



CHRISTMAS ISSUE

Click on [Green Advent Calendar.pdf](#) to find 24 seasonal sustainability tips. We have already shared this with you via email but we thought this would be a good opportunity to share it again.

If you have team notice boards maybe print it out so your colleagues and team mates can also take a look, or email it to any networks you are part of.

For those of you that haven't managed to get to one of the drop in sessions to collect your Green Champion pin badge, we will be sending them out via internal mail, and hope you will receive them by the end of the year.

We'd like to take this opportunity to wish all our Green Champions a Merry Christmas and a Happy New Year, and to thank you all for your continued commitment and support of Sustainable Healthcare in Newcastle.



In this issue:

Waste update

Your tips

Focus on ILM

Your sustainability projects

Sustainability Fellows

And more!

WASTE UPDATE

Did you know we have a variety of training videos, induction booklets, and posters covering a variety of topics to help improve your understanding of waste disposal?

[Overall waste management guide for clinical staff \(20 minutes\)](#)

[What can be recycled \(5 minutes\)](#)

[The difference between orange and tiger bags explained \(8 minutes\)](#)

[Medicine disposal \(6 minutes\)](#)

[How to use a Sharpsmart box \(2 minutes\)](#)

What should be disposed of into the different coloured sharps boxes (<1minute each) [Purple](#) / [Orange](#) / [Grey](#)

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

Please take the time to check if the correct magnetic labels are displayed on the lids of bins in clinical areas. The most up to date versions are shown below. If you need any additional or replacement labels email nuth.environment@nhs.net



MIXED RECYCLING

YES					
NO					

Shine The Newcastle upon Tyne Hospitals NHS

NON-RECYCLABLES

YES					
NO					

Shine The Newcastle upon Tyne Hospitals NHS

NON-INFECTIOUS WASTE

YES					
NO					

Shine The Newcastle upon Tyne Hospitals NHS

INFECTIOUS WASTE

YES					
NO					

Shine The Newcastle upon Tyne Hospitals NHS

More sustainable shopping— your tips!

Christmas is a time of year where it is easy to feel bad about excessive consumption.

We asked you, our Green Champions, for your best hints and tips for more sustainable purchasing and products—and you didn't disappoint!

These are the replies we received along with some of the recent suggestions posted in the Green Champions group chat:

Aly Kimber and Kerry Able both suggested **Upcircle beauty** – 'We repurpose would-be waste ingredients to create award-winning skincare and beauty products' and also use refillable, reusable packaging. [Upcirclebeauty.com](https://upcirclebeauty.com)

Aly also likes **Wild deodorant** – natural ingredients in a plastic free refillable container www.wearewild.com

Kerry also put forward:

Nil Living – Zero waste and refill shop in Grainger Market. 'We are your local plastic-free and bulk store helping the people of the North East to reduce waste, consume mindfully and shop healthy' nilliving.com

Purdy and Figg—refillable, natural cleaning products, concentrated products that you top up with tap water purdyandfigg.com

Asda **smart price dishwasher tablets** – no plastics in a non-shine cardboard box.

SMOL delivered washing machines capsules – no plastics 'sustainably packaged and delivered to your home' smolproducts.com

&

Who Gives a Crap – bamboo loo rolls delivered in bulk to your door with no plastics and unbleached. [Uk.whogivesacrap.org](https://uk.whogivesacrap.org)

Jo Noble likes **OLIO**—mobile app for sharing unwanted items with the local community

Anna Smith would like you all to know about **The Bottle Swap**—North East refill delivery service for your bathroom and cleaning products www.thebottleswap.com

I have just started using **Modern Milkman** who deliver milk, fruit juice and other products to your door, in returnable, refillable containers

H&M—Repair and recycle www2.hm.com was posted in the teams group by Deborah Brien—they take any unwanted garments from any store and either sell as second hand, reuse or recycle the material.

Obviously, we have not verified the sustainability credentials of any of these organisations or products.

Keep sharing your ideas in the group chat and we will include a round-up in each edition of Green News!



Flourish web pages

We are getting ready to launch our new web pages hosted on the Newcastle Hospitals Flourish website.

These pages will provide a place for people to access information about our plans, progress and performance, case studies and news rather than waiting to read about it in our annual Shine Report.

As well as being available to staff, this platform will give us a way of providing information to our other important stakeholders, whether that is patients and visitors, members of the local community, suppliers or other partners.

Of course, it will be a great place to share your success stories so we can easily share these with our colleagues in other Trusts

We will let you know when these pages are ready to view so watch this space!

HSJ Award

We were so happy to see the Trust's work to tackle the climate emergency recognised by the HSJ when we won the Towards Net Zero Award at the awards ceremony in November.

You can read more about that here: <https://bit.ly/3UV8iZl>

Judges said: "Newcastle Hospitals has taken a strategic leadership position to tackle the impact it has on climate breakdown, not just relating to the threat that the climate crisis presents to the planet but also to health, wealth and wellbeing locally."

Associate Director – Sustainability James Dixon said: "We're extremely proud to receive this award, in what was a very competitive field. This is fantastic recognition of the hard work undertaken by our green champions, Sustainability Team and everyone at Newcastle Hospitals who has supported delivery of the actions within our Climate Emergency Strategy."

Shine Rewards

Shine Rewards is a staff benefits programme which rewards staff for saving energy, reducing waste, travelling sustainably and taking part in other sustainable actions.

There are loads of prizes available for individuals taking part in Shine Rewards, as well as an annual top prize for the winning team. You'll get the chance to win a 2 x £20 vouchers for the top ten performing individuals every month or a 3 x £10 vouchers in a raffle each month.

Every six months we'll award £300 to the top performing teams to donate to one of the charities on our shortlist. You can vote for your favourite charity at any point and the most popular charities among the winning teams will receive their donations.



Embedding Sustainability—Focus on Integrated Laboratory Medicine

We know that you are keen to support the transition to Net Zero but that there is more we can do to make it easy for you to work in a more sustainable way.

To support directorates and departments to embed sustainability throughout your structure we have developed a model for sustainability and a supporting 10 step framework which can be downloaded here: [Intranet > Support Services > Sustainability > Support for Directorates and Departments > Framework to embed sustainability](#) . There is support available from the sustainability team at every stage of this framework.

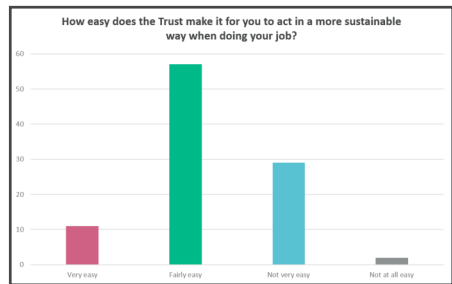
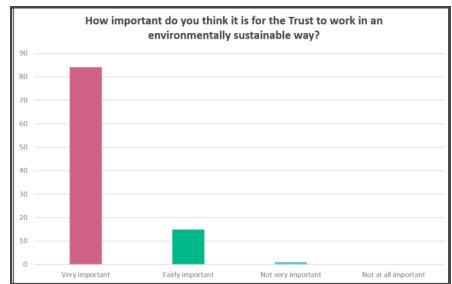
A number of departments and directorates have started implementing this framework, one of which is **Integrated Laboratory Medicine (ILM)**.

As early adopters of the sustainability programme, there are already three people in ILM who have completed the Sustainability Ambassadors Programme and six leaders have attended the Climate Emergency for Managers training.

Following the 10 step framework they have appointed a named individual to lead the work, and created a statement of intent to support the transition to net zero.

There is an ILM sustainability working group which meets regularly and drives forward action on a list of projects.

These include the development of a reusable box for sample transport to reduce the use of single-use plastic bags, and the development of sustainability notice boards for the three main locations. This helps raise the profile of Shine in the directorate and is a place to share key messages across all staff groups.



They are taking part in a pilot of the LEAF (Laboratory Efficiency Assessment Framework) which has been developed for university and commercial laboratories, and is being piloted for hospital labs. This will guide them through three stages (bronze, silver, gold) to reduce the environmental impact of the labs.

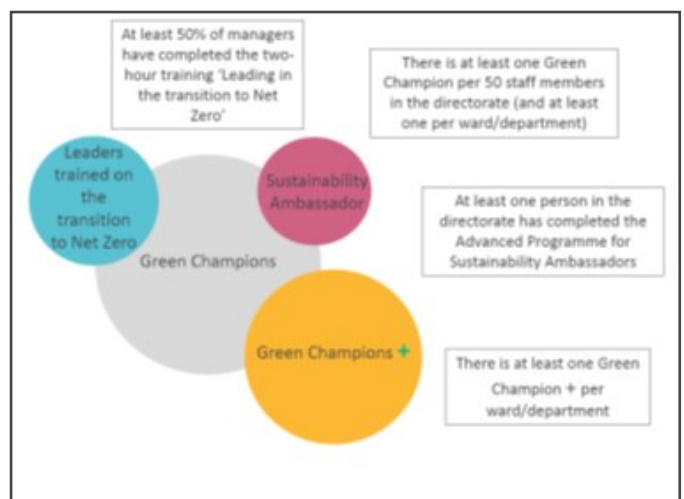
To launch the LEAF and to increase engagement from the wider directorate they are holding lunch-time launch events at RVI, Freeman and Centre for Life. Staff will be able

to find out more about the work of the Trust on Net Zero, what the directorate itself is doing, and what the LEAF programme will entail. They will also be able to feed in their own ideas and help prioritise the ideas that are already on the project plan.

We will be promoting Trust initiatives like the Green Gym, the Green Champions Network and Shine Rewards.

There are three Green Champions Plus in the directorate, who are able to share this activity with other Green Champions Plus in the Trust by way of a Teams Group and regular meetings. In this way they can learn from and support each other, and we can replicate ideas that have been successful and reduce duplication of work. We also support this network by providing a link with Executive Oversight Group for Climate Emergency who can help fast-track changes to Trust wide initiatives.

All Directorate Managers should be aware of this framework, but if you would like us to help you raise this with your Directorate Manager, Head of Department or Service, please get in touch and we would be happy to support you to do this.



Continence QI projects and Sustainability

We love hearing your stories about how your QI projects have incorporated sustainability, and this time we have two to share related to continence.

The first can be explored further in this [case study](#)—in summary a project was undertaken which improved the assessment and treatment pathway for bladder and bowel patients and reduced reliance on containment projects, namely single-use disposable pads.

This had brilliant outcomes for the patients, and resulted in financial savings of £60,000 annually, plus **removed up to 1.2 million single-use plastic items** from use, and therefore the waste stream!

A second project has helped manage time and workload in a more efficient way, by creating a more accurate, efficient and sustainable way to book and organise training with the introduction of an electronic booking form—removing paper from the process.

This supports the Trust's goal to move towards Zero Waste, moving waste up the waste hierarchy from recycling to elimination, which is the most desirable option of all.

Zero Carbon and Zero Waste are closely connected, Zero Waste projects impact on the carbon footprint of goods we procure, and as such also help us achieve our Zero Carbon goal.



Greener NHS Bulletin

Greener NHS send a monthly bulletin which we forward on to our Green Champions.

This is a summary of the articles in the December Bulletin:

- Chief Medical Officer re-iterates threat to health from air pollution
- [NHS organisations cut desflurane](#) in drive for greener surgery
- [Intercollegiate Green Theatre Checklist](#)—to help NHS organisations deliver improved patient care whilst reducing harmful emissions
- Nursing and Midwifery Sustainability Network—join to improve health now and for future generations
- [Wye Valley fossil fuel free heating](#) - ground source heat pumps heating two buildings.
- Solihull Hospital perform [world's first net-zero carbon operation](#)
- General Dental Council—[consultation on safe practitioner framework](#) which contains reference to environmental sustainability
- [Sustainability Leadership](#)—NHS Leadership Academy launches programme for senior leaders to tackle sustainability.
- Environmentally sustainable Healthcare—E learning. Links from our [sustainability pages](#).
- National Institute of Health and Care Research—issued a [cross-programme call for research](#) into evaluation of interventions or services to support a sustainable health and care system
- Get in touch with the team on greener.nhs@nhs.net

Clinical Sustainability Fellows

Our Shine report highlighted many Reg Flags raised by staff, a couple of which were about the capacity and resource to deliver Sustainable Healthcare in Newcastle (Shine).



**Newcastle
Hospitals Charity**

“Unless dedicated resource or time is provided to already stretched and overburdened staff, sustainability will continue to be seen as an add-on to the existing work and priorities.”

“Sustainability is not embedded throughout clinical decision making. It is hard to see this happening without dedicated clinical resource due to many other priorities.”

With the support of the Newcastle Hospitals Charity, we are able to employ two Clinical Sustainability Fellows—funded by the charity to spend 50% of their time increasing the capacity and capability to deliver Shine.

Joshua Cartwright is working on Adult Oncology care pathways and supporting foundation doctors to include sustainability when they are carrying out their QI projects.



Emily Parker is working to lower the care in our Paediatric care pathways, and this time we are happy to highlight some of the projects she is working on:

Engage in research and innovation in order to lower carbon across our care pathways

“I’m leading a research project called EcoKidzMed - working with a multidisciplinary team based at GNCH (but with input from clinicians from across the north of England) to calculate and compare the carbon footprint of tablet versus liquid medications.

This links into the work already done by the Kidzmed team on teaching children from age 4 and up to swallow tablets. We know that tablets are cheaper, easier to prescribe and get accurate doses from, less bulky to transport, and require fewer trips to the pharmacy to collect than liquids.

But there is as yet no research aiming to calculate the impact of these differences so with this project we are aiming to put GNCH on the map as a leading institution in the movement towards more sustainable paediatric healthcare.”

Empower our clinicians to improve the sustainability of their models of care

“In collaboration with members of the ward 2A team and junior doctors in paediatrics I am working on an Eco Ward project - the long-term aim is to make ward 2A (paediatric respiratory) a flagship example of the possibility for delivering sustainable inpatient healthcare.

We are starting with a few small projects run by the ward team and are hoping that this project will gradually grow and build on itself to create a culture of sustainability on this ward and inspire others to make similar changes. We are being supported by the Sustainability and Improvement teams to deliver training to participants in the project.”

Upskill our workforce and ensure capacity to address the climate emergency

“I am running various educational sessions on sustainable healthcare during my Fellowship including contributing to the paediatric and medical school teaching programmes on sustainability.

I am also a member of a larger team designing a national course on Sustainable Child Health delivered by the Centre for Sustainable Healthcare, Royal College of Paediatrics and Child Health, and NENC Child Health and Wellbeing Network. The course is being piloted on January 10th.”

Emily can be contacted on emily.parker16@nhs.net and Joshua’s email address is j.cartwright4@nhs.net

Can you spot the 10 differences?

