £1,000	- =	Difficult
	Heating – thermostatic radiator valves or zone control valves	High	> £100	-	Easy
	Heating - discrete controls	High	> £100	-	Easy
Cooling	Cooling - plant replacement/upgrade	Medium	£100 to £1,000 - > £1,000	- =	Difficult
	Replacement of air conditioning with evaporative cooling	Low	£100 to £1,000	- =	Difficult
Ventilation	Fans – air handling unit	Low	£100 to £1,000	-	Easy
	Fans - high efficiency	Low	> £100	-	Difficult
	Ultrasonic Humidifiers	Low	Less than £100	-	Easy
	Ventilation - distribution	Low	£100 to £1,000 - > £1,000	-	Easy
Buildings and building fabric	Cavity wall insulation	High	> £1,000	-	Difficult
	Double glazing with metal or plastic frames	High	> £1,000	-	Difficult
	Dry wall lining	Medium	> £1,000	-	Difficult
	Loft insulation	High	£100 to £1,000	-	Easy
	Floor Insulation	Medium	£100 to £1,000 - > £1,000	-	Difficult
	Roof insulation	High	£100 to £1,000	-	Easy
	Secondary glazing	Medium	< £100 - £100 to £1,000	-	Easy
	Draught proofing	Medium	< £100	-	Easy
	Automatic/revolving doors	Medium	£100 to £1,000	-	Easy
	Radiator reflective foil (external walls)	Low	< £100	-	Easy
	Pipework insulation both external and internal	Low	< £100	-	Easy
	Building management systems	High	£100 to £1,000 - > £1,000	-	Easy
Lighting and Lighting controls	LED - new fitting	Medium	< £100 - £100 to £1,000	-	Easy
	Lighting - discrete controls or centralised control system	Medium	< £100 - £100 to £1,000	-	Easy
Renewable energy	Solar PV	High	> £1,000	-	Difficult
	Solar Thermal	High	> £1,000	-	Difficult
Computers & IT solutions	CRT to LED monitors	Low	< £100 - £100 to £1,000	-	Easy
	Energy Efficient Server Replacement	Low	< £100 - £100 to £1,000	-	Difficult
	LED monitors instead of LCD (cost difference)	Low	< £100 - £100 to £1,000	-	Easy
	Network PC power management	Low	< £100 - £100 to £1,000	-	Easy
Hot water	Flow restrictors	Low	< £100	-	Easy
	Hot Water - Efficient taps	Low	< £100 - £100 to £1,000	-	Easy
	Hot Water - Point of use heaters	Medium	< £100 - £100 to £1,000	- =	Easy

*Running cost:
+ More than current options
= Cost neutral
- Less than current options

Resources



Useful websites

- [Energy Saving Trust](#)
- [The Carbon Trust](#)
- [Small Business User Guide – Measuring and reporting your greenhouse gas emissions](#)
- [Business Link](#)
- [Envirowise](#)
- [WRAP](#)
- [Energy Saving Trust Green Fleet programme](#)
- [The Quality Assurance Scheme for Carbon Offsetting](#)
- [Royal Institute of British Architects \(RIBA\) Climate Challenge](#)

Energy providers

- [Big Clean Switch](#)
- [Ecotricity](#)
- [Good Energy](#)
- [Green Energy](#)

Trade bodies

- [Solar Trade Association](#)
- [National Insulation Association](#)
- [Building Services Research and Information Association \(BSRIA\)](#)
- [Chartered Association of Building Service Engineers](#)
- [The Association for Renewable Energy and Clean Technology](#)
- [Building Engineering Services Association](#)

Other useful articles

- [Sustainable and environmentally friendly general practice](#)
- [Energy saving opportunities for GP practices](#)
- [Renewable energy good practice guidance](#)
- [Making energy work in healthcare – Government guidance](#)

Examples of providers

Insulation	Air conditioning and cooling	Building Energy Management Systems	
<p>Heatpac Newcastle heatpac@btconnect.com 0800 55 25 25 https://heatpac.co.uk</p>	<p>Aircare Services Newcastle 0191 261 1144 https://www.aircare-services.co.uk</p>	<p>Energy Surveys North East Jarrow enquiries@energysurveynortheast.com 0191 428 3335 http://www.energysurveynortheast.com</p>	<p>Green Zone Surveys National info@greenzonesurveys.com 03444997574 https://www.greenzonesurveys.com</p>
<p>Minster Newcastle newcastle@minsteronline.co.uk 0191 295 4000 https://www.minsteronline.co.uk/branch-finder/minster-newcastle-branch</p>	<p>Enviro Tech Newcastle enquiries@enviro-techms.co.uk 0191 359 2150 https://enviro-techms.co.uk</p>	<p>Save Money Cut Carbon National 03331235464 https://www.savemoneycutcarbon.com</p>	<p>Fero Consulting National bobcrawford@feroconsulting.uk 07500962548 https://www.feroconsulting.uk</p>
<p>Green Energy Generation Blyth info@geguk.com 01670 828695 http://www.greenenergygeneration.co.uk</p>	<p>Enright Environmental Ltd Blaydon info@enrightenvironmental.co.uk 0191 414 2929 https://enrightenvironmental.co.uk</p>	<p>Efficient Power Solutions National enquiries@efficientpowersolutions.uk 01909569016 http://efficientpowersolutions.uk</p>	<p>Bryce Energy Services National info@BryceEnergyServices.com 01915806543 https://www.bryceenergyservices.com</p>
<p>Enright Environmental Ltd Blaydon info@enrightenvironmental.co.uk 0191 414 2929 https://enrightenvironmental.co.uk</p>	<p>Geowarmth North England info@geowarmth.co.uk 0191 257 1704 www.geowarmth.co.uk</p>	<p>Environmental Strategies Ltd National info@esltd.co.uk 01757403113 https://esltd.co.uk</p>	<p>Green Building Store National info@greenbuildingstore.co.uk 01484 461705 www.greenbuildingstore.co.uk</p>
<p>Karnheath Newcastle info@karnheathltd.com 0191 261 5222 https://karnheathltd.com</p>	<p>Sub Zero National 08000051585 https://www.subzeroclimatecontrol.co.uk</p>	<p>Ecomerchant National info@ecomerchant.co.uk 01793 847 444 www.ecomerchant.co.uk</p>	

This is not an exhaustive list and due diligence must be applied when choosing a supplier.

Examples of providers

Ventilation	Boiling water taps	Space heating	
<p>Enright Environmental Ltd Blaydon info@enrightenvironmental.co.uk 0191 414 2929 https://enrightenvironmental.co.uk</p>	<p>Fohen National hello@fohen.co.uk 0808 196 2480 https://fohen.co.uk</p>	<p>Green Energy Generation Blyth info@geguk.com 01670 828695 http://www.greenenergygeneration.co.uk</p>	<p>Green and Reliable Heating National alanmarcon@me.com 08001182467 https://greenandreliable.co.uk</p>
<p>Envirovent National sales@envirovent.com 0345 2727807 https://www.envirovent.com</p>	<p>Zip National 03456005005 https://specify.zipwater.co.uk</p>	<p>Oakes Energy Services North England info@oakesenergy.co.uk 01429 837662 http://www.oakesenergy.co.uk</p>	<p>UK Green Energy National info@ukgreenenergy.co.uk 01302966169 https://ukgreenenergy.co.uk</p>
	<p>Water Boilers National info@waterboilersdirect.com 08007311491 https://www.waterboilersdirect.com</p>	<p>Engenera North England info@engenera.com 0330 133 0857 https://www.engenera.com</p>	<p>Thrift Energy National sales@thriftenergy.co.uk 0191 284 2424 https://thriftenergy.co.uk</p>
Lighting	EPC Rating		
<p>Karnheath Newcastle info@karnheathltd.com 0191 261 5222 https://karnheathltd.com</p>	<p>Energy Surveys North East Jarrow enquiries@energysurveysnortheast.com 0191 428 3335 http://www.energysurveysnortheast.com</p>		
	<p>Green Zone Surveys National info@greenzonesurveys.com 03444997574 https://www.greenzonesurveys.com</p>		

This is not an exhaustive list and due diligence must be applied when choosing a supplier.

Examples of providers

Boilers	Solar thermal		Heat recovery system
<p>Enright Environmental Ltd Blaydon info@enrightenvironmental.co.uk 0191 414 2929 https://enrightenvironmental.co.uk</p>	<p>Green Energy Generation Blyth info@geguk.com 01670 828695 http://www.greenenergygeneration.co.uk</p>	<p>Northburn Solar Northeast England info@northburnsolar.co.uk 0191 645 1212 http://www.northburnsolar.co.uk</p>	<p>Envirovent National sales@envirovent.com 0345 2727807 https://www.envirovent.com</p>
<p>CP12 Energy Northeast England info@cp12energy.co.uk 0191 440 6274 https://www.cp12energy.co.uk</p>	<p>Oakes Energy Services North England info@oakesenergy.co.uk 01429 837662 http://www.oakesenergy.co.uk</p>	<p>Geowarmth North England info@geowarmth.co.uk 0191 257 1704 www.geowarmth.co.uk</p>	<p>Environmental consultancy</p> <p>Capability North East Northeast England office@capabilityne.org.uk 0191 562 3262 https://capabilityne.org.uk</p>
<p>Appollo Gas Services Northeast England info@appollogasservices.co.uk 0191 414 5555 https://www.appollogasservices.co.uk</p>	<p>Sustainable Energy Engineering Northeast England info@susenergy.co.uk 0191 340 7001 www.susenergy.co.uk</p>	<p>Green and Reliable Heating National alanmarcon@me.com 08001182467 https://greenandreliable.co.uk</p>	
<p>UK Green Energy National info@ukgreenenergy.co.uk 01302966169 https://ukgreenenergy.co.uk</p>	<p>Smart meters</p> <p>You can contact your energy provider to request a smart meter installation.</p>		
<p>Green and Reliable Heating National alanmarcon@me.com 08001182467 https://greenandreliable.co.uk</p>			

This is not an exhaustive list and due diligence must be applied when choosing a supplier.

Examples of providers

Solar panels		Renewable energy providers	
<p>Green Energy Generation Blyth info@geguk.com 01670 828695 http://www.greenenergygeneration.co.uk</p>	<p>Geowarmth North England info@geowarmth.co.uk 0191 257 1704 www.geowarmth.co.uk</p>	<p>Green Energy Generation Blyth info@geguk.com 01670 828695 http://www.greenenergygeneration.co.uk</p>	<p>Ecotricity National home@ecotricity.co.uk 03455557100 https://www.ecotricity.co.uk</p>
<p>Engenera North England info@engenera.com 0330 133 0857 https://www.engenera.com</p>	<p>Oakes Energy Services North England info@oakesenergy.co.uk 01429 837662 http://www.oakesenergy.co.uk</p>	<p>Geowarmth North England info@geowarmth.co.uk 0191 257 1704 www.geowarmth.co.uk</p>	<p>Good Energy National hello@goodenergy.co.uk 08002540004 https://www.goodenergy.co.uk</p>
<p>Northburn Solar Northeast England info@northburnsolar.co.uk 0191 645 1212 http://www.northburnsolar.co.uk</p>	<p>Sustainable Energy Engineering Northeast England info@susenergy.co.uk 0191 340 7001 www.susenergy.co.uk</p>	<p>Northburn Solar Northeast England info@northburnsolar.co.uk 0191 645 1212 http://www.northburnsolar.co.uk</p>	<p>Green Energy National hello@geuk.com 01920486156 https://www.greenenergyuk.com</p>
<p>UK Green Energy National info@ukgreenenergy.co.uk 01302966169 https://ukgreenenergy.co.uk</p>	<p>Thrift Energy National sales@thriftenergy.co.uk 0191 284 2424 https://thriftenergy.co.uk</p>	<p>Funding and grants</p> <p>Best North East North East England best@newcastle.gov.uk https://www.best-ne.co.uk</p>	
<p>More information on solar panels:</p> <p>Solar Energy UK https://solarenergyuk.org</p>			

This is not an exhaustive list and due diligence must be applied when choosing a supplier.

Travel



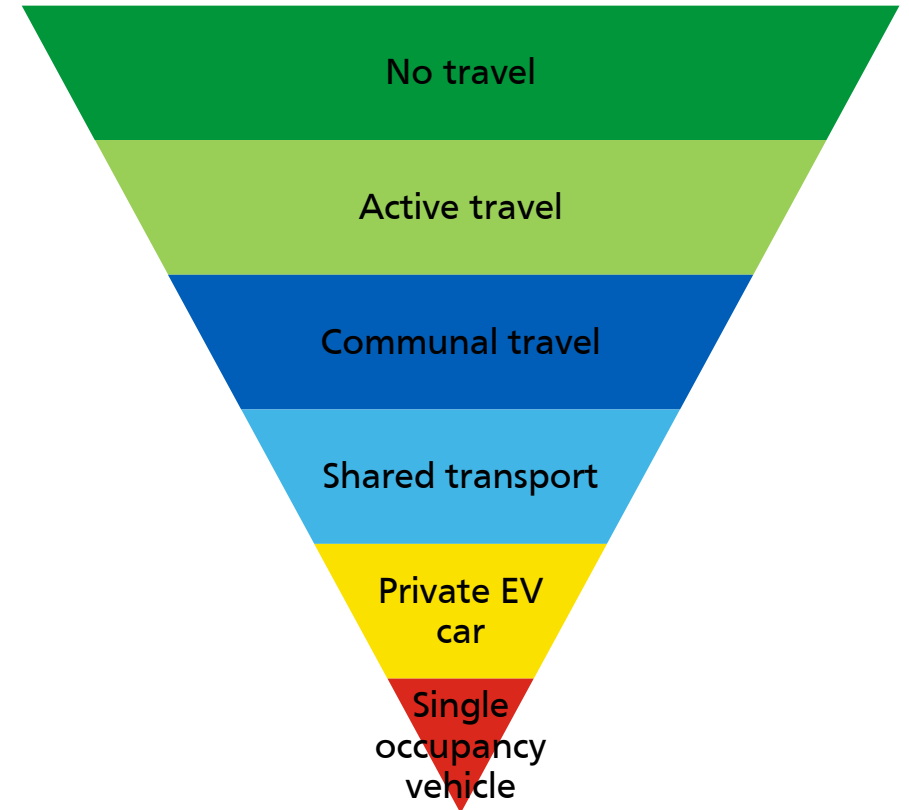
Addressing your travel footprint

Travel carries not only a high carbon cost, but a high health, social and environmental cost.

Petrol and diesel cars generate various pollutants contributing to asthma and respiratory disease, heart attacks and strokes and poor brain development and educational achievements in the young and dementia in the old.

The lack of physical activity due to cars contributes to diabetes and heart disease.

Mike Berners-Lee (the leading carbon footprint guru), in his book 'There is no planet B', calculated that for each mile travelled by a diesel vehicle across a town or city, it costs 12 minutes of life from the community. Each 5-mile trip to the GPs, or the school run, or the supermarket 'costs' the surrounding community one hour of life.



WHY ADDRESS YOUR TRAVEL FOOTPRINT?

1. Big non-clinical impact
2. Health benefits for the individual and surrounding community
3. Transport emissions contribute towards the 40,000 deaths in the UK from poor air quality each year.

OVERCOMING BARRIERS



Patient travel accounts for around 25% of the primary care carbon footprint. A study into patient travel found that the majority (61%) was conducted by car or taxi because of 'convenience', 'time saving', and 'no alternative' for accessing the surgery.

What is your staff's current travel usage?

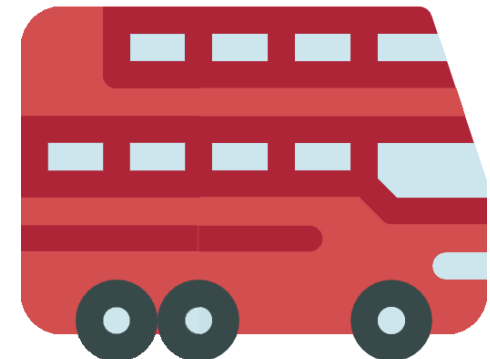
Knowing the current travel footprint - and identifying those who generate most emissions - can help put plans in place to reduce this.

How to monitor and measure:

1. Survey staff on their:
 - a. Monthly or weekly working patterns
 - b. Distance travelled
 - c. Mode of transport(Downloadable form [here](#))
2. Work out their annual mileage by multiplying their weekly or monthly journeys by how many weeks/months they work.
3. Calculate their carbon footprint with the [DEFRA figures](#).



Influencing low-carbon travel and reducing staff travel for work and patient visits will vary depending on your location.



What is your patients' current travel usage?

How to monitor and measure

- 1. Benchmark your pre-pandemic patient travel footprint
 - a. Collate postcode data for a sample of appointments
 - b. Quantify the distance travelled for the sample and get an average
 - c. Times this by the number of appointments
 - d. Work out a % for car journeys.
 - e. Use the [DEFRA car average figure](#) to calculate the carbon footprint

- 2. Annually calculate the number (or ratio/proportion) of telephone and in-person appointments.
 - 1. To get better data on people's travel choices poll people arriving in person on the check-in process asking how they travelled.

Travel	Total miles	Total emissions
Staff		
Patient		



No travel



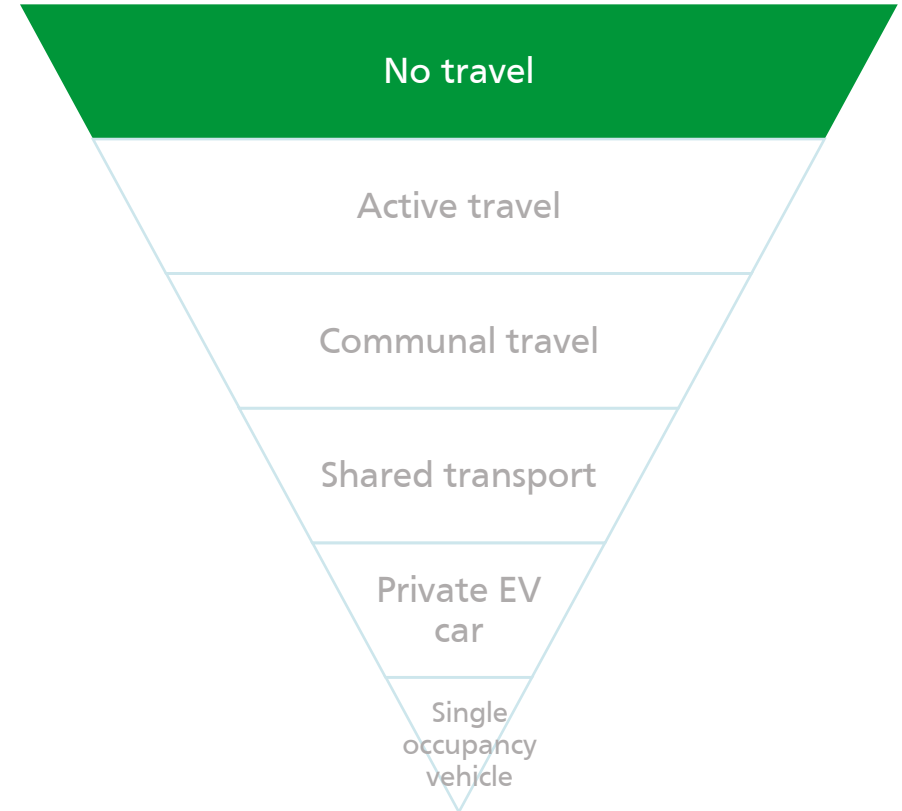
Can high quality healthcare be delivered without patients (or staff) having to travel at all?

The most effective way to change travel behaviour has been demonstrated by the pandemic - default telephone appointments and assessments.

Targets to offer telephone appointments as the default post-pandemic, although obviously not at the expense of patient health. NHSE provide updated guidance – for example. An implementation toolkit is available [here](#) and guiding principles [here](#). These guides are likely to be continually updated.

Other options used during the response to Covid 19 includes video ward rounds of care homes, remote monitoring of patients' health in [virtual Covid wards](#), using e-consultation tools such as AccuRx or similar.

Companies such as [BT](#) are working to reduce the carbon footprint of providing a telephone and WiFi network.



Reduce the need for travel by examining alternative business models for delivering high quality healthcare



Could the practice have a no-travel or active travel target for every staff member?

Understanding what no-travel or active travel can look like for each staff member and creating a bespoke plan, will have benefits for their health and wellbeing as well as their carbon footprint.

Active travel

Staff can be encouraged to decrease their individual (and therefore the practice's collective) carbon footprint with some simple common-sense schemes:

Walking to work would have the lowest carbon footprint and should be the first port of call for staff and patients.

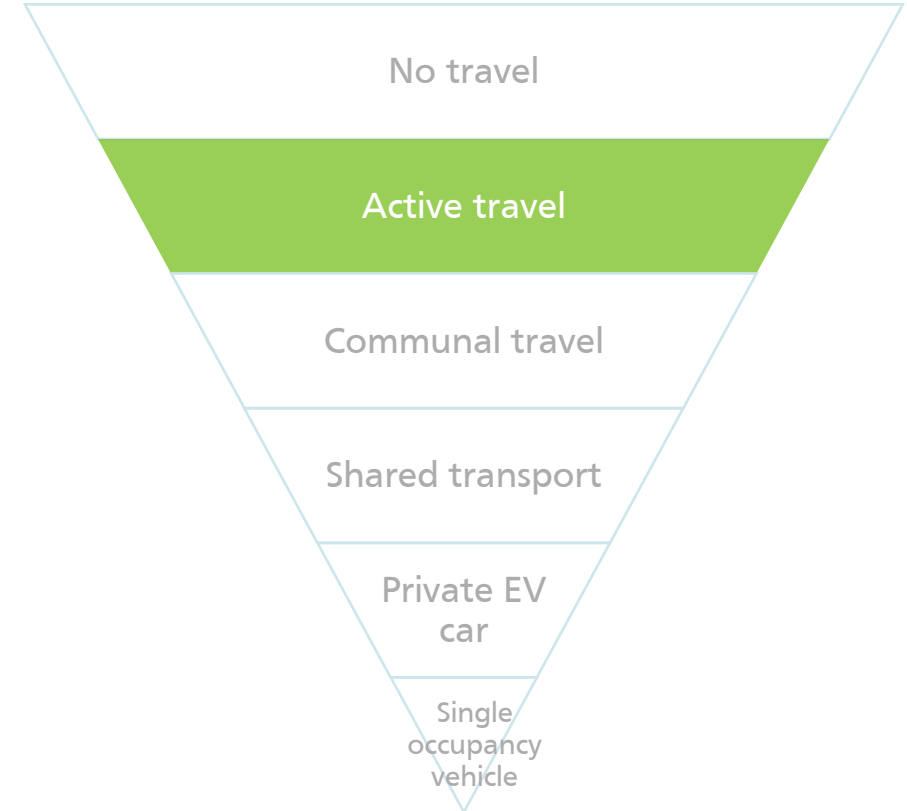
Cycling to work schemes reduce carbon emissions, and also lessens the need for a car park. Provide secure bike storage and have shower facilities available to make this a good option for your staff. And an onsite bicycle puncture repair kit and pump helps too!

Priming active travel

For in-person appointments, patients can be primed with active travel information as part of their text booking reminder including:

- Cycle routes
- Walking routes to the surgery
- Bus timetables and location of bus stops including walking time

Resources are available at www.meccgateway.co.uk/nenc/services/Physical%20Activity



CYCLE TO WORK SCHEME

Government backed salary sacrifice scheme makes buying a bike for work tax free for employees. More details [here](#) or [here](#).



Do you or your staff want to learn to cycle or gain confidence?

Bikeability scheme through local councils may offer 1:1 lessons (bikeability.org.uk/) or courses via Let's Ride at www.letsride.co.uk/beachampion to help champion the cycling cause

Communal travel

Where cycling is not an option, encourage public transport. For example, offer a loan for yearly travel passes at zero interest, or facilitate flexible working patterns to accommodate for public transport timings.

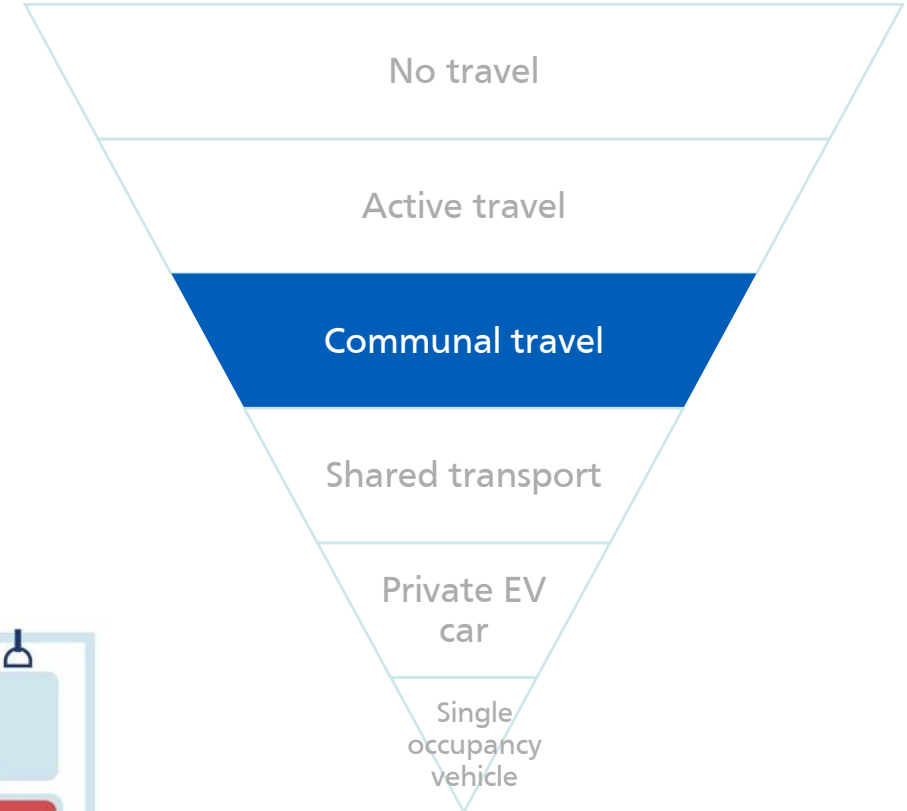
Easy-wins include identifying opportunities to incentivise low-carbon travel:

- Subsidising or loaning staff money for monthly or annual bus/travel passes.
- Publicise the bus routes and bus timetables on the practice website.
- Signpost the path from the surgery to the nearest bus stop.
- Default advice on the bottom of surgery letter to use the bus.

COMMUNAL TRAVEL TARGETS

Could the practice have a communal travel target for patients?

Understanding what public travel can look like for each staff member and creating a bespoke plan, will have benefits for their health and wellbeing as well as their carbon footprint.



Personalised staff travel plans can be very powerful to help staff make changes to their commute.

Shared transport

There are many options to increase the number of staff using shared vehicles.

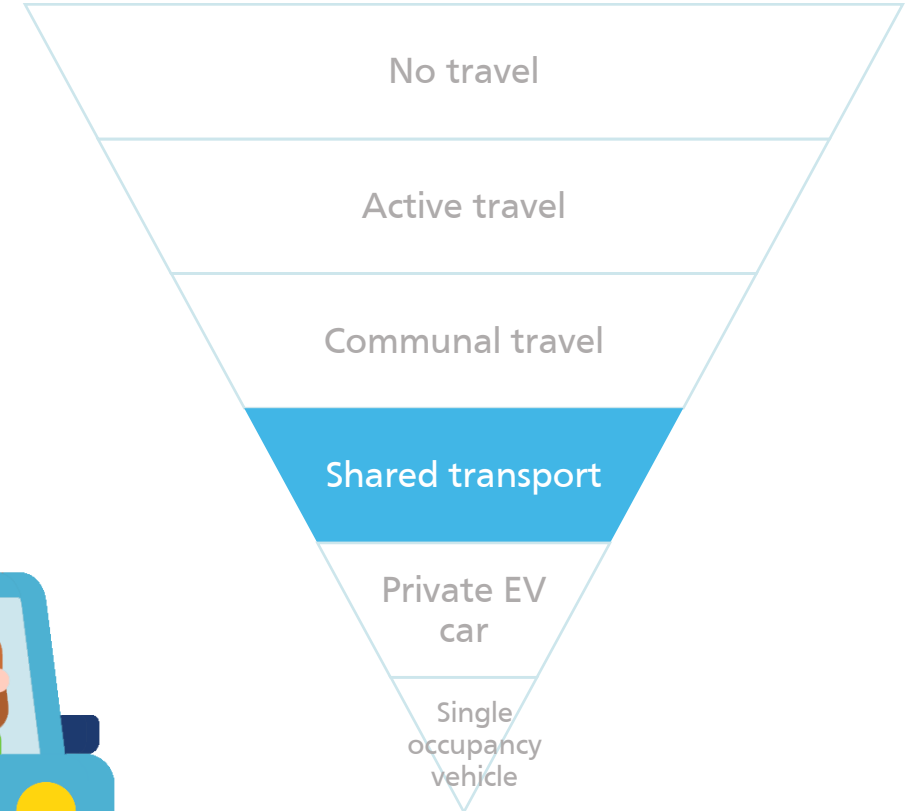
For example:

- Shared vehicles by practice staff (see Case study below).
- Staff car sharing can be incentivised by review shift start times for staff who are geographically close.
- Creating personalised staff travel plans.

CASE STUDY

One practice realised that 4 members of staff all lived close together but travelled in separate cars.

On asking, it was due to the start and finish times of their work being different. When synchronised, they shared cars meaning less fuel costs for them and better staff morale and camaraderie.



Watch a 7-min video on travel footprints for practices [here](#).

Car use

Single occupancy vehicles creates several problems:

- Space used on the road (The UK has around 250,000 miles of paved road!)
- Air pollution from exhaust fumes
- Air pollution from tyre and brake dust

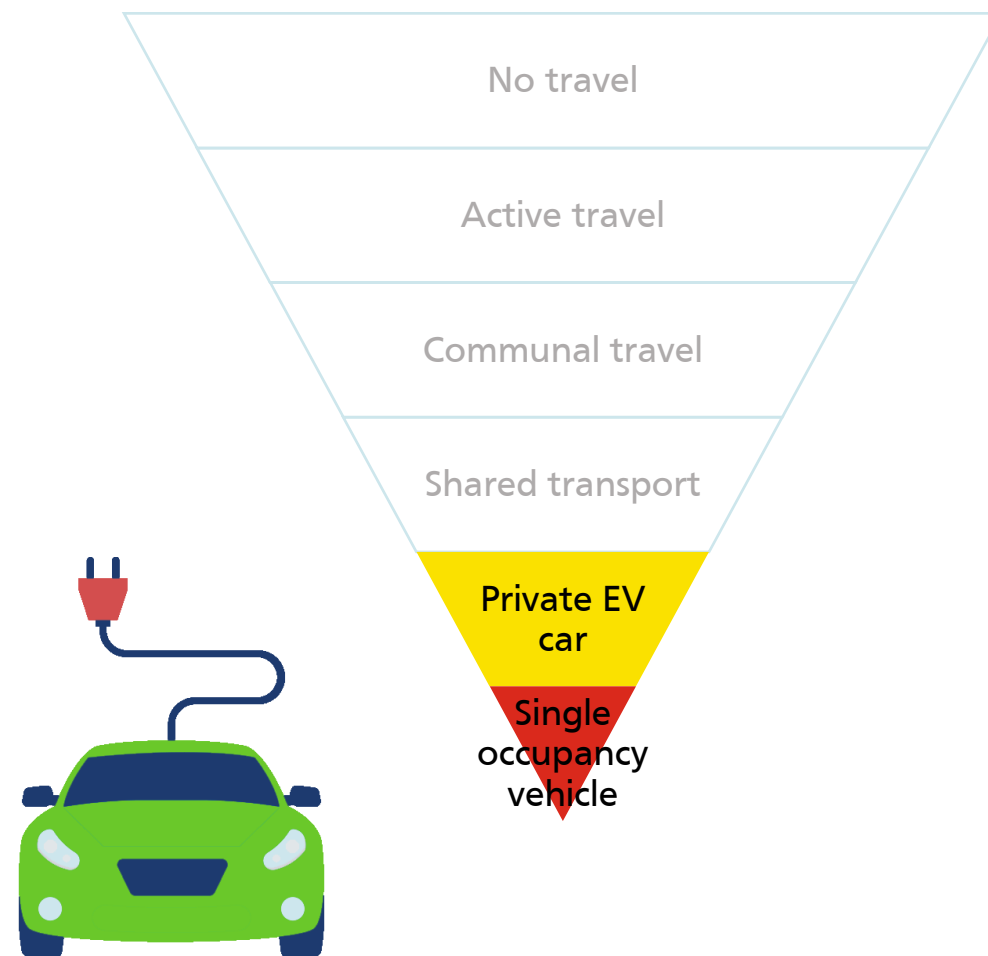
Where cars are used and can't be shared, reducing air pollution from exhausts can be achieved with electric vehicles.

Practices can help overcome barriers for staff and patients to 'go electric':

- Install practice electric charge points for cars.

For larger organisation, deliverables for sustainable development include:

- signing up for a free [Green Fleet Review](#)
- cutting business mileages and NHS fleet air pollutant emissions by 20% by 2023/24. In 2020/21 organisations should:
 - consider reducing air pollution from fleet vehicles,
 - ensure that any car leasing schemes restricts the availability of high-emission vehicles,
 - ending business travel reimbursement for any domestic flights within England, Wales and Scotland.



Install electric charge points for cars for staff and patients in the car park.

Changing behaviour

Modelling behaviour

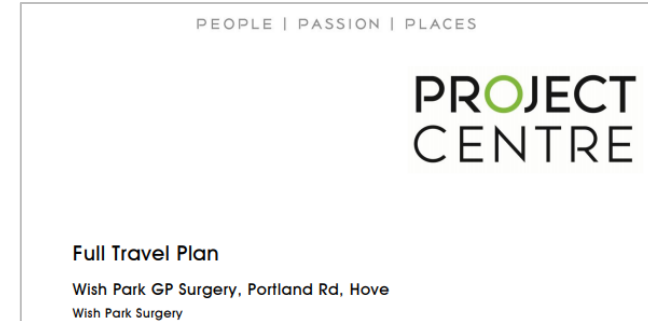
Staff are important positive role models for each other and patients.

Positive images are seeing staff arriving on foot or by bike, staff signing up and promoting local activities e.g., park-runs.

The practice can demonstrate its commitment by signing up to the "Active practice" charter and improving active travel infrastructure.

Improving behaviour

One in four people say they would be more active if it was recommended by a GP or nurse.*



CASE STUDY

Wish Surgery in Brighton examined their modes of travel for staff and patients with the aim of reducing the environmental impacts of travel.

Actions included:

- Encouraging active modes of travel by producing, publicising and distributing 'Walking maps' and 'Cycle maps' showing locations of cycle parking,
- Providing information on cycle training and cycle to work schemes,
- Promotions on the benefits of walking and cycling,
- Public transport was encouraged through maps with walking route to bus stops and season ticket loans for staff.

More information [here](#).

*Source: Health Survey for England 2008: CVD and risk factors adults, obesity and risk factors children

Setting targets



Setting targets can help you deliver the strategic changes that are needed to reduce carbonised travel and carbon emissions.

Regarding travel, practice staff can set their own targets to achieve their goal such as:

- Increase active staff travel by 25% within 3 years,
- Offer all staff loans for public transport passes and/or cycle to work scheme by the end of the year with targets for increased take up,
- Promote active travel for all patients who attend the surgery (see [here](#) for ideas).

Example

Route to reduce		Aim/target					
Area	Current footprint (this year)	3 years time		6 years time		9 years time	
		Total % reduction	How	Total % reduction	How	Total % reduction	How
Staff travel	200,000 miles = 46,000 kg CO ₂ e	25% in carbonised transport 25% inc inactive commute	Incentivise those closest to walk or cycle	50%	Actively encourage bike to work scheme, e-bikes, install facilities	75%	Install EV charge point at surgery, encourage those who travel most to EV
Patient travel	35000 miles = 6500 kg CO ₂ e	20% in use	Promote walking scheme, actively push active travel	80%	Look at practice boundary, install EV charge point for patients.	100%	Arrange with local bus service re requirements

Improving air quality for all

Air pollution is well recognised as an urgent public health emergency: it causes up to 36,000 deaths, over 20,000 respiratory and cardiovascular hospital admissions and 6 million sick days every year in the UK, at an estimated total social cost of £22.6 billion per annum.

- Health organisations can show leadership and minimise pollution within their control
- Health professionals can educate and inform patients about the health risks
- The sector can support policy measures to improve air quality

Solutions to air pollution also have potential wider benefits to our health, as active travel reduces risk of heart disease, stroke, cancer, diabetes and mental ill health.

Videos on air pollution and health or how to talk to patients and downloadable resources are available at www.actionforcleanair.org.uk/health/knowledge-hub-health

Information for patients is available at www.cleanairhub.org.uk



Example of activities to promote active travel

Proposed measure	Description	Potential level of impact	Implementation cost	Patients	Staff
Staff Cycle Parking	Provision of long term secure and covered cycle parking and shower facilities	High	Medium	✗	✓
Patient Cycle Parking	Provision of short term cycle parking conveniently located and accessible with the potential to secure bikes using self provided locks	High	Medium	✓	✗
Cycle to work scheme	Providing staff with a loan to purchase bicycles at a discounted cost	High	Medium	✗	✓
Public Transport Route Maps and Timetables	Making timetables and route maps for buses and trains available on the surgeries website and by providing relevant links	High	Low	✓	✓
Public Transport Season Loans	Travel loans to be offered to interested staff while raising staff awareness of the financial benefits that can be achieved using public transport	High	Medium	✗	✓
Walking and Public Transport Map	Distribution of tailored maps in order to increase local knowledge of the area and encouraging walking and public transport usage while reducing the perceived need to drive.	Medium	Low	✓	✓
Promotion of Walking as a Healthy Way to Travel	Raise awareness of the health benefits associated with regular walking and encouraging its uptake	Medium	Low	✓	✓
Cycle Maps	Increase local knowledge of the area encouraging cycling while reducing the perceived need to drive.	Medium	Low	✓	✓
Promotion of Cycling as a Healthy Way to Travel	Raise awareness of the health benefits associated with regular cycling and encouraging its uptake	Medium	Low	✓	✓
Promotion of Public Transport Benefits	Promotion of benefits that can be gained by public transport use	Medium	Low	✓	✓
Taxi Services	Promotion of taxi services for patients when travelling to and from the surgery	Medium	Low	✓	✗
Cycle Training	Promotion of cycle training courses through the practice website	Low	Low	✓	✓
Car Sharing Scheme	Promotion of car sharing for staff making similar journeys and who are looking to cut the financial cost or environmental impact of car use	Low	Low	✗	✓
Accessibility to the Rail network	Promotion of routes between the surgery and nearby railway stations	Variable by location	Low	✓	✓

How to convert distance travelled into carbon emissions

How to monitor and measure

Staff mileage and calculating the carbon footprint using government conversion factors.

Blank sheets are downloadable [here](#).



	A	B	C	D	E
	Daily distance travelled – return trip (miles)	Yearly distance travelled (miles) (a x days worked x weeks worked)*	Car type and size (petrol/diesel; S/M/L)	Emissions per mile (see table to the right)	Carbon emissions (kg CO ₂ e) (b x d)
Staff					
Anne	5	1,150	Petrol, small	0.239	275 kg
Bill	15	3,450	Diesel, large	0.329	1,135 kg
Claire	25	5,750	Electric	0.00	0 kg

Fuel type**	Engine size	Emissions (kg CO ₂ e/mile)
Petrol	Small	0.239
	Medium	0.300
	Large	0.448
Diesel	Small	0.221
	Medium	0.268
	Large	0.329
Hybrid (PHEV)***	Average	0.113
Electric (BEV)***		0.00

* Assume works 5 days a week, 46 weeks a year

** Source: www.gov.uk/government/publications/greenhouse-gas-reporting-conversion-factors-2020

*** BEV – Battery Electric Vehicle; PHEV – Plug-in Hybrid Electric Vehicle

Resources



Staff data recording form

- [Carbon Footprint of staff travel](#)

Searchable map for local transport services

- www.meccgateway.co.uk/nenc/services/Transport

No travel

- [Does telemedicine reduce the carbon footprint of healthcare?](#)

Active travel

- [Physical Activity and Lifestyle Toolkit](#)
- [Cycle to work scheme](#)
- [The green commute initiative](#)

Green travel planning

- [Scotland and NI](#)
- [Travel plan](#)

Examples of green travel plans

- [The Christie Hospital](#)
- [Walton Community Hospital](#)
- [NHS Travel Planning Forum](#)

Clean air posters and resources

- [Business action on clean air](#)
- [Clean air hospital framework](#)

Carbon conversion factors for transport

- [Greenhouse gas reporting conversion factors 2020](#)

Examples of providers

Active travel	Bike rack resources	Cycling routes	Sustainable Travel Plans Resources
<p>Chartered Institute of Logistics and Transport National Active travel and travel planning</p>	<p>Lockit Safe National sales@lockit-safe.co.uk 01472346382 https://www.lockit-safe.co.uk</p>	<p>Sustrans National reception@sustrans.org.uk 01179268893 https://www.sustrans.org.uk</p>	<p>North East Transport Plan 2021-2035 North East https://www.transportnortheast.gov.uk/wp-content/uploads/2021/10/AST004-Transport-Plan-A4-North-East-Transport-Plan.pdf</p>
Walking routes	<p>Turvec National info@turvec.com 08002465484 https://turvec.com/</p>	<p>Go Smarter Go Active Northeast England info@gosmartergoactive.co.uk Cycling and walking maps</p>	<p>Investors in the Environment National https://www.iie.uk.com/news/travel-planning/</p>
<p>Map My Walk National https://www.mapmywalk.com</p>	<p>The Bike Storage Company National hello@thebikestoragecompany.co.uk 03714542738 www.thebikestoragecompany.co.uk</p>	<p>North Tyneside Council North Tyneside 0345 2000 101 Cycling North Tyneside Council</p>	<p>Paths for All National https://www.pathsforall.org.uk/mediaLibrary/other/english/walk-at-work-toolkit.pdf</p>
<p>Sustrans National How to improve bike storage for offices and employees</p>	<p>Nexus Newcastle 0191 20 20 747 https://www.nexus.org.uk/cycle/list</p>	<p>Cycle Streets National https://www.cyclestreets.net/journey/</p>	<p>Living Streets National https://www.livingstreets.org.uk/workplaces</p>
Bike support groups	<p>Park That Bike Newcastle & Gateshead 01594 564344 https://www.parkthatbike.info/</p>	<p>Google Maps You can change the settings to highlight the cycle routes on the map. Go to 'Layers' and click on 'Cycling'.</p>	<p>Transport for Greater Manchester National https://assets.ctfassets.net/nv7y93idf4jq/4TrmhSr8JGEyEquWI8eakU/00aeb128e1fce188064a01fe2f9bf65a/TfGM-Walking-workplaces-Toolkit.pdf</p>
<p>Cycling UK National https://www.cyclinguk.org/groups-listing</p>			

This is not an exhaustive list and due diligence must be applied when choosing a supplier.

Examples of providers

Bike shops		Cycle to work schemes	Cycle training
<p>The Bike Shop Alnwick Alnwick adam@thebikeshopalnwick.co.uk 01665602765 https://thebikeshopalnwick.co.uk</p>	<p>Start Fitness Newcastle customerservices@startfitness.co.uk 0191 917 3803 https://startfitness.co.uk</p>	<p>Sustrans National The cycle to work scheme explained</p>	<p>Bikeability National https://www.bikeability.org.uk</p>
<p>Ride Electric North Tyneside info@rideelectric.co.uk 0191 307 7700 https://rideelectric.co.uk/buy/</p>	<p>Edinburgh bicycle Cooperative Newcastle enquiries@edinburghbicycle.com 0345 257 0808 https://www.edinburghbicycle.com</p>	<p>Cycle Scheme National https://www.cyclescheme.co.uk</p>	<p>Newcastle City Council Newcastle cyclinginthecity@newcastle.gov.uk 07779725339 Adult cycle training</p>
<p>Cycle Centre Newcastle sales@cyclecentreak.co.uk 0191 265 1472 https://www.cyclecentreak.co.uk</p>	<p>Fergusons Motors & Cycles Newcastle bikeshop@fergytrux.com 01670 352 218 http://www.fergusonsbikes.co.uk</p>	<p>Green Commute Initiative National https://www.greencommuteinitiative.uk</p>	<p>Cycle With Jan Northumberland info@cyclewithjan.co.uk 07718906358 http://cyclewithjan.co.uk</p>
<p>Recyke Y'Bike Newcastle 0191 265 4197 https://recyke.bike/</p>	<p>Brompton National https://bromptonhire.com</p>	<p>Halfords National cycle2.work@halfords.co.uk https://www.cycle2work.info</p>	<p>Hiring bikes</p>
<p>Team Cycles Gateshead sales@teamcycles.org 0191 300 1590 https://www.teamcycles.com</p>	<p>Locate a bike shop near you:</p> <p>Green Commute Initiative https://www.greencommuteinitiative.uk/gci-registered-bike-shops/</p>	<p>Electric bike resources</p> <p>Sustrans National How to look after your e-bike battery: charging and maintenance</p>	<p>Ride Electric North Tyneside info@rideelectric.co.uk 0191 307 7700 https://rideelectric.co.uk/electric-bike-hire</p>
<p>CJ Performance Cycles Newcastle: 0191 2760941 Cramlington: 01670 712536 https://www.cjperformancecycles.com</p>		<p>Hurrecane e-bikes National https://hurrecane.bike/</p>	<p>The Cycle Hub Newcastle enquiries@thecyclehub.org 0191 276 7250 https://www.thecyclehub.org</p>

This is not an exhaustive list and due diligence must be applied when choosing a supplier.

Examples of providers

Cycling resources	Bike repairs and services	Car schemes	
<p>Love to Ride support@lovetoride.net</p> <p>Newcastle: https://www.lovetoride.net/newcastle</p> <p>Northumberland: https://www.lovetoride.net/northumberland</p> <p>North Tyneside: https://www.lovetoride.net/northtyneside</p> <p>Gateshead: https://www.lovetoride.net/gateshead</p>	<p>Watbike Ponteland, Northumberland cycling@watbus.org.uk 01661 825599 https://watbike.co.uk</p> <p>The Bike Shop Alnwick Alnwick adam@thebikeshopalnwick.co.uk 01665602765 https://thebikeshopalnwick.co.uk</p>	<p>Team Cycles Gateshead sales@teamcycles.org 0191 300 1590 https://www.teamcycles.com</p>	<p>Co-Wheels Newcastle & Gateshead info@co-wheels.org.uk 0191 375 1050 https://www.co-wheels.org.uk/northeast</p>
<p>Northumberland Gear Change North Tyneside gearchange@northumberland.gov.uk https://www.northumberlandgearchange.co.uk</p>	<p>Whiptail Cycles North Tyneside 0191 2572212 https://www.whiptail-cycles.co.uk</p>	<p>Backyard Bike Shop Gateshead info@bikeyardbikeshop.com 07519 098963 https://shop.backyardbikeshop.com</p>	<p>Hiya Car Regional https://www.hiyacar.co.uk</p>
<p>Trusted Bikes Newcastle https://www.trustedbikes.co.uk/</p>	<p>Liftshare National 01603389321 https://business.liftshare.com</p>		
Purchasing electric vehicles	Bike4Health	Cycle Centre	Bus route planning
<p>Fleet Solutions National enquiry@nhsfleetsolutions.co.uk 03448118228 https://www.nhsfleetsolutions.co.uk</p>	<p>North Tyneside workshop@bike4health.org 0191 250 9367 https://www.bike4health.org/bike-shop-north-tyneside/</p>	<p>Newcastle sales@cyclecentreuk.co.uk 0191 265 1472 https://www.cyclecentreuk.co.uk</p>	<p>First Bus National https://www.firstbus.co.uk</p>
			<p>Arriva Bus National https://www.arrivabus.co.uk/arriva-uk-bus-app</p>

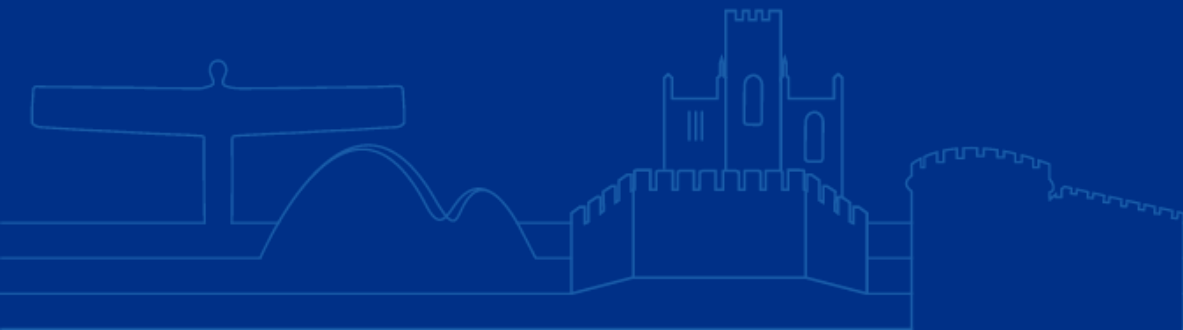
This is not an exhaustive list and due diligence must be applied when choosing a supplier.

Examples of providers

Community travel services		Electric vehicle charging point installers	
<p>Watbus Newbiggin barry@watbus.org.uk 01670 522999 https://watbus.org.uk/community-transport/</p>	<p>Nexus Regional 0191 20 20 747 https://livemap.nexus.org.uk/#/liveDepartures</p>	<p>ChargedEV Newcastle workplace@chargedev.co.uk 0330 043 1851 https://www.chargedev.co.uk</p>	<p>Engenera Regional info@engenera.com 0330 133 0857 https://www.engenera.com</p>
<p>Community Transport Newcastle NCPassenger@communitytransport.org 0191 2659267 https://www.communitytransport.org/</p>	<p>NEED Northumberland administration@needltd.co.uk 01665 605780 https://www.needltd.co.uk/community-transport/</p>	<p>Flash Electrical Regional info@flash-electrical.co.uk 0191 666 6606 https://www.flash-electrical.co.uk</p>	<p>JDM Earth Regional info@jdmearth.co.uk 01429 225411 https://www.jdmearth.co.uk</p>
<p>Adapt North East Regional generaloffice@adapt-tyndale.org.uk 01434 600599 https://adapt-ne.org.uk/</p>	<p>Bell View Belford info@bellviewbelford.co.uk 01668 219220 https://www.bellviewbelford.co.uk/what-we-do</p>	<p>PASSfm Ltd Newcastle admin@pass-fm.com 01325 320256 https://pass-fm.co.uk</p>	<p>EV Solutions Regional info@evsolutions.uk 0191 5976780 https://www.evsolutions.uk</p>
Local electric vehicle charging point		<p>R.B Electrical Newcastle customersupport@rbelectricalservices.co.uk 01422 524900 EV charging - Newcastle</p>	<p>Marton Electrical Regional enquiries@martonelectrical.co.uk 01642 222 925 https://martonelectrical.co.uk/</p>
<p>Gateshead Council Gateshead https://www.gateshead.gov.uk/article/18351/Electric-vehicle-EV-charge-points-in-Gateshead</p>	<p>North Tyneside Council North Tyneside https://my.northtyneside.gov.uk/category/1566/electric-vehicle-charging-points</p>	<p>D.R Electrical North East England drelectrical330@yahoo.co.uk 0191 242 4252 https://www.drelectricalservicesne.co.uk</p>	<p>Zap Map National https://www.zap-map.com/</p>
<p>Charge Your Car Regional https://www.chargeyourcar.org.uk/</p>			

This is not an exhaustive list and due diligence must be applied when choosing a supplier.

Business services



Addressing your business services footprint

Business services cover all the professional services we use such as telephony, computers and IT, accountancy and finance and payroll and insurance and many others.

Each service a practice uses has a carbon footprint from running their business. Part of their footprint forms part of our footprint. We can lower our footprint by influencing those around us and those whose services we use to start their own net-zero or decarbonisation journey.

We have financial influence over our suppliers and can use this to improve their environmental behaviour.

Rather than switching to a new more 'sustainable' supplier, giving existing suppliers a chance to improve will improve the supply chain.

You won't be the only one asking them to change, and the more that request, the better.



Top actions you can take

- Identify your expenditure and hotspots on services.
- Cancel services you no longer need.
- Identify and substitute for low-carbon alternatives and less environmentally harmful services for the services you use.
- Ask your suppliers about their plans to tackle their carbon emissions.
- Set them deadlines to improve by.



Essential business services

GP practices need to abide by certain minimum legal standards. These include providing services for patients which includes telephone access or well-trained staff with up-to-date mandatory training such as first aid, CPR or safeguarding.

The CQC require a number of policies which may involve additional or external business services e.g., infection control, health and safety, preparing a business continuity plan, equipment calibration and PAT testing, checking staff on the DBS register.

The premises need to be well maintained and hazard free – waste providers and fire safety is paramount.

Other services are highly desirable such as independent accountants analysing the books for tax payments.

These services can continue to be provided but questions asked about the impact they are having with their own carbon emissions footprint.

"Every time you spend money, you're casting a vote for the kind of world you want"

Anna Lappe

WHY ADDRESS YOUR BUSINESS SERVICES FOOTPRINT?

Every service and purchase has a carbon footprint from travel, production, cleaning and waste impacts.

The message from the Greener NHS report is clear: suppliers must meet or exceed their commitment on net zero emissions.

AUDIT OF BUSINESS SERVICES

Use your invoice information to calculate the amount of spend in each of categories (see next page).

Having your carbon footprint calculated will help identify which services are the highest contributors to the practice's overall footprint.

See [here](#) for more details.

Calculating your impacts with spend-based data

There are many services used by practices. These tend to fall into one of the following categories.

Category	Examples	Our practice spend (£)
Financial	Accountancy, payroll, banking/bank charges	
Communication	Telephones, IT, websites, broadband, software licences	
Membership services	Defence unions, DBS checks, music performance	
Insurance and legal services	Building insurance, liability insurance, ICO (information commissioners office), CQC and medical levies/membership fees	
Servicing	Lifts, oxygen, fire alarms, medical equipment, boilers and heating equipment, sterilisation of equipment services	
Maintenance	Building fabric, facilities management, building service charges	
Waste	Confidential, shredding, recycling, clinical and non-clinical waste	
Recruitment costs	Advertising, screening, occupational health assessments	
Postage and carriage	Letter, parcels, Docman, scanning	
Water and sewerage		
Education and training		

Conduct an audit

Using the IT services approach as a template, the other business services can be audited and examined in a similar manner.

Calculate the total spend by category. This can give a rough carbon footprint although some business types have a higher average carbon footprint per £ spent than others.

You can use spend-based figures against your annual accounts and the categories your services and purchases fall under.

Contact [SEE Sustainability](#) for more details.

The practice accountant may have all this information already available.

Spend-based figures provide an average for different services. They have limitations – for example if services become cheaper – but are an easy way to monitor, measure and demonstrate progress.

Setting targets

Setting targets can help you deliver the strategic changes that are needed to reduce carbon emissions from all business services.

Regarding business services, the practice can set their own targets to achieve their goal such as

- Reduced service use by identifying legacy or historic services which are no longer needed,
- Identify less environmentally harmful services for the services contributing most to your footprint,
- Have carbon along side financial cost as metrics when contracting with services,
- Number (%) of services contacted to ask about their emissions footprint.

Route to reduce		Aim/target					
Area	Current footprint (this year)	3 years time		6 years time		9 years time	
		Total % reduction	How	Total % reduction	How	Total % reduction	How
Business services	E.g. 110,000 kg CO ₂ e	20% in service use 25% reduction in carbon	Identify services which are no longer needed. Use lower carbon services in the biggest hotspots.	50% reduction in carbon	Actively identify further low carbon services. Use only services with a decarbonisation plan in place.	At least 75% reduction in carbon	Use only carbon neutral suppliers for all new suppliers. Audit and press current suppliers to achieve carbon neutrality.

More actions you can take

For the business services you use, can you

- use resources more efficiently?
- substitute for low-carbon alternatives?
- ensure that suppliers are decarbonising their own processes?
- request services have had their carbon footprint calculated?

Identify low carbon alternatives using the Carbon Trust, green directories and regional low carbon networks (see [Resources](#)).

Influencing change

When engaging new suppliers for tenders and new contracts include questions about their sustainability and carbon reduction commitments. This can also be done with existing suppliers.

Start with your biggest providers first or the ones with the highest figures in your audit.



A letter can be sent to suppliers asking what they are doing regarding their carbon emissions footprint and the actions they are taking to reduce it.

Resources



Green business directories and suppliers

- [Carbon Trust Accredited Suppliers and installers of energy efficiency and renewable energy technology](#)
- [UK's most comprehensive Green Business directory](#)
- [Directory to find like-minded businesses committed to environmental best practices](#)
- [edie's suppliers directory](#)
- [For help from construction professionals e.g., for intelligent heating control specialist](#)
- [Accredited supplier registry](#)
- [Future Fit Business Benchmark](#) provide a comprehensive scheme to assess and address the environmental and social impact of your business, but doesn't currently support benchmarking.
- [International Chamber of Commerce has set up a pledge scheme](#) for SME leaders future-proof their business by committing to halve greenhouse gas emissions before 2030 and reach net-zero emissions before 2050.

Regional low carbon business networks

- [Derby / Notts](#)
- [Oxfordshire](#)
- [Kent](#)

Accountancy

- [How to create a greener accountancy practice](#)
- [Kung Fu - Low Carbon Accountant \(B-Corp\)](#)

Examples of providers

Accountants	Banking	Web hosting
<p>Green Accountancy National info@greenaccountancy.com 01865582064 https://www.greenaccountancy.com</p>	<p>Triodos National 03303550355 https://www.triodos.co.uk</p>	<p>Charity Bank National enquiries@charitybank.org 01732 441900 https://www.charitybank.org</p>
<p>Green and Moore National info@greenandmoore.co.uk 07422650034 https://greenandmoore.co.uk</p>	<p>Starling Bank National help@starlingbank.com https://www.starlingbank.com</p>	<p>Eco Web Hosting National sales@ecowebhosting.co.uk 03300430712 https://www.ecowebhosting.co.uk</p>
<p>Green and Moore National info@greenandmoore.co.uk 07422650034 https://greenandmoore.co.uk</p>	<p>Ecology BS National info@ecology.co.uk 01535 650770 https://www.ecology.co.uk</p>	<p>Eco Hosting National 02920003338 https://www.ecohosting.co.uk</p>
<p>Kung Fu Accounting National hello@kungfuaccounting.com https://kungfuaccounting.com</p>	<p>Co-operative Bank National 03457 213 213 https://www.co-operativebank.co.uk</p>	<p>Find out which banks invest in fossil fuels:</p> <p>Bank Green https://bank.green</p>
<p>Green Web Host National service@greenwebhost.net 01422303506 https://www.greenwebhost.net</p>	<p>Insurance</p>	<p>Water cooler services</p>
<p>Naturesave Insurance National mail@naturesave.co.uk 01803864390 https://www.naturesave.co.uk</p>	<p>The Water Delivery Company National quotations@thewaterdeliverycompany.com 03301233309 www.thewaterdeliverycompany.com</p>	<p>Water Logic National 03330600214 https://www.waterlogic.com/en-gb</p>
	<p>MIW Water Cooler Experts National sales@miw.co.uk 01207572000 https://www.miw.co.uk</p>	<p>GreenNet National info@gn.apc.org 03303554011 https://www.greennet.org.uk</p>
		<p>Kualo National sales@kualo.com 0800 138 3235 https://www.kualo.co.uk/webhosting/green-web-hosting</p>

This is not an exhaustive list and due diligence must be applied when choosing a supplier.

Examples of providers

Broadband	Mobile network	Waste	
Green ISP National service@greenisp.net 01422303506 https://www.greenisp.net	Honest Mobile National sales@honestmobile.co.uk 02045255578 https://honestmobile.co.uk	Superdrug and TerraCycle Ashington, Newcastle https://www.terracycle.com/en-GB/brigades/medicine-packet-uk	North Tyneside Council North Tyneside https://my.northtyneside.gov.uk/category/80/rubbish-and-recycling
GreenNet National info@gn.apc.org 03303554011 https://www.greennet.org.uk	Ecotalk National home@ecotalk.co.uk 03338005500 https://www.ecotalk.co.uk	Newcastle City Council Newcastle https://www.newcastle.gov.uk/services/environment-and-waste/recycling-rubbish-and-waste	Northumberland County Council Northumberland https://www.northumberland.gov.uk/Waste/Recycling.aspx
Printing services		Gateshead Council Gateshead https://www.gateshead.gov.uk/article/3159/Recycling	Business Waste National customers@businesswaste.co.uk 0800 211 83 90 https://www.businesswaste.co.uk/waste-management-carlisle/
The Green Office National info@thegreenoffice.co.uk 0800 038 5744 https://www.thegreenoffice.co.uk/carbon-neutral-printers			

This is not an exhaustive list and due diligence must be applied when choosing a supplier.

Example: Net zero IT services



The impact of IT services

IT can fall into two sections – both business services and procurement of goods. Services include telephone services and broadband suppliers; procurement of goods include new computers and peripherals.

Information technology (IT) is increasingly a place where companies can save money and energy, while reducing their carbon footprint and preserving the environment.

Green IT (green information technology) is the practice of environmentally sustainable computing.

Green IT aims to minimise the negative impact of IT operations on the environment by designing, manufacturing, operating and disposing of computers and computer-related products in an environmentally-friendly manner.

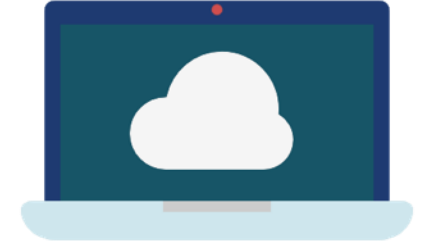


Action

Audit current expenditure on services including telephone systems, IT, websites, broadband contracts, software licences etc using the table below.

Service	Supplier (s)	Cost
Telephone systems		
IT		
Website hosting		
Broadband contracts		
Software licences		
Data storage		
New computers		
New peripherals (e.g., monitors, printers)		
Other		

Addressing your IT and online carbon footprint



The motives behind green IT practices include reducing the use of hazardous materials, maximizing energy efficiency during the product's lifetime and promoting the biodegradability of unused and outdated products.

Green IT covers the purchase on new equipment through to the disposal at the end of its useful life, alongside the software and energy when in use.

E-waste — the obsolete technology that winds up in landfills and incinerators, often in developing nations — is an increasingly serious global environmental problem, so it is important to maximize the lifespan of IT products.

Whilst storing data in the cloud may seem like it doesn't have an impact, the reality is it is actually stored on the ground in huge data servers that are run on energy and often fall back on diesel generators. Regularly deleting emails, unnecessary files and reducing the need for sending unnecessary data or files is another way to reduce your carbon footprint.

Life cycle of a computer

Mining	A computer has over 30 different minerals including silica, iron, aluminium, copper, nickel, arsenic and cadmium
Manufacturing	Often energy intensive and included processing of minerals and transportation
Packaging	Often involving cardboard and plastics for protection and include its disposal
Shipping	From factory to store and to homes /businesses
Use	Using software and electricity
End of life	Including recycling or waste disposal

Dell calculated each desk top computer emitted 720kg CO₂e over an average lifespan of 4 years.

Top actions you can take

- Identify your expenditure and hotspots on IT.
- Request services and products which have their carbon footprint calculated.
- Discuss with IT regarding procuring and using low-carbon/low environmental impact equipment and services.



Carry out an IT audit

Perform an audit of your current IT systems – both equipment and use

Audit what services and tools are being used. This could identify items that do not need to be powered on or refreshed as part of a cycle, leading to a reduction in energy usage and costs.

The audit can examine:

- What is being used and when?
- What is being left on when not used?
- All plugged in IT equipment including hard drives, monitors, printers, fax and franking machines,
- All consumables including toners/print cartridges,
- Reuse and recycling options end of life.

Can the power management of the essential devices be improved?

A study in 2016 showed an office using 50 computers (exclusive of the monitor) used 171 watts of electricity. If permanently left on, this generates about 35,000 kg CO₂e per annum.

To absorb this amount of carbon dioxide – using an average amount of carbon dioxide absorbed per hectare of UK woodland at 5.4 tonnes per year, this equates planting over 6 hectares of woodland each and every year.

The most sustainable solution for a computer is taking care of the one you have.

Tips for greener IT - Equipment

Lifetime of equipment

It can be tempting to purchase new, more efficient computers every couple of years, but the amount of energy and hazardous materials used to produce new equipment can be far more environmentally damaging than the extra electricity consumed by older systems.

Circular procurement

PCs can be leased or rented rather than bought. By considering hardware as a 'service', the supplier ensures it is the optimal system and longevity including repairing and maintaining rather than replacing

How much equipment?

Recording the amount of IT and peripherals can help practices reduce their purchases. Are there extra monitors, headphones or tones in the backs of cupboards that have been forgotten about and could be used rather than buying another one?

Do I need more?

When you do make new purchases, look for hardware than can easily be upgraded and consider sourcing from suppliers that guarantee they will take back and recycle all equipment at the end of its useful life.

REDUCING THE REFRESH RATE OF DEVICES

Whilst it may be natural to look for the lowest cost options when purchasing new kit, if the lifespan of a device is considered, a more expensive upfront device may become cheaper over time if it is expected to last longer. This also reduces the amount of equipment that needs to be recycled or disposed of.

CARBON EMISSIONS AND IT OPTIONS

Sending an email

0.3g	Sending a short email from laptop to laptop
17g	Sending a long email (10mins to write, 3mins to read)
280g	Sending same long email as a letter on recycled paper
350g	Sending same long email as a letter on virgin paper

Video consulting or meetings – per hour

2g	on 13' Mac book
10g	on laptop
50g	on desk top

Holding an online video conferencing meeting for 10 people on laptops for an hour would generate a total of 100g CO₂e. If the meeting was face to face, average travel was 2 miles and all attendees drove average cars, the footprint would be 5,300g CO₂e.

Data from Mike Berners-Lee in 'How Bad Are Bananas?'

Tips for greener IT – Use and end of life

During use

Energy consumption

- See [Energy section](#)
- Reduce energy use - switch off when not in use; buy products with low energy consumption.
- As part of the energy audit, map energy consumption across the practice for IT/electronic equipment.
- Set energy efficiency settings for all computers, printers and monitors.

Digital transformation

Practices and patients are far more familiar with digital working including video and phone consultations, e-consults, remote access of information etc. This includes online meetings both internally and externally of the practice

Software

- Set requirements for sustainable design to be incorporated into software applications – ask the IT department when it comes to installing or upgrading software.
- Switch to [Ecosia](#) as web browser – a tree is planted for every 45 searches made.

Maintain and reuse

Upcycling and repairing at the right time makes equipment last longer. Local repair shops or the IT department can help. A guide from Norton is [here](#).

After use

- Take back programs - Dell has emerged as an industry leader with its [takeback service](#).
- Recycle 'Anything with a plug, battery or cable can be recycled' – [Recycle Your Electricals](#).
- Reduce e-Waste with [Recycle Now](#).



Setting targets



Setting targets can help you deliver the strategic changes that are needed to reduce carbon emissions from IT.

Regarding IT, the practice can set their own targets to achieve their goal such as:

- Three yearly audit of equipment and services
- Reduced the number of pieces of equipment or the frequency they are replaced
- Reduce energy consumption while in use
- Look at extending the life of equipment through maintenance.

Route to reduce		Aim/target					
Area	Current footprint (this year)	3 years time		6 years time		9 years time	
		Total % reduction	How	Total % reduction	How	Total % reduction	How
IT equipment and services	5,000 kg CO ₂ e	Reduce by 25%	Repair and maintain all computer equipment rather than replace. Reduce number of printers to a few in a central location.	50%	Change procurement policy for new equipment to only those with lower impact.	75%	Have zero emission IT online services for data storage with green supplier. Commit to 100% repairable and upgradable equipment.

Resources



Greener procurement of IT equipment and services

- [Ethical Consumer's laptop shopping guide \(subscription service\)](#)
- [How to choose a sustainable and ethical laptop](#)

Recycling toner and printer cartridges

- [What to do with printer cartridges](#)
- [The Recycling Factory](#)

Green webhosting

- [Green Geeks](#)

End of life

- [What to do with electrical items](#)
- [Recycle Your Electricals](#)

Useful articles

- [25 vital computer maintenance tips and checklist to protect your device](#)
- [Why your internet habits are not as clean as you think](#)

Example: Net zero waste



Addressing your waste footprint

Waste contributes to the overall carbon footprint of a practice.

The management of healthcare waste is an essential part of ensuring that General Practice activities do not pose a risk or potential risk of infection and are appropriately managed. A small minority of waste is potentially hazardous and if not disposed of correctly can result in injury or infection.

All staff are responsible for the safe management and disposal of waste and should understand how waste should be segregated and stored prior to collection or disposal.

This is driven by the need to reduce environmental impact, comply with waste regulations and other national guidance such as the Health and Social Care Act 2008: Code of practice and [guidance](#) on the prevention and control of infections and related guidance, and reduce costs associated with waste management.

While the carbon emissions from our waste are relatively small, we cannot recycle our way out of the climate crisis, but we can reduce wasted resources.

Infectious or offensive waste?

Infectious waste contaminated with body fluids from a patient with a known or suspected infection with a proven infection risk and there are also medicines or chemicals present. ->Yellow bag.

Examples – Contaminated PPE • Medicated dressings • Contaminated dressings

Non-contaminated infectious waste -> Orange bag

Offensive (non-hazardous) waste from patients with no known or suspected infection which may be contaminated with body fluids. -> Yellow and Black Tiger stripe bag

Examples: Gloves, aprons • Dressings (including blood stained) • Stoma or catheter bags • Cardboard vomit/urine bowls • Incontinence pads • Female hygiene waste, nappies.



WHY ADDRESS YOUR WASTE FOOTPRINT?

Following the Waste Hierarchy is not only law to reduce resource usage and to prevent pollution, but it also reduces the carbon footprint. It is the legal responsibility of the General Practice, not the waste contractor, to ensure full compliance with environmental waste regulations. BMA advice is [here](#).

Top actions you can take

- Don't use clinical waste bags for non-clinical waste.
- Identify the main items in waste and remove at source.
- Segregate the waste correctly.



Monitoring and measuring

Carrying out a waste audit (see box)

- Current waste collection systems
- Volume of waste generated
- Composition of waste and detailed analysis of key waste streams e.g., quantity of avoidable waste and causative factors, composition of waste packaging etc.
- Seasonality or demand peaks
- System constraints (e.g., infection control)



WASTE AUDIT

Over a week:

1. Record the number and type of waste bags collected within the practice
2. Examine the contents of each bag by colour e.g., tiger stripe bag/black bag, recycling bag
3. Separate into categories and weigh totals e.g.
 - Plastic
 - Metal (e.g., aluminium)
 - Paper
 - Mixed/contaminated waste
 - Food waste
4. Return waste to (correct) waste stream
5. Repeat for other waste streams
6. Consider if waste has been appropriately disposed of and whether it was avoidable by comparing against the waste hierarchy

Download a waste audit form [here](#)

Where do I put healthcare waste?

General practice waste management categories

It is easy to overlook the duty of care and legal responsibilities placed upon us personally to dispose of healthcare waste appropriately.

Correct segregation of waste ensures compliance with law and means it will be processed in the safest & cost-effective way, minimise any environmental impact; the colour of the container indicates its disposal route.

Improper segregation of waste and mis-use of waste bag types creates a significant challenge for the NHS.



Offensive waste (tiger-striped bags):

- All clinical rooms should have this as main waste stream for GP practices.
- Used for non-infectious healthcare waste, e.g., items contaminated with blood or body fluids, PPE, speculums etc.
- All healthcare waste should be considered non-infectious unless proven otherwise?



Infectious waste (orange bags):

- Used for infectious waste only – typically solely needed in treatment rooms for dressings (e.g., leg ulcers), minor ops products etc.
- Should not be used routinely in GP practices as majority of patients and procedures are not infectious.



Sharps waste (yellow lidded):

- Used for all needles, syringes and vials contaminated by anything given to the patient, e.g., pharmaceuticals and most vaccines.



Sharps waste (purple lidded):

- Used for all needles, syringes and vials contaminated with cytotoxic and/or cytostatic medicinal products and their residues (e.g., BCG, Leuprorelin, Testosterone, Progesterone, Goserelin).



Sharps waste (orange lidded):

- Used for needles, vacutainers and waste from phlebotomy/podiatry (contaminated by blood or body fluids taken from the patient) that are not contaminated with pharmaceuticals.



General & recycling waste:

- General waste includes couch roll and paper towels.
- Not all clinical rooms should have a recycling bin – it is better having one in a central location. Recyclable waste may include packaging, papers, plastics etc.



Confidential waste:

- For all patient identifiable papers and sensitive information.
- This should be shredded and recycled (whether on site or via appointed third party).



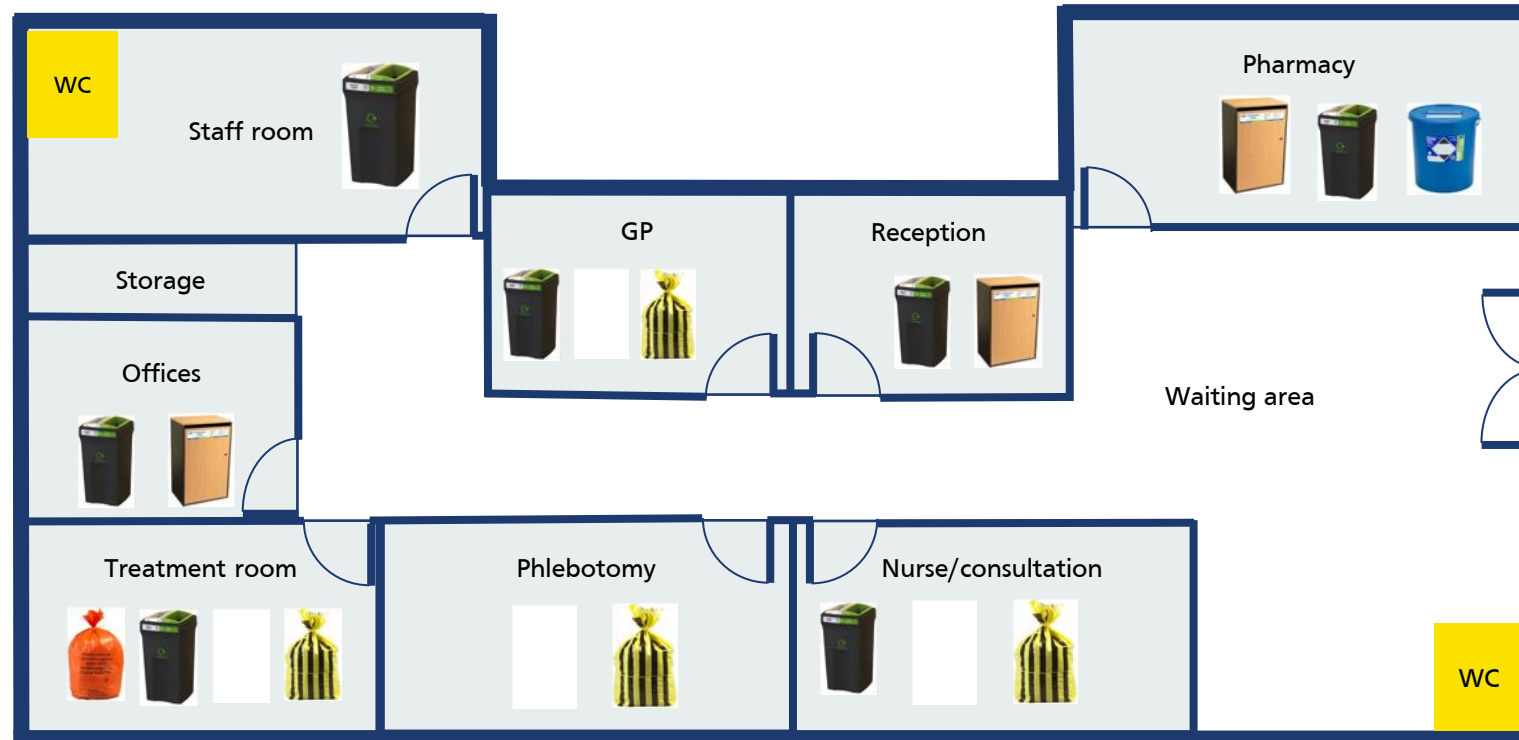
Medicinal waste (blue or purple lidded):

- All expired or patient returned medicines should be placed in blue-lidded containers, with exception of cytotoxic/cytostatic medicines which is placed in purple lidded containers.

How to configure waste bins on site?

General Practice Energy Management Floorplan

This waste management floorplan should be used as a guide for ensuring that all rooms/areas have the correct waste containers available. Sites should apply this as practically as possible noting different estates types may allow for different configurations.



GP consultation rooms

- Tiger waste
- General waste
- Sharps bin

Offices, reception

- Paper recycling
- Confidential waste

Treatment room

- Tiger waste
- Sharps bin
- Infectious waste
- Recycling

Phlebotomy

- Tiger waste
- Sharps bin
- Recycling

Nurse consultation rooms

- Tiger waste
- General waste
- Sharps bin

Pharmacy

- Medical waste
- Recycling
- Confidential waste

Sources of waste

Tissues and couch roll, gloves (and other PPE), paper and packaging are the most commonly disposed of item and biggest sources of waste in practices.

The most frequent materials in waste are:

1. Paper (including as tissues).
2. Nitrile, from which the gloves are made.
3. Plastic e.g., sterile wrapping and aprons.
4. Separatable paper and plastic (as packaging).

What is meant by 'zero waste'?

The aim is that zero waste produced by the practice is sent to landfill sites or for incineration.

This requires a total re-think of the concept of waste, to be thought of as a 'potential resource', which can be returned via recycling firms to become an input in making the next item.

Progress towards this goal requires creative thinking to see how 'waste' can be reduced, reused within the practice or recycled.

The carbon footprint of recycling is lower than landfill, but waste avoidance has no carbon footprint at all.

Preventing waste through purchasing choices will reduce the carbon associated with the production of new goods and the impacts of waste or recycling.



The waste hierarchy

Reduce and prevent

Biggest reduction in waste is by preventing it from being generated in the first place. For example, less packaging, less new products, repairing, products designed for a longer life.

Reuse

Products and components that are used for the same purpose again, e.g., reusable PPE masks.

Recycle

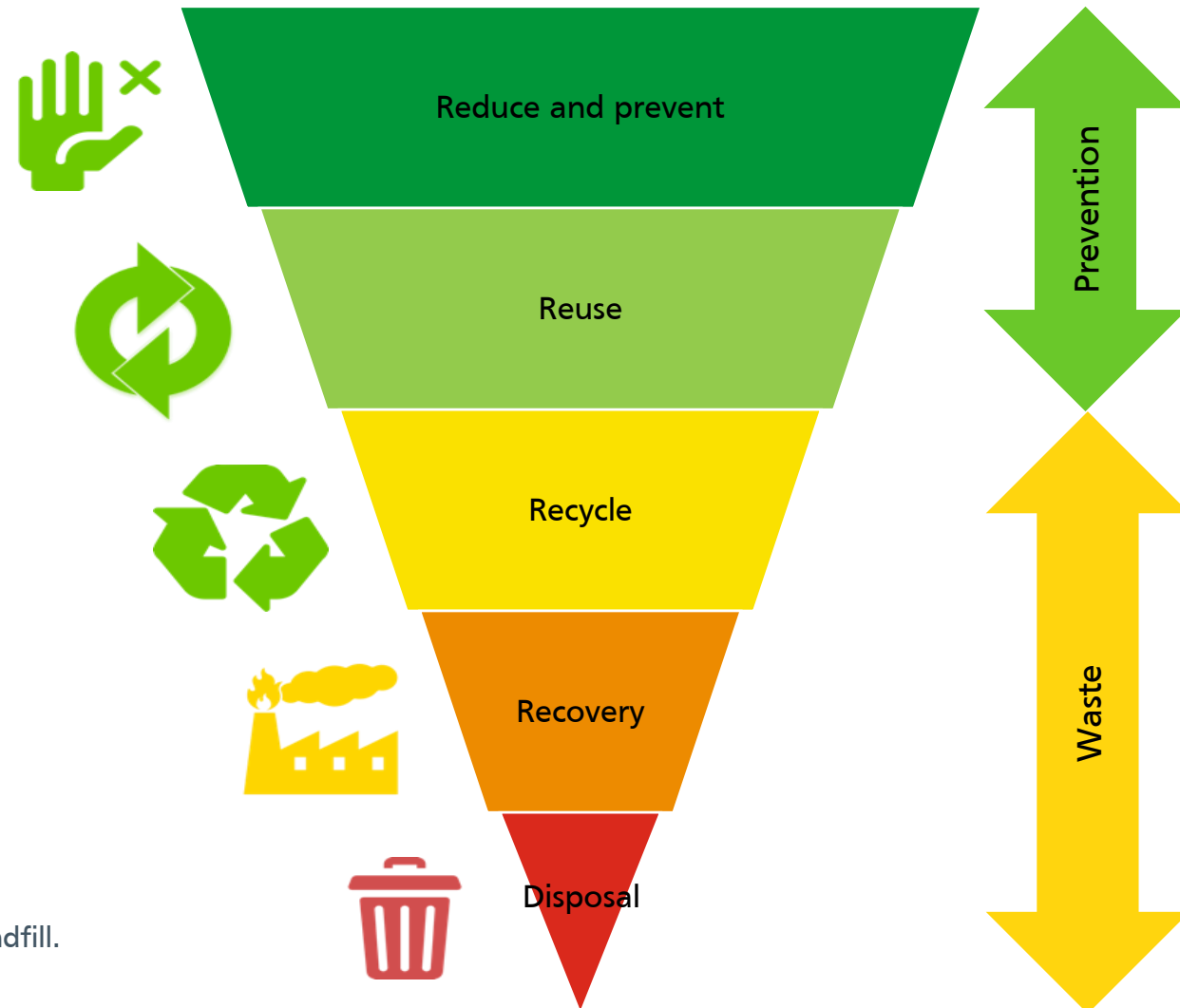
Waste materials that are reprocessed into products and materials that can be used for the same or different purposes.

Recovery

Energy is recovered but the loss of resources occurs e.g., waste to energy incineration plants.

Disposal

Last resort. Either sent to incineration without energy recovery or sent to landfill.



What about plastic?

Plastics are incredibly useful and have changed the way we live our lives. The versatility of the material – to be moulded and shaped makes them suitable for many applications. There is increasing concern about how many are used and how they are disposed. Because they generally don't degrade or corrode, they persist for many hundreds of years.

Plastics are useful for packaging goods. Plastics is versatile, hygienic, lightweight, flexible and highly durable and accounts for the largest usage of plastics worldwide. It is used in numerous packaging applications including containers, bottles, drums, trays, boxes, cups and protection packaging.

Primary care rely on flexible plastics for packaging. When it comes to plastics, the softer they get the harder they are to recycle.

The UK government has set a target of eliminating avoidable plastic waste by end of 2042.

A useful guide from WRAP is [here](#).



In the UK, it is estimated we use five million tonnes of plastic every year, nearly half of which is packaging.

	Durable, high strength and can be used in low weight applications	Recyclable?
Non-biodegradable	Lasts for years, can fracture into smaller pieces/ microplastics.	Yes, if collected and sorted into separate material reprocessing streams.
Biodegradable	Breaks down in a defined period of time.	Yes, if separated from nonbiodegradable plastic streams and dealt with separately. Cannot be recycled in the same way as non-biodegradable plastic.
Compostable	Material decomposes/ biodegrades in industrial composting conditions. Materials that meet an appropriate home composting standard can be composted in home composting systems.	Separated and sent to industrial composting facilities. Not suitable for sending to recycling with other plastics.

Any plastic that evades appropriate collection and treatment that escapes into the environment has the potential to have a long-lasting impact on the environment.

Types of plastic

Plastic can be made from fossil-based or bio-based materials. The nature of the material used to make a plastic, or the term used to describe it does not necessarily dictate the way it will behave at the end of its life e.g., a bio-based plastic or bioplastic does not automatically mean it will biodegrade.

Important characteristics can include strength, thermo-stability, gas barrier properties, transparency, lightweight, shatter-resistant and recyclability.

Name	Polymer name	Symbol	Uses	Recyclable
PET (or PETE)	Polyethylene terephthalate		Used in bottles, food trays, tote bags, carpet.	Yes
PE – HDPE	polyethylene		High density PE is used for milk bottles, bleach, cleaners, toys and most shampoo bottles.	Yes
PVC	Polyvinyl Chloride		Plumbing pipes. Tiles, shoes, gutters, window frames	In some places, yes
PE - LDPE			Low density PE is used for carrier bags, food bags, bin liners and packaging films	Harder to do, but yes in some places
PP	Polypropylene		Commonly used for margarine tubs, microwaveable meal trays, kitchenware, yogurt containers	Yes
PS	Polystyrene		Take-out containers and disposable cups and plates, 'packaging peanuts'	No
Other			Includes CDs, baby bottles, spectacles, exterior light fittings	Not usually

Monitoring and measuring

Understanding a 'current state map' at each site includes:

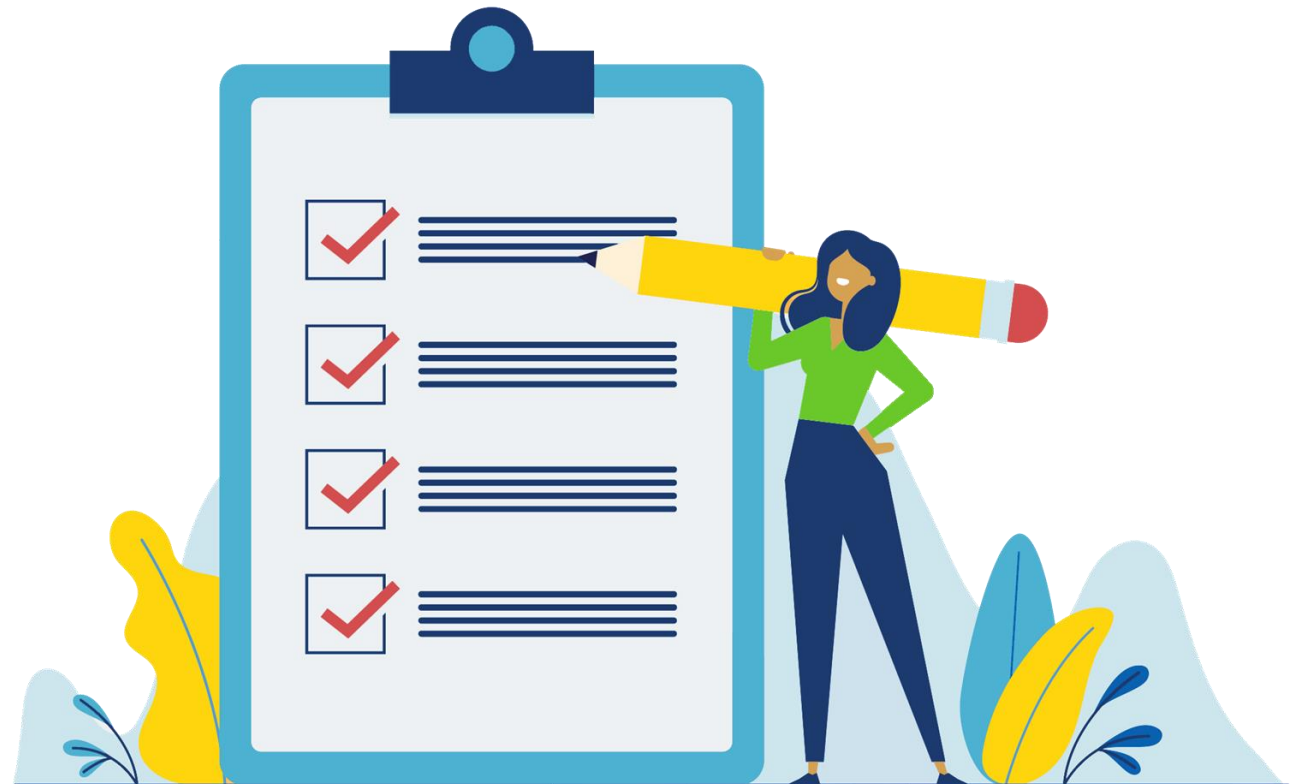
- Carrying out a plastic audit (see box)
- Considering actions to reduce unnecessary use

PLASTIC AUDIT

Start from the beginning and make a list of all the single-use plastics that exist in your practice: getting a better understanding on what actually gets thrown away will give a great starting point on what to eliminate altogether.

Identify the different types of plastic (where possible) – see previous [page](#) for types.

Identify if reusable or recyclable options are possible e.g. changing from polystyrene cups to reusable (glass, metal, rigid plastic) or recyclable (e.g. Type 5 Polypropylene) ones.



Tips to reduce plastic

Think long term

- Getting into good habits with the small steps is not the only thing you can do.
- Thinking longer term to change the culture of using single-use plastics is essential.

Plastic free office

- Pointless plastic – identify and avoid unnecessary plastic e.g., plastic folders, folder dividers, plastic coated paper clips.
- Paperless office – as offices transition to becoming paperless, start phasing out plastic (biro) pens and use pencils or metal pens instead.
- Laminating – laminating posters will take hundreds of years to biodegrade. Choose alternatives like printing on card.
- Create a central supplies library – for stationery and equipment , and ask staff to check there before purchasing anything new.
- Stationery orders – order eco-friendly stationery and ask the supplier to use paper or cardboard packing materials instead of bubble-wrap, polystyrene or plastic wrapping.



Food and drink

- Kitchen and staff room – provide reusable crockery and cutlery e.g., glass jugs and glasses for water and metal spoons for stirring drinks. Avoid disposable plastic cutlery.
- Encourage homemade lunches – having good food storage and preparation facilities will encourage and enable staff to bring in homemade lunches which inevitably reduces single-use plastic packaging.
- Office snacks and shop – a great way to influence what snacks are eaten in the office, and what packaging is left behind. For example, replacing bottles for cans, and plastic packaged sweets and crisps with healthy fruit and other alternatives.
- Provide staff with reusable mugs and bottles.
- Plastic-free events – use paper decorations for practice parties and birthdays. Avoid cards and wrapping paper with glitter which is micro-plastic.

ENCOURAGE GOOD RECYCLING OR GO COMPOSTABLE

Sometimes using a single-use item is unavoidable. Even with the best effort, there are going to be times when you do have plastic waste in your office, but the key is to make sure staff are encouraged to recycle all appropriate materials, and correct usage of bins.

Setting targets



Setting targets can help you deliver the strategic changes that are needed to reduce carbon emissions from waste and plastics.

Regarding waste and plastics, the practice can set their own targets to achieve their goal such as:

- % volume reduction.
- % increase in recycling.
- % reduction in financial costs.

Route to reduce		Aim/target					
Area	Current footprint (this year)	3 years time		6 years time		9 years time	
		Total % reduction	How	Total % reduction	How	Total % reduction	How
Waste	40 bags a week	25%	Audit current use, aim to increase recycling to all recyclable material.	50%	Identified excess packaging, unused resources, change suppliers.	75% - 10 bags in total	Aim for fully reusable medical equipment, so eliminating waste at source.
Plastics	5 bags a week	20%	Audit current use. Identify plastic hotspots. Single use plastic free kitchen.	50%	Identified excess packaging, use circular loops where packaging returns to seller.	80%	No single use plastics used at all. Only plastic from essential single use medical equipment.

Top actions you can take

Recycle

- Send printer cartridges for recycling.
- Set up a food waste collection for kitchen waste.
- Look for a closed- loop paper recycling supplier e.g. Paper Round collect paper in London and then resell it as office paper.

Best practice recycling set-up

- No under-desk bins.
- All waste and recycling bins in the same place.
- Clear visual signage with images on them that reflect the waste streams people have in your office. Words like Mixed Recycling or General waste are meaningless as different waste collectors accept different items so include images. WRAP has some good examples of clear signage.
- Ensuring clinical waste bins are not used for 'general waste' with clear signage.



Resources



UK government guidance

- [Guidance on applying the waste hierarchy in England](#)
- [Guides to understanding your waste responsibilities](#)
- [Environmental guidance for your business in Northern Ireland & Scotland](#)

Waste and recycling guidance

- [WRAP \(the Waste & Resources Action Programme\)](#)
- [Zero Waste Scotland](#)
- [Recycle Now](#)

Useful articles

- [BMA 'Disposing of clinical waste'](#)
- [CQC 'GP mythbuster': Health care waste](#)
- [IPC Waste management Policy for General Practice](#)

Procurement of goods



Addressing your procurement footprint

“Procurement holds the key to the majority of impacts. It has a vital role to influence the supply chain, in your own operations and the distribution of your products and services” according to Hugh Jones, managing director of The Carbon Trust.

Procurement of goods in practice includes medical consumables (PPE to uniforms), office consumables (printing, paper, postage), medical equipment (BP machines to oximeters) and office equipment. Being aware of what we buy, how it is used and how it is disposed of is vital.

Practices are part of the global supply chains as these extend around the world. They are vulnerable to natural disasters and civil conflict. Climate change, water scarcity, and poor labour conditions in much of the world increase the risk to our ability to have the tools, equipment and staff to deliver great healthcare.

Procurement can make a real difference when cutting carbon emissions as carbon is associated with the assembly, packaging, transport, storage and handling of products and materials which account for a significant proportion of an organisations carbon footprint.

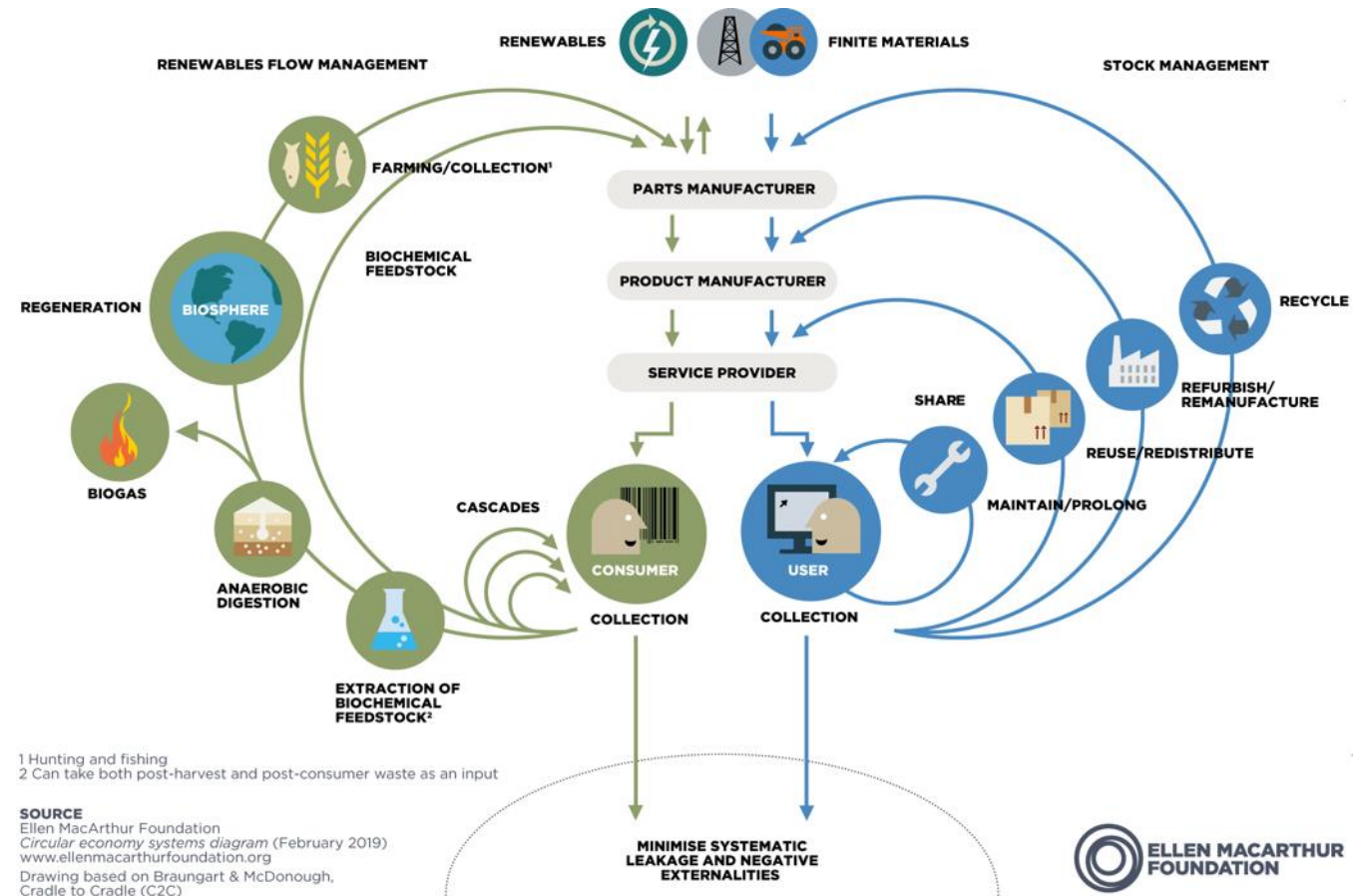
The NHS aims to reduce emissions under its influence, including travel and suppliers, to net-zero by 2045. This also includes an 80% reduction in emissions by 2036.

The message from the Greener NHS report is clear: suppliers must meet or exceed their commitment on net zero emissions.



Top actions you can take

- Reduced the number of products used by extending their lifespan e.g., frequency of replacing practice uniforms.
- Identify less environmentally harmful services for the services contributing most to your footprint – e.g. request products which have their carbon footprint calculated.
- Think through the whole lifecycle of the services being provided and the equipment and products used.



The circular economy for procurement*

*Source: <https://www.ellenmacarthurfoundation.org/explore/the-circular-economy-in-detail>

Medical procurement – equipment

Medical equipment

There are two reasons that medical equipment has a high carbon footprint. Firstly, it is the high carbon impacts associated with the materials and the production of them, and secondly it is end-of-life disposal options.

For example, the carbon impacts of producing equipment made from metals has a large carbon and ecological footprint from mining to melting and moulding. For instance, the carbon footprint of an aluminium Zimmer frame and wheelchair are 24 and 168 kg CO₂e respectively. Which is similar to a train journey to Amsterdam (28 kg) or a one-way flight to Rome, respectively.

For medical equipment, redundancy feels built in, and there is a newer model with more features coming soon. By extending the lifespan of our equipment, making them multi-use rather than single use, investing in repairing and maintaining, we can reduce the environmental and carbon impact from our equipment.

Action

Audit all the medical equipment bought over the previous 12 months.

CASE STUDY : SEAL MEDICAL SUPPLIES RECYCLING MEDICAL EQUIPMENT



Seal Medical Supplies are a retailer of medical equipment based in Nottingham. A team of field-based technicians carry out calibration, servicing and repairs to medical equipment across the UK in partnership with their sister company - Seal calibration Ltd.

In addition, they offer a medical equipment disposal service allowing medical establishments to responsibly dispose of old or broken equipment. Upon collecting your old medical equipment, a traceable waste transfer notice is provided for your records.

Once collected, the equipment will be assessed and working parts salvaged, recycled or refurbished. Items that can't be reused in any fashion are responsibly disposed of.

Send all those old stethoscopes, ECG machines, otoscopes or ophthalmoscope from your practices.

www.sealmedical.com

Tel: 0115 906 3000

Email: sales@sealmedical.com

Medical procurement – consumables

Medical consumables

There are many products which constitute 'medical consumables' – from PPE and masks to PV speculums, couch roll, venepuncture equipment, wound dressings and many more.

Many medical supply companies aim to produce single use disposable equipment for additional sales. However, reusable medical devices are available.

Any item that contacts intact skin but not mucous membranes – Intact skin acts as an effective barrier to most microorganisms – are considered low risk for causing infection and can be made reusable. They can be disinfected between use when required.

Action

Audit the medical equipment bought over the previous 12 months.

Optimise stock inventory to avoid products going out of date and being wasted.



CASE STUDIES

Carbon footprint of PPE

If, over a year, a practice used...

- 20 rolls of aprons (200 per roll) = 4000 apron @ 65g CO₂e/apron = 260 kg
- 16 boxes of disposable masks (50 per box) = 800 masks @ 20g CO₂e /mask = 16 kg
- 175 boxes of gloves (100 per box) = 17,500 gloves @ 26g CO₂e /glove = 455 kg

Their total carbon would be 731 kg CO₂e (about 3/4 tonne CO₂e) annually.

Source: <https://journals.sagepub.com/doi/full/10.1177/01410768211001583>

Revolution Zero

During the first year of the coronavirus pandemic, NHS alone has disposed of 1.4 billion masks. Revolution-ZERO masks and other PPE target both zero carbon and zero waste by having a fully circular cradle-to-cradle service offering.

Sterile services and equipment reuse

Some practices are discussing with the Sterile Services Dept in their local acute trust about using reusable equipment and having it sterilised after use rather than using single-use equipment.

Office procurement – equipment

Office equipment

Office equipment covers personal electrical equipment (headsets, telephones, cables, webcams and microphones) to office electricals (fans, printers shredders, projectors) to furniture (desks, drawers, back rests, foot stools, standing desks) to new door locks and radiators.

Actions

- Audit the office equipment bought over the previous 12 months.
- Log stock inventory to know what resources and equipment are currently available in the practice.



CASE STUDY: WARP-IT

Warp-it helps businesses find, give away, or loan office furniture, equipment and other resources.

They help save money time and space.

- Reduce waste disposal and purchasing costs.
- No need to purchase new equipment and resources for your organisation.
- Find a new owner for your surplus kit in your organisation or beyond.

They are currently used nationwide by many healthcare and other organisations.

By 2021, they have saved 11,000,000 kg CO₂e and £25 million and diverted nearly 4 million kg of equipment from waste streams.

www.warp-it.co.uk

0800 0488755

General enquiries: info@warp-it.co.uk

Office procurement – consumables

Office consumables

This category includes stationary (paper, envelopes, pens, tape and appointment cards) to printer consumables (toners and printer cartridges) to staples and storage options (box files, poly pockets, filing trays) to books (training manuals, diaries, notebooks) to batteries to refuse sacks and cleaning products.

Action

Audit the office consumables bought over the previous 12 months.

Batteries have a footprint of 12.1kg CO₂e per kg of battery. A 4-pack of AA alkaline batteries weighs around 100g so their carbon footprint is 1.2kg CO₂e.

Recycling ink/toner cartridges saves nearly 9,600 kg of aluminium, 40 tons of plastic, and one million litres of oil for every 100,000 cartridges recycled.



Setting targets



Setting targets can help you deliver the strategic changes that are needed to reduce carbon emissions from procurement.

Regarding procurement, the practice can set their own targets to achieve their goal such as

- Reduced the number of products used e.g. frequency of replacing practice uniforms.
- Identify less environmentally harmful services for the services contributing most to your footprint.
- Think through the whole lifecycle of what you are doing/the service being provided.

“Public authorities have to regard economic, social and environmental well-being in connection with public services contracts and also taking into account wider social and environmental value when they choose suppliers.”

Services (Social Value) Act 2012

Example

Route to reduce		Aim/target					
Area	Current footprint (this year)	3 years time		6 years time		9 years time	
		Total % reduction	How	Total % reduction	How	Total % reduction	How
Medical procurement	24,000 kg CO ₂ e	25%	Audit and identify medical equipment and consumables. Manage stock better.	50%	Identify alternative clinical pathways to reduce single use.	75%	Identify reusable medical equipment; remove single use; 100% at end of life to refurb service.
Office procurement	20,000 kg CO ₂ e	20% in use	Paper free with digital as default for communication.	50%	Use recycled equipment as default via Warp-it, etc.	100%	Remove all single use materials; only use suppliers with net zero policy.

More medical actions you can take

AVOIDING UNUSED ITEMS EXPIRING

- Have good stock management system
- Keep items that expire soon at the front of the cupboards to avoid items expiring before they are used.

INCREASING REUSE

- Where possible purchase products that can be decontaminated and reused, rather than single use items
- Charge a deposit on items, local practices charges £20 for hiring BP machines
- Hold an amnesty day for returned items
- Wash, autoclave and reuse items such as ring pessaries, metal scissors

SWITCHING MATERIAL CHOICES

- For items that are unavoidably single-use switching to a lower carbon alternative can be preferable.
- Rather than you having to become a carbon footprint expert on different materials here are some high and low carbon examples:

HIGH CARBON FOOTPRINTS

- Metals
- Cotton

LOWER CARBON FOOTPRINTS

- Plastic
- Recycled paper
- Bamboo

SIMPLE SWITCHES

- If they can't be reused, switching from metal to plastics has a lower footprint or from virgin tissue roll to recycled or bamboo tissue.

More office-based actions you can take

AVOIDING UNUSED ITEMS EXPIRING

- By having a good stock management system and keeping items that expire at the front of the cupboards it can avoid items expiring before they are used.
- Buying in bulk will save money by making the most of bulk purchase offers, and can consolidate the number of deliveries made, reducing carbon emissions.

REDUCE THE IMPACT OF YOUR PURCHASES

- Keep things in use for as long as possible
- Buying items to last or on a lease where they are kept in circulation for longer
- Working with a IT provider that responsibly manages the end of life of waste electrical items; ideally by refurbishing and making available within the local community
- Request take-back schemes for packaging or ask for 'no packaging' options
- Create a recommended purchase list for the low-carbon options so staff can buy from this list rather than having to evaluate themselves

SWITCHING MATERIAL CHOICES

- For items that are unavoidably single-use switching to a lower carbon alternative can be preferable. For example from virgin paper products to recycled

REDUCE:

PRINTING

- Changing printing settings so people have to press the printer to print
- Double-sided printing as a default setting

CLEANING PRODUCTS

- Switch to brands that sell soluble sachets that are diluted with water in trigger bottles or mop buckets

Resources



Companies who offer reusable equipment

- [RB Medical](#)

Reusable medical devices

- [WFHSS](#)
- [Seal Medical](#)
- [Revolution Zero](#)

Office equipment

- [Warp-It](#)

Examples of providers

Secondhand furniture	Repair furniture	Renting IT equipment	Recycling IT equipment
<p>CT Passenger Northeast England newcastle@communitytransport.org 0191 2656433 https://www.communitytransport.org/office-furniture-donations</p>	<p>The Chair Clinic National sales@chairclinic.co.uk 01384 480030 https://www.chairclinic.co.uk/office-chair-repairs/</p>	<p>Britannia Office Systems Whitley Bay info@britanniaofficesystems.co.uk 0191 291 2222 http://www.britanniaofficesystems.co.uk/servicing-and-leasing/</p>	<p>Green IT Disposal National enquiries@greenitdisposal.co.uk 01619281144 https://www.greenitdisposal.co.uk</p>
<p>Reyooz National hello@reyooz.com https://www.reyooz.com</p>	<p>Ace Repair Services North East & Cumbria acerepairs@hotmail.com 07969 388 151 www.acerepairservices.com/services</p>	<p>Hardsoft National info@hardsoft.co.uk 02071111643 https://www.hardsoftcomputers.co.uk</p>	<p>Dell National https://www.dell.com/learn/uk/en/ukcorp1/corp-comm/recycling-consumer-uk1</p>
<p>Kings Office Furniture National contact@kingsofficefurniture.co.uk 0845 521 9070 https://kingsofficefurniture.co.uk/pages/office-clearance</p>	<p>Renting furniture</p> <p>City Furniture Hire National info@cityfurniturehireltd.com 01134508462 https://cityfurniturehireltd.com</p>	<p>Donate / recycle</p> <p>Orange Box North East Regional orangeboxnortheast@yahoo.com 0191 2242116 https://www.orangeboxnortheast.org.uk</p>	<p>Revive IT National it@reviveit.co.uk 03332422545 https://www.reviveit.co.uk</p>
<p>Office Resale National officeresale.uk@crowwww.com 0208 9762 080 https://www.officeresale.co.uk</p>	<p>Warp It National info@warp-it.co.uk 08000488755 https://www.warp-it.co.uk</p>	<p>CT Furniture Regional 0800 9174397</p>	<p>More on how to dispose of electrical items:</p> <p>Recycle Now https://www.recyclenow.com/what-to-do-with/electrical-items-0</p>
<p>wantdontwant.com National hello@wantdontwant.com 020 7529 8180 https://www.wantdontwant.com/home/locations/index.cfm?town=Cumbria</p>			

This is not an exhaustive list and due diligence must be applied when choosing a supplier.

Examples of providers

Refurbished IT equipment		Repairing IT equipment	
<p>Morpeth Computers Morpeth 01670 432022 https://morpethcomputers.co.uk</p>	<p>Hexham Computer Shop Regional info@hcs-thecomputershop.com 01434 600022 http://www.hcs-thecomputershop.com</p>	<p>Business Equipment Services Newcastle 0191 414 5775 https://www.bestyne-wear.co.uk</p>	<p>IT Fox Smart Shop North Tyneside info@itfox.co.uk 0191 340 5357 www.itfox.co.uk</p>
<p>Tweedhill Computers Berwick enquiries@tweedhill-computers.co.uk 07510 098036 https://www.tweedhill-computers.co.uk</p>	<p>Dell National DFS_Retail_Support@dell.com 03308082078 https://www.dellrefurbished.co.uk</p>	<p>Digital Office Solutions Newcastle info@digitalofficesol.co.uk 01325 332 333 www.digitalofficesol.co.uk/printer-maintenance-servicing-newcastle-upon-tyne/</p>	<p>Centurion Computers Regional help@centurioncomputers.co.uk 01434 604 800 https://centurioncomputers.co.uk</p>
<p>PC Refurb Man Regional 01670 618868 https://www.pcrefurbman.co.uk</p>	<p>Stone Refurb National support@stonegroup.co.uk 01785786786 https://www.stonerefurb.co.uk</p>	<p>DC Services Sunderland sales@dcservicesltd.com 0191 645 0607 https://dcservicesltd.com</p>	
Reusable masks	Reusable medical equipment	Re-sell medical equipment	Outdoor furniture
<p>Revolution Zero National https://www.revolution-zero.co.uk</p>	<p>RB Medical National 01989 563958 https://www.rbmedical.co.uk</p>	<p>Avensys Medical National info@avensysmedical.co.uk 01562 745 858 https://www.avensysmedical.co.uk/sales-storage/resale-service</p>	<p>Kedel National info@kedel.co.uk 01282 861325 https://www.kedel.co.uk</p>

This is not an exhaustive list and due diligence must be applied when choosing a supplier.

Examples of providers

Refurbished medical supplies		Stationery and office consumables	Hot drinks
<p>Seal Medical Supplies National sales@sealmedical.com 01159063000 https://www.sealmedical.com/collections/reconditioned-equipment</p>	<p>MC Medical National 01482 620676 https://mcmedical.co.uk</p>	<p>The Green Stationery Company National sales@greenstat.co.uk 01225480556 https://www.greenstat.co.uk</p>	<p>Steenbergs National 01765 640088 https://steenbergs.co.uk</p>
<p>GB Medical National sales@gbmedical.co.uk 01264 361578 https://www.gbmedical.co.uk</p>	<p>Avensys Medical National info@avensysmedical.co.uk 01562 745 858 https://www.avensysmedical.co.uk/product-category/pre-owned/</p>	<p>The Green Office National info@thegreenoffice.co.uk 0800 038 5744 https://www.thegreenoffice.co.uk</p>	<p>Bird and Wild National https://birdandwild.co.uk</p> <p>Hampstead Tea National sales@hampsteadtea.com 01908583701 https://www.hampsteadtea.com</p>
Medical equipment maintenance and repair		Paper	
<p>Avensys Medical National info@avensysmedical.co.uk 01562 745 858 https://www.avensysmedical.co.uk/engineering-services-repair-and-maintenance/</p>	<p>JD Medical National info@jdmedical.co.uk 0121 779 3741 http://www.jdmedical.co.uk/equipment-service-repair.html</p>	<p>EnvopAP National sales@envopap.com 020 8050 2725 https://envopap.com</p>	
<p>NTH Solutions National enquiries@ntholutions.co.uk 01642 383759 https://ntholutions.co.uk/services/medical-equipment-servicing/</p>	<p>Williams Medical National 01685 846666 https://www.wms.co.uk/Equipment_Repair</p>		

This is not an exhaustive list and due diligence must be applied when choosing a supplier.

Examples of providers

Toiletries		Cleaning products	Donate medical goods
<p>Cheeky Panda National alexandra.gros@cheekypanda.com (B2B enquiries) https://uk.cheekypanda.com</p>	<p>Bumboo National wecare@bumboo.eco https://www.bumboo.eco</p>	<p>Smol National help@smolproducts.com https://smolproducts.com</p>	<p>Donate surplus medical goods to rural health units in sub-Saharan Africa:</p> <p>InterCare https://intercare.org.uk</p>
<p>Who Gives a Crap National sales@whogivesacrap.org https://uk.whogivesacrap.org</p>	<p>Bamboo Bobbi National bobbi@bamboobobbi.co.uk https://www.bamboobobbi.com</p>	<p>Biod National info@biod.co.uk 01482 229950 www.biod.co.uk</p>	
<p>Naked Sprout National hello@nakedsprout.uk https://nakedsprout.uk</p>			

This is not an exhaustive list and due diligence must be applied when choosing a supplier.

Net-Zero Action Plan



What is a 'Net-Zero Action Plan'?

A Net-Zero Action Plan can cover as many areas as the practice wishes. However, the major hotspots for non-clinical emissions for primary care to include in their plan are:

- Energy,
- Travel for patients and staff,
- Business services including IT and waste,
- Procurement covering medical and office equipment and consumables.

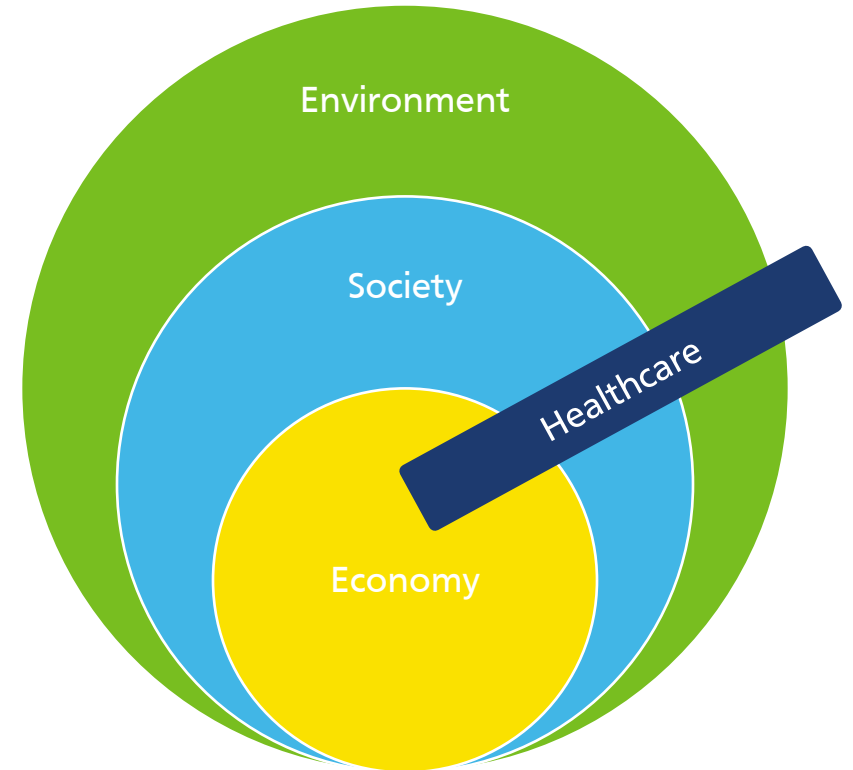
BEFORE YOU START

What is already in place?

Look at the practice and identify good and great behaviour, ideas and systems that already exist.

Who needs to be involved?

Ultimately the aim is to involve all employees but at the start you need to decide who is best placed to lead the development of the practice plan.



Healthcare straddles all the above areas. It is influenced by the environment and impacts upon it; it is part of society, and it impacts on the economy both directly and indirectly.

Monitoring and measuring your impacts

As with all actions on a green action plan, you will need to build in a monitoring and measuring process to calculate how well your actions are leading towards your goals. This can fit with your annual QoF cycle.

Monitoring your actions is vital to make sure you are on the right trajectory and are on target to reach net zero as soon as feasible.

There are audit and other analysis tools available for each section of energy use, staff and patient travel, waste production, procurement and spend on business services.

There are plenty of carbon calculators and tools to use, such as [SEE Sustainability](#), [Compare Your Footprint](#) or [Smart Carbon](#) – who offer a simple and cost-effective way for you to measure the carbon footprint of your practice. There is no need for external consultants or additional specialist knowledge.

TARGET SETTING

You can use SMART planning to have Specific, Measurable, Achievable, Realistic and Timely goals so you know the aims to achieve and by when.



IMPLEMENT YOUR PLAN

1. Use the audit tools to identify carbon emissions for each aspect of non-clinical emissions
2. Set a reduction strategy based on your priorities using SMART planning and
3. Complete the expandable guidance plan [here](#).

See [Frome Case Study](#) as an example.

Visit SEE Sustainability for a [downloadable action plan](#).

Develop your Net-Zero Action Plan

Area	Current footprint	Aim/target					
		3 years time		6 years time		9 years time	
		% reduction	How	% reduction	How	% reduction	How
Energy – electricity							
Energy – Gas							
Travel – staff							
Travel – patient							
Business services							
Procurement – Medical							
Procurement – Office							
Total							

Forms can be downloaded [here](#).

Case study: Frome Medical Practice Plan to reduce its footprint

Frome Medical practice have had its carbon footprint calculated and have worked on reducing their emission hotspots. An extract is below.

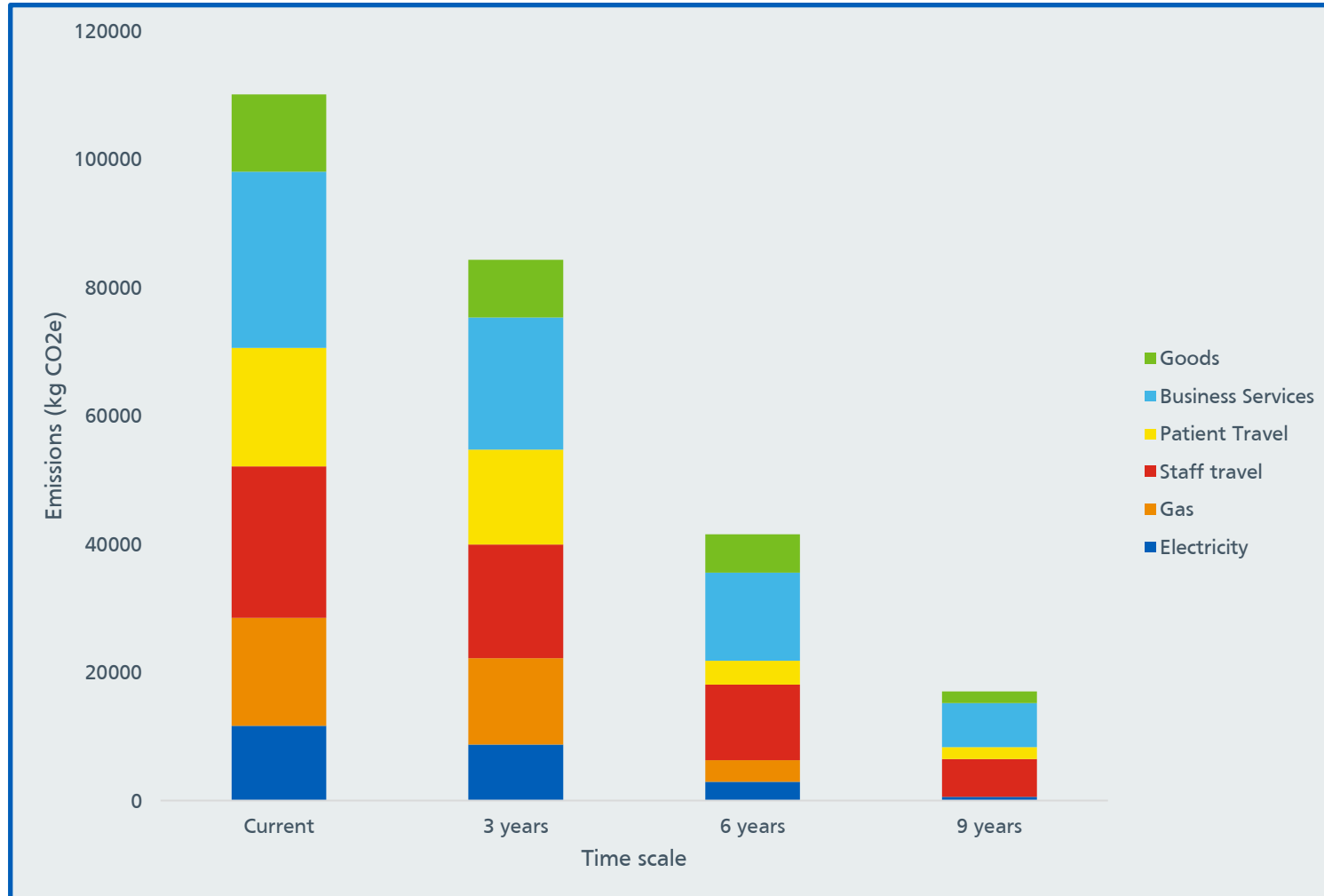
Area	Action
Measure Patient travel Staff travel (via travel survey completed in March) Energy Procurement	To work with SEE sustainability to measure our current carbon footprint, collate all data Spring 2021 and submit for analysis. To evaluate our report in summer 2021 and focus on any additional changes.
Staff travel	To look at plans to reduce carbon from travel to work through exploring alternatives, home working where appropriate. To measure NHS miles and reductions we can make through adoption of virtual meetings. Exploring electric bike and car options.
Patient travel	Promoting active transport. Encouraging less visits to the practice through telephone triage, video calls etc. Focusing on Chronic disease "one stop" clinics.
Procurement	Continued work to improve the knowledge of our supply chains and make improvements which reduce carbon.
Energy	To look at how we make the practice carbon neutral for energy. We currently have 100% renewable energy supplier and solar panels. The next step is look at alternatives with our landlord such as air source heat pumps.
Carbon literacy	To have a carbon literate workforce with 75% having completed training and working towards accreditation in this area so we maximise organisational impact and individual impact.

Example of a low carbon general practice

What could a practice look like in the process of decarbonising their non-clinical emissions?

Area	Current footprint (kg CO ₂ e)	Aim/target					
		3 years time		6 years time		9 years time	
		% reduction	How	% reduction	How	% reduction	How
Energy - Electricity	46,000 kg CO ₂ e	25% in use 100% green	Green team, behaviour change, energy audit. Change to 100% renewable.	50%	Install on site generation, more efficient equipment.	75%	Intelligent building management system for heating.
Energy – Gas	37,000 kg CO ₂ e	20% in use	Improved insulation, reduced losses.	80%	Replace with ASHP/GSHP.	100%	Gas free premises.
Travel – staff	46,000 kg CO ₂ e	25%	Incentivise those closest to walk or cycle.	50%	Actively encourage bike to work scheme, e-bikes, install facilities.	75%	Install EV charge point at surgery, encourage those who travel most to EV.
Travel – patient	24,000 kg CO ₂ e	20% in use	Promote walking scheme, actively push active travel.	80%	Look at practice boundary, install EV charge point for patients.	90%	Arrange with local bus service re requirements.
Business services	30,000 kg CO ₂ e	20% in service use 25% fall in carbon	Identify services which are no longer needed. Use lower carbon services in the biggest hotspots.	50% reduction in carbon	Actively identify further low carbon services; using only services with a decarbonisation plan in place.	At least 75% reduction in carbon	Use only carbon neutral suppliers for all new suppliers. Audit and press current suppliers to achieve carbon neutrality.
Medical procurement	24,000 kg CO ₂ e	25%	Audit and identify medical equipment and consumables. Manage stock better.	50%	Identify alternative clinical pathways to reduce single use.	75%	Identify reusable medical equipment; remove single use; 100% at end of life to refurb service.
Office procurement	20,000 kg CO ₂ e	20% in use	Paper free with digital as default for communication.	50%	Use recycled equipment as default via Warp-it etc.	100%	Remove all single use materials; only use suppliers with net zero policy.
Total	227,000 kg CO ₂ e						40,900 kg CO ₂ e – 82% reduction

Carbon reduction analysis



Implementing actions now leads to benefits both now and in the future.

Reducing non clinical carbon emissions as per the previous plan and using average practice emission data, a reduction at each 3 year review point is shown.

Over 9 years, a reduction of 80-90% is achievable while maintaining high quality patient care.

How to use your influence

Anna Lappe is quoted as saying "Every time you spend money, you're casting a vote for the kind of world you want". We can use our purchasing power for our energy, business services and procurement.

In addition to the power of our choices, we also have the power of our voices, and this is another one that we underestimate.

- Use your voice – ask your suppliers for better, demand change.
- Seek our suppliers who have measured their footprint and who have put in place positive changes
- Tweet brands and retailers to let them know if you're not happy with something (and indeed if you're really happy with something!).

We already influence our patients through our work, but we can use our trusted voices to help reduce carbon emissions for our practice, our staff, our patients and their families and the wider community we work in.

Tell others if you declare a climate emergency as a practice. Help to declare is [here](#).

Climate change is 'odd' as a challenge as we are all the villains but also all are potentially the heroes.

It's why it can be such a hard sell as it requires everyone to look inward as well as outward.



Summary

What can I do first?

1. Measure your emissions
2. Set a decarbonisation target to zero
3. Make an action plan and take action

What could I prioritise?

1. Reduce energy use and decarbonise what is used
2. Make active travel default choice for staff and patients and decarbonise the rest
3. Reduce all procurement and use low carbon options for what is used

Declaring a climate emergency





Climate emergency declaration

A guide for primary care

The climate crisis is a health crisis

As a GP, my training has equipped me with the skills needed to diagnose illnesses and prevent ill health. We see the young and the old, care for the dying and help people make lifestyle changes. Our wider role is to promote wellbeing, reduce inequalities and support patients to thrive within their communities.

I therefore understand that to do this successfully, we must fight for our piece of limited - usually financial - resources, and when we get them, we cannot afford to be profligate with them.

The planet also has finite resources, and we cannot afford to be wasteful with these either.

I believe we should arrange healthcare as if each of us were going to live on this planet forever. An important step to taking climate action is to declare a climate emergency. What does this mean?

- 1. Telling the truth – acknowledging this is an emergency.**
- 2. Acting now – taking radical steps in our personal and professional lives to halt biodiversity loss and reduce greenhouse gas emissions to zero by 2040*.**
- 3. Stronger together – working with others to create new solutions.**

Dr Matthew Sawyer,
GP and founder of SEE Sustainability



*The NHS has committed to decarbonising by 2040, however, to prevent the worst impacts of the climate crisis, we should be aiming to decarbonise as rapidly as achievable - by 2025 if possible - and not delay starting to take action.



Who in healthcare is declaring a climate emergency?

It has been a momentous few years for climate change. We've seen an increasing number of practices and healthcare trusts, councils, organisations as well as the NHS and the UK Government take action and declare a climate emergency.

In 2020, the NHS became the first healthcare organisation in the world to commit to achieve net zero carbon emissions.

Cornwall Health Care Partnership led the way with a commitment to achieve net-zero carbon emissions by 2040:

"In declaring a 'Climate Change' emergency, the NHS recognises the threat faced to public health as a result of global warming and seizes some of the opportunities to lead and work a more sustainable life that has been presented during the pandemic."

Cornwall and Isle of Scilly Health Care Partnerships; NHS Kernow Clinical Commissioning Group, the Royal Cornwall Hospitals NHS Trust (RCHT) and Cornwall Partnership Foundation NHS Trust (CFT)

Healthcare is beginning to take climate action. All of us must recognise our role and potential impact and contributions on a personal and professional level. These impacts can often be bigger than we think.



"We enjoyed a close working relationship with our local community and town council, and we were inspired when they were one of the first in the country to declare a climate emergency in 2018."

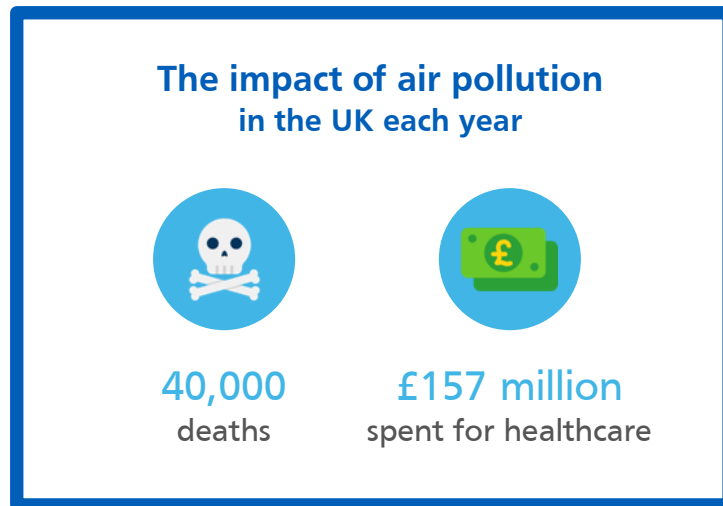
In March 2020, we were delighted to be joined by Portishead Medical Group, Hankham Health, Aberfeldy Practice and Kintbury and Woolton Hill Surgeries to declare an emergency."

Karen Creffield,
Frome Practice and Primary Network Care Manager

Why is primary care declaring a climate emergency?

In primary care our staff teams, communities and patients have been significantly impacted by the Covid-19 pandemic, but the next crisis is just around the corner. In fact, you are already experiencing the impacts of climate breakdown.

Climate breakdown is a health crisis, and primary care is on the frontline as its impacts are already affecting our communities from flooding, heatwaves and air pollution.



“As a doctor, I feel a duty to act on climate change. As well as opportunities for carbon and cost saving measures, overall this is about good clinical care; improving asthma care, access to green spaces and reducing health inequalities.

This is beneficial for patients and should not be seen as asking people to do more.”

Dr Tamsin Ellis,
General Practitioner in London



“Air pollution causes the condition of people with asthma and breathing difficulties to get worse and particularly affects poorer communities. It is also an attributable risk factor for cardiac problems and lung cancer.

As doctors, we have a role to prevent these things from happening. Fortunately, the benefits of taking action to prevent climate change also lead to better health.”

Dr Murugesan Raja,
GP, respiratory specialist and member
of Manchester's Climate Change Board



98,000 lives saved
through flexitarian diets

100,100 lives saved
if the UK focused on health gains

21,500 lives saved
through active travel

38,400 lives saved
if the UK focused on health gains



3,500 lives saved
through improved air quality

5,800 lives saved
if the UK focused on health gains



Blue: Number of lives saved per year by 2040 if the UK meets its climate targets
Green: Number of lives saved per year by 2040 if the UK went further and focussed on health gains from climate action

The benefits of climate action for health

Reducing our carbon emissions isn't only good for the health of our planet and of wildlife; it will significantly benefit our health.

A piece of research* published in The Lancet in February 2021 demonstrates the potential health benefits of climate action. It found that if the UK achieved its 2040 climate targets, each year we could save 98,000 lives through better "flexitarian" diets, 21,500 lives by people taking more exercise and 3,500 lives from reductions in air pollution.

By going further and focusing on the health gains from addressing the climate crisis, every year 100,100 lives could be saved through dietary changes (with 50% adopting flexitarian diets and 50% going vegan) and 38,400 lives from more active travel, with 75% of people walking or cycling over the course of a week). Cutting air pollution could save 5,800 lives a year.

*The public health implications of the Paris Agreement: a modelling study, The Lancet, February 2021, [www.thelancet.com/journals/lanplh/article/PIIS2542-5196\(20\)30249-7/fulltext#seccesstitle10](https://www.thelancet.com/journals/lanplh/article/PIIS2542-5196(20)30249-7/fulltext#seccesstitle10)

5 benefits of climate action for practices

Taking action has lots of additional co-benefits. If you need to develop a business case for your organisation, these are some aspects to focus on:



1. Positive physical and mental health impacts
on staff and patients



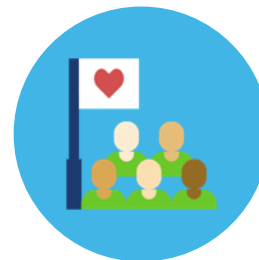
2. Business continuity and resilience
allowing us to continue to provide care to our patients



3. Financial savings
by improving efficiency, reducing waste and changing service delivery models



4. Minimised reputational risk
by demonstrating that we recognise the impact healthcare has on the planet



5. Safer and fairer communities
by recognising and addressing the health impacts of climate change, which exacerbate existing inequalities

“Healthier populations will prove more resilient to future health threats, thus reducing economic consequences. Finally, whole societies profit when disparities between the most privileged and those most vulnerable to the impacts of climate change and disease are reduced.”

The Lancet, February 2021

Why make a declaration if you are already addressing your carbon footprint?

As a respected body in your community, you have agency and the ability to engage and inspire strong action from other businesses and organisations. Primary Care trusts have partnered with local councils and others on their declaration and for collective action.

You also have the power to connect the dots between the impacts of climate change on human health, engaging a wider audience who may not feel climate change is affecting them or their families.

Imagine your community more resilient to floods and extreme weather conditions, meaning less mental health issues. Imagine reduced air pollution from community car-free zones and walking initiatives, leading to less asthma and respiratory problems.



Greater Manchester was the first “integrated care system” – NHS bodies and council social care working together to declare a climate emergency.

They have a bold ambition for the city region to be one of the globe’s healthiest, cleanest and greenest city-regions and to be carbon-neutral by 2038.



What to include in your green action plan

If you already have a green action plan in place, this needs revisiting to ensure it reflects the urgency of the climate emergency and these commitments:

- Working towards decarbonise and achieve net-zero by 2040 or sooner if possible.
- Addressing the carbon footprint of all impact areas of the organisation including:
 - Prescriptions
 - Travel (staff and patients)
 - Energy usage
 - Services used
 - Purchases
 - Waste reduction

For more guidance on net-zero and carbon reduction, you can find resources [here](#).

The NHS contributes to 5.4%* of the UK's carbon emissions.

In 2020, it emitted 25 million tonnes of greenhouse gases - emissions equivalent to that of a small country*



Monitoring and measuring your impacts

As with all actions on a green action plan, you will need to build in a monitoring and measuring process to calculate how well your actions are leading towards your goals. This can fit with your annual QoF cycle.

Monitoring your actions is vital to make sure you are on the right trajectory and are on target to reach Net Zero as soon as feasible.

You can use SMART planning to have Specific, Measurable, Achievable, Realistic and Timely goals so you know the aims to achieve and by when.

There are plenty of carbon calculators and tools to use, such as [SEE Sustainability](#), [Compare Your Footprint](#) or [Smart Carbon](#) – who offer a simple and cost-effective way for you to measure the carbon footprint of your practice. There is no need for external consultants or additional specialist knowledge.



All you need to declare a climate emergency

Regardless of where they are at on their Green NHS journey, any practice or GP can start the process to declare an emergency now. These are the first steps.

1. Know the facts

- Read the latest medical papers on 'Climate crisis is a health crisis'.
- Visit the links in the [Resources section](#).
- Get carbon literate by taking our [Health Carbon Literacy course](#).

2. Build a green team

Bring together people from different departments to implement change. You may feel concerned that not everyone is environmentally motivated, but sustainability is about people, planet and profit, so people should care about one of these!

3. Develop a green action plan

Creating a plan may seem overwhelming, but you don't have to find the solutions at once. To get started, identify your priority areas and the easy wins. We have templates and guidance to support you [here](#).

4. Set carbon reduction targets

Targets are important because they will give you a clear direction, they'll motivate your teams and will allow you to measure progress. Read the NHS' targets [here](#).

5. Monitor and measure

This will allow you to identify if you have made improvements, gather baseline data and annually check for reductions.

6. Involve senior staff

Senior staff, partners and practice managers are instrumental to success as they are often aware of the anticipated health impacts of the climate crisis on staff, patients and the successful delivery of healthcare. Involvement from the early stages can help set the aims and goals for the whole team while inspiring and enthusing everyone to take part.



“For the emissions we control directly (the NHS Carbon Footprint), we will reach net zero by 2040, with an ambition to reach an 80% reduction by 2028 to 2032.”

NHS England, Delivering a net zero NHS

Engaging your team

Declaring a climate emergency and acting on climate change means collaborating with engaged members from each department to identify ways to reduce your footprint and improve your processes.

You do not have to win over all the hearts and minds within your organisation to care about the environment. Many of the steps you will take have other benefits, which you can talk about:

- Financial savings
- Improved patient wellbeing
- PR and community engagement opportunities

Get to know what your team cares about and look at where sustainability comes into it. It could be small things like a recycling bin or tea bags to big things like procurement and medication. Convening regular meetings with your 'green team' to work on key areas and support each other will keep the momentum going.



"We're very good at taking a team approach. We have a group of people that really care and are all working on different areas, and that's starting to gather momentum. I think that's been one of the key things."

Karen Creffield,
Frome Practice and Primary Network Care Manager

Engaging your patients

While the pandemic was the centre of conversations in 2020-2021, the climate emergency remains a vital issue that more and more people want to act on.

You don't need to turn everyone 'green'. You can communicate the family, community and individual benefits of low-carbon lifestyles to your patients and work with local stakeholders to transform the infrastructure to make those choices easier for people.

48%

of people are more concerned about the planet's health as a consequence of the pandemic*

80%

are willing to make lifestyle changes to stop climate change as big as those they've made for coronavirus**

What steps can people take?



Eat more plant-based food



Cycle or walk short journeys



Switch to renewable energy



Plant trees

*Kearney study, April 2020

**Futera Sustainable Lifestyle Survey, May 2020

How to write your climate emergency declaration

It should include two main messages:

- Your acknowledgement of the climate crisis and of the role your sector can play in providing solutions;
- Your pledge to take action.

To make it easy for you to get started, there are already approved templates, you can find one [here](#).



EXAMPLE DECLARATION

1. We recognise that the climate and ecological emergency is a health emergency.
2. We recognise that the health impacts of climate change are unfairly distributed and exacerbate existing health inequalities.
3. We will act in both a professional and personal capacity to reduce the severe risks to public and global health.
4. We will communicate the importance of these threats to health to our colleagues, decision-makers and the public.
5. We will call on our organisations and government to tell the truth, respond fairly, and act in keeping with the urgency of the threat.

Further examples can be found on the [Health Declares website](#).

Sharing or publicising your climate emergency



Doctors have a duty to benefit the health of the wider community. Raising awareness about climate change and sharing your own manageable, positive actions is a great way to encourage change.

To maximise impact with your climate emergency declaration, you can share it with:

- Local journalists
- All your suppliers and stakeholders
- On all your social media channels
- Other local health organisations

Here are some tips for powerful communications:

- Aim to personalise the story for your local community, highlighting how you are already seeing the impacts of climate change on your patient's health in your region, which is motivating you to take action.
- Call on other local institutions and health organisations to declare, sharing your learnings and resources.
- Spread the word to influence national health organisations such as Royal Colleges, trade unions or defence organisations.
- Join local groups to support change.

The NHS contributes to 5.4% of the UK's carbon emissions.*

CO₂

Further support

You are not alone in your journey! There are many others taking these steps and a lot of guidance is available on these issues.

- SEE Sustainability, Resources for primary healthcare: seesustainability.co.uk/blog/f/useful-sustainability-resources-for-primary-healthcare
- Carbon Literacy Project: carbonliteracy.com
- Centre for Sustainable Healthcare: sustainablehealthcare.org.uk/courses
- Doctors for Extinction Rebellion: doctorsforxr.com
- Green action plans: sap.sustainablehealthcare.org.uk
- Greener NHS: www.england.nhs.uk/greenernhs/
- Greener Practice: greenerpractice.co.uk
- Health Care Without Harm, Global road map for health care decarbonization: healthclimateaction.org/roadmap
- Health Declares: healthdeclares.org/
- The Lancet, The public health implications of the Paris Agreement: a modelling study: [thelancet.com/journals/lanplh/article/PIIS2542-5196\(20\)30249-7/fulltext](https://thelancet.com/journals/lanplh/article/PIIS2542-5196(20)30249-7/fulltext)
- UK Health Alliance on Climate Change, Carbon Literacy guide: ukhealthalliance.org/carbon-literacy-guide
- Green Impact for Health: www.greenimpact.org.uk/GIforHealth
- Clean Air Framework www.globalactionplan.org.uk/business-clean-air-taskforce/business-for-clean-air



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Who are SEE Sustainability?



I'm Dr Matt Sawyer, a GP in the Northeast of England and the founder of SEE Sustainability, an environmental consultancy focusing on the decarbonisation of small and medium sized businesses with specific expertise in the health service and primary care.

I split my time between general practice and sustainability consultancy, working with primary care trusts and surgeries to develop their 'net zero plans' and help identify financial savings along the way.

I also deliver regular climate literacy training and have a host of on-demand training courses online.

"My vision: for all GP practices to become carbon literate, have a green action plan in place and declare a climate emergency."

Contact

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