



FEATURING YOU!

This edition of Green News begins with a Green at Christmas feature written by our Green Champion Deborah Brien. It is full of ideas of ways to be greener at Christmas that I'm sure we will all appreciate! Thank you Deborah.

We would love to feature more of your own articles in future editions of Green News. Whether it is about something you have been doing in your own home lives, or a change you've initiated in your area of work, we'd really like to hear about it.

So many tips and ideas are shared and questions answered in the Green Champions group chat—between you you know so much, let's share that knowledge even wider!

In this issue:

Go Green at Christmas

Green Champions +

Energy Update

Waste Update

Supplier engagement

How to get involved

GREEN AT CHRISTMAS

- BY DEBORAH BRIEN, GREEN CHAMPION

What can go in your regular recycling bin?

We all know that all that extra Christmas cheer often means more glass bottles, toy boxes and food packaging in your bin. We've all been caught out by the changing of the collection days and having to scamper out in new Christmas slippers to catch the bin men (or is that just me)?

[Christmas recycling - Sunderland City Council](#)

[Recycling on Holidays - Christmas, Easter, other celebrations and Bank Holidays | Newcastle City Council](#)

[Recycling Christmas waste - Gateshead Council](#)

[A-Z of Festive Recycling | North Tyneside Council](#)

Please check your local council websites for what can & can't be recycled.



They also have hints and tips on how to cope with extra waste over xmas, changes in collection dates etc. What you can and can't do varies massively across the area. A few links are provided above (apologies if your local council is missed off – these were just the few I found referring specifically to Christmas).

Wrapping paper

The scrunch test - You can recycle wrapping paper. If you can screw up the paper in a ball in your hand, and it does not bounce back, it can go in the recycling.

However some councils will not take ANY wrapping paper because it may contaminate the other items (think glitter, sellotape etc.). This also applies to Christmas Cards.

Are you crafty?

Budding artists – you know all the endless random drawings that your children bring home from school? Why not turn it into wrapping paper for family gifts. We did this for friends living in the USA and they absolutely loved that they had personalised wrapping!

DIY recycling – there are lots of tutorials on instagram, youtube etc. on how to re-use wrapping paper and even make your own recyclable stuff out of brown paper and some Christmas ink stampers, using coloured string or ribbon instead of sellotape. You can make your own gift bags out of newspaper or old wrapping paper.

Wrap it in something else – high street store for smellies *LUSH* have been providing “knot wraps” where items can be wrapped up in re-usable fabric, or little tins for their cosmetics for a few years now.

Why not copy their idea and recycle some fabric by using it as wrapping! If you google **Furoshiki** (The Japanese style of gift wrapping; using fabric and steps similar to origami). You can simply wrap something, or you can search for tutorials on how to make a bag, wine carrier, lunch box, etc. There are some really clever ones on how to use the sleeves of old jumpers as quirky gift bags. You could also consider just using gift bags, or pretty boxes as these are more likely to be kept and re-used.

Sustainable Alternatives To Wrapping Paper 2021
(reducereuserecycle.co.uk)



Christmas Cards

On a similar note to wrapping paper, some local councils will not recycle cards because of the contamination. However its worth looking into passing them on to local Nurseries, Youth Groups, Scouts etc. who may want to use them for crafting. Alternatively it might keep the kids entertained in your own family to chop them up and turn into gift tags for next year.

Just buy 1 - Our local school have a “Christmas Card Shop” and instead of each child posting 30+ cards to their classmates, the children are invited to buy 1 card from the head-teachers “shop” for £1 charity donation. The card is then read by the teacher and displayed in the class.

This cuts down on waste, cost and is really good for infection control as it reduces the number of cards being passed around. Each year the children nominate a charity.

Previous examples of good causes have included:

*donations to the local foodbank

*used to buy PJs and slippers for older vulnerable people in hospital over Christmas

This year any funds raised are going to be passed on to a local charity to buy microfleece blankets for homeless people.

Swap it for a Charity Donation - Social media is a great way to let people know that you are not taking part in “commercialism” and buying/sending cards and making a donation to charity instead.

Its also perfect for people like me who always leave it too late, lose addresses or forget someone. You can even share the link to the charity that you have chosen/made your donation to. Many people choose a charity for a cause close to their own heart. However [Newcastle Hospitals Charity \(newcastle-hospitals.nhs.uk\)](https://www.newcastle-hospitals.nhs.uk) including Charlie Bear Cancer Care, GHCH Foundation and the Sir Bobby Robson Foundation support a wide ranges of services across the hospital and in the community for those struggling to choose.

Another popular one amongst a few of my friends this year is to donate £5 instead of buying cards to provide someone who wouldn't otherwise have a Christmas meal, this one is taking place in Central Station: [How you can give a Christmas dinner to a homeless person in Newcastle on Christmas Eve - Chronicle Live](#)

Christmas Trees

Go sustainable - If you are buying a real tree, shopping locally and buying from a sustainable supplier for your tree is the way to go. Or artificial can be the way to go, as long as they are used for over 8 years.



Try potted—Many supermarkets including Aldi, Sainsbury's and B&M (among others) have potted trees that you can pop outside once the new year comes and enjoy all year round. We got one last year and it's still going strong with lots of new sprigs on it. However for those not great at gardening, I wouldn't recommend trying to re-pot or plant it in the garden unless you know what you're doing! We did that a few years before and sadly the tree didn't survive.

Recycling – check to see if your local council recycle it, if you can pop it in your garden waste recycling bin. Alternatively if you, or someone you know has a wood burner (and the storage space) the branches give off a lovely smell and crackle and pop if you put them in with your other logs. Some garden centres offer a “return and recycle” where you can exchange your tree for a money off voucher or a small refund. Ikea used to do this however have suspended it this year due to government restrictions for COVID.

Pre-loved – when people are downsizing or looking for a different theme, some really lovely Christmas trees (and decorations) can be found in local charity shops. Also a good idea if you fancy a change but yours is still in good condition, you could donate it to a local charity shop or see if any local community groups, schools etc. would like a new or additional tree.

HELP US RECRUIT MORE GREEN CHAMPIONS!!

There is a fantastic network of Green Champions across all levels and directorates of Newcastle Hospitals.

Green Champions are supported with regular emails and news from the Sustainability Team, as well as a group chat forum enabling them to support each other and share questions, suggestions and best practice.

There is no mandatory level of time commitment to be a Green Champion, nor any level of training required. Green Champions are always the first staff members to be made aware of any training opportunities that arise, as well as all key sustainability messages.

We are really keen to expand the number of Green Champions, as you act as a network crossing the whole organisation, and play a really important role getting our messages out to all Directorates and Departments.

If you haven't done so recently, we'd love it if you could help us advertise the role of Green Champion within your department.

Please get in touch for a template email and poster if you can support us in this mission!

BECOME A GREEN CHAMPION + !!

Green Champion + is an exciting new role available to any staff member.

A Green Champion + is an advocate for sustainability within their department having received sustainability training and committed to maintaining that knowledge through CPD. They support other Green Champions + by being part of an active network seeking to make changes in their areas of work.

They act as a point of contact for anyone in their department who wants to help deliver Sustainable Healthcare in Newcastle (Shine), and they implement and run simple sustainability projects such as carrying out a waste/energy audit, or holding a sustainability coffee morning. They may even establish a sustainability or green group in their department. Tools, support and guidance is provided by the sustainability team to help them do this.

If you are interested in becoming a Green Champion + please complete the application form available here: [Intranet > Support Services > Sustainability](#) or email nuth.environment@nhs.net. The first meeting is on January 12th at 1 p.m. and includes a 30 minute training session.

You will need your line managers approval before taking up this role.



“Newcastle Hospitals has committed to achieving Net Zero Carbon Care, Clean Air and Zero Waste by 2040.

It will not be possible for us to achieve this goal without the help, support and action of all our staff, which is why we want to inspire, inform and empower all our people to deliver sustainable healthcare”



ESTATES DECARBONISATION UPDATE

New 'Estates Net Zero Carbon Delivery Plan'

The national Greener NHS team have published a very clear 14-page report that sets out the key actions that all Trusts need to take to meet the NHS Net Zero goals.

For energy there are two key actions:

1. Make every kWh and m3 count
2. Run on 100% clean renewable energy

The report recommends taking a four step approach to deliver these:



The good news is that these recommendations are really well aligned with how we're already approaching estate decarbonisation here at Newcastle Hospitals. We have a long way to go but is good to know we are approaching the challenge in line with best practice.

We have secured £149k of grant funding to deliver extra feasibility work to start mapping a more detailed route to decarbonising our estate. Five separate companies have been appointed to deliver the work with the outputs expected in March 2022. We'll keep you updated on how these develop.

Want to know more?

If you'd like to understand more about how we use energy across our sites, our carbon targets and what we're doing to deliver a lower carbon estate and what is on the horizon, you can watch the recording of our webinar: **Zero Carbon Estates – how will we decarbonise our estate?** <https://www.youtube.com/watch?v=K7A8T7UTU2I>

OUR CARBON PERFORMANCE FOR ENERGY

The pink bars in this graph show the actual carbon emissions for Newcastle Hospitals' energy use from April 2013 to September 2021.

For the first few years shown, these carbon emissions roughly stayed the same. But between 2016 and 2021 we achieved a year on year reduction. This is good news and is thanks to the ongoing efforts to drive energy efficiency in our operations and incorporating energy efficiency in projects.

The green bars in this graph show the carbon emission budgets set for energy in the Trust's Climate Emergency Strategy.

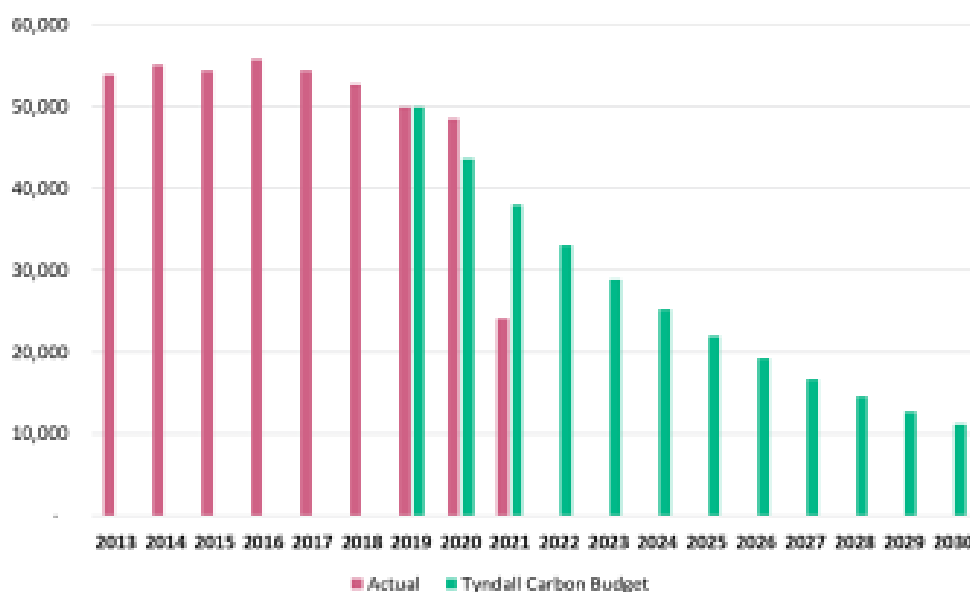
These budgets reduce by 12.8% each year from 2019. This is the rate of energy decarbonisation we want to deliver so that our progress aligns with Climate Change science.

Our actual carbon emission from energy in 2020 overshoot the carbon budget – by about 10%. And halfway through this year emissions are higher than last year. The result is that total emissions from energy since April 2020 are 20% higher than our target.

Put another way, **our carbon budget should last until 31st March 2022 but will be used up by 15th January**. After that point, we are 'borrowing' carbon emission allowances from future years – which means we need to make much bigger reductions in the coming years to make up for this.



Carbon Performance



- Our 2020/21 emissions were 5,000 tCO₂e more than our carbon budget
- Halfway through 2021/22, our cumulative emissions since April 2020 are 20% higher than budget (11,878 tCO₂e)



WASTE AND RECYCLING FAQs

How much of our waste goes to landfill?

NONE! We do not send any of our waste to landfill. Our general waste (black bags) are sent to an 'energy from waste' plant that burns the waste and the heat is used to generate electricity for the national grid. This is a more sustainable method of disposal.

We put our black and clear bags in the same cart/cage in the waste room – does this mean that nothing is actually recycled?

When the cart/cage is collected from the waste room by the porters it is taken down to one of the waste yards at the RVI/Freeman where it is then manually separated. The clear bags go into a compactor which is sent for recycling, and the black bags go into a separate compactor which is taken to a different facility.

Is there a storage facility for extra furniture?

Unfortunately no. We no longer have a storage facility for extra furniture that people can take from (or send their redundant furniture to). We are looking at options for a regional facility with other NHS Trusts, but for now, if you have excess furniture please put it on the staff noticeboard to see if anyone else at the Trust could utilise it before disposal.

What can I recycle?

We have produced a video (5 mins) about what can be recycled in our green bins and clear bags across the Trust. Watch it here:

<https://www.youtube.com/watch?v=hLFmEnkaz8A>

Is there any training available for clinical staff?

Healthcare waste management guide for clinical wards and departments (20 mins): <https://www.youtube.com/watch?v=7FSjfMGA79g>

This [linked poster](#) lists out items that can be recycled – e.g. all plastic bottles, tins, cans, paper (please rinse anything that contains food or milk).

Flourish
at Newcastle Hospitals

#LetsBeSustainable

WHAT CAN BE RECYCLED?

Please ensure all items are empty

WE ALL HAVE A ROLE TO PLAY

✓ Cans & Tins	✓ Paper
✓ Clean Foil Trays	✓ Newspaper
✓ Aerosols	✓ Magazines
✓ Plastic Bottles	✓ Pots, Tubs & Trays
✓ Plastic Cups	✓ Sterile Packaging
✓ Plastic Packaging	✓ Card/Cardboard
✓ Cartons	✓ TetraPaks

Please do not put the following items in recycling bins

✗ Coffee Cups	✗ Food/Liquids
✗ Crisp Packets & Sweet Wrappers	✗ Polystyrene Cups & Trays

Shine
Sustainable Newcastle Hospitals

Some common items unfortunately cannot be recycled: paper towels, food and items covered in food (e.g. ready meal trays), tea bags.

For waste management information for local induction packs click [here](#) for wards, and [here](#) for departments.

If you require bespoke training for your area, or would like a member of the waste management team to come along to a team meeting – email nuth.environment@nhs.net

How do I order new bins?

Trust standard waste bins are ordered via a non-stock requisition.

The order codes can be found here: [Intranet > Support Services > Sustainability > Waste and Recycling > Ordering and Forms](#)

TERRACYCLE

Can I set up a TerraCycle recycling point in my department?

Terracycle offer recycling options for hard to recycle items.

There are two official collection points at the Trust:

Crisp packets - Ward 31 Freeman -
contact s.kanagasundaram@nhs.net

Oral care products - Dental Hospital - contact lorraine.olsen@nhs.net

Volunteer members of staff manage these collections across the Trust. If you are interested in setting up a free **TerraCycle** recycling point for in your area visit www.terracycle.com/en-GB/brigades



WANTED! SUPPLIER NOMINATIONS FOR AWARD WINNING PROGRAMME!!

The Sustainability Team are requesting nominations for suppliers to invite onto our award winning 5 step Net Zero Carbon Supplier Programme.

The procurement team have developed an innovative 5 step process to support suppliers from the largest to the smallest on a collective journey to Net Zero Carbon by 2040.

This process will increase the accuracy of our reported carbon footprint and provide support to suppliers to measure, report and reduce their emissions. The programme involves the following steps:

1. Tell us your views via our questionnaire
2. Attend our webinar (recording available)
3. Measure your footprint and report
4. Publish Net Zero target (minimum 2040)
5. Act and reduce your footprint

Each step is optional (but you must have step 4 in place by 2030 to remain an active supplier to the Trust).

We are thrilled to see this programme recognised by the Sustainability Partnerships NHS Awards – winning the Procurement Award, with judges commenting on the ambition of the Trust to engage our 3,000 company strong supplier base and also praising the Trust for developing an initiative that is aligned to wider Greener NHS goals and includes small businesses and SMEs.

The programme is based on the understanding that we can't reach our goal to be Net Zero by 2040 for our footprint plus on our own – we simply must collaborate with our supply chain companies. We are delighted that 500 suppliers are already progressing through these steps and 98% have confirmed their support for our Net Zero ambition.

If you would like to nominate a supply chain company, or find out more, please contact us at:
nuth.environment@nhs.net



HOW TO GET INVOLVED IN THE CHALLENGE!

Decisions made by all of us will impact on our ability to achieve the goals set out in our Climate Emergency Strategy.

Please visit our pages on the intranet [Intranet > Support Services > Sustainability](#) we have links to a whole host of ways to get involved including the new 'Green Champions +' role, the Climate Emergency Action Fund and a range of training. [Intranet > Support Services > Sustainability > Training](#)

We would especially like to draw your attention to the **Climate Emergency for Managers training, running on Teams from 2 p.m. to 4 p.m. on the 31st Jan, 14th March, 4th May, 6th July, 7th Sept and 9th Nov.**

This training will increase your understanding of the impact of the climate emergency on healthcare and what you can do in your role as a manager so we can reach our goals.

There is a page full of resources including links to the webinars delivered during COP26 on Climate Reality Check, Net Zero Carbon, Zero Waste, Clean Air and Zero Carbon Care. [Intranet > Support Services > Sustainability > Resources](#)

We've also created links and guidance to carrying out your own sustainability QI projects, and a 'What Good Looks Like' Model for Sustainability in your Directorate—which explains how to use the training and support from the sustainability team to ensure sustainability is well embedded in your directorate.

Please get in touch on nuth.environment@nhs.net if you want any support using these tools and resources within your own area of work.

