



In this issue:

Reuse not single-use!

Energy Update

Green Spaces

Embedding Sustainability

Clean Air PhD

Stakeholder Engagement

Shine Rewards

Reuse not single-use!

Please support us with an exciting change!

We are launching an initiative which will remove disposable coffee cups from the Regent Point café beginning today — Monday 3rd April 2023.

Staff are free to use any brand of reusable cup with a lid, and ceramic cups will be available for people to 'sit in'. Reusable cups are available to purchase for £4 and when you use any reusable cup for a hot drink you will get 25p off.

We know you are passionate about reducing waste and plastic used across the Trust. Our staff sustainability surveys have asked what we should prioritise and an overwhelming number of you place 'waste & recycling' and 'single-use plastics' at the top of the list.

There are approximately 10,000 hot drinks bought at Regent Point each

year. This project will help the Trust to reduce overall waste volumes, improve recycling and reduce the number of single use plastics used.

Regent Point was chosen as the location to start this project as it is a staff only area (so we aren't impacting patients) and people have their own desk to store a reusable cup between uses.

Why can't we just recycle the coffee cups?

Unlike other paper items, paper cups can't be recycled because they're lined with a very thin plastic, which is how they're able to hold liquid without leaking.

Even where cups claim to be recyclable, they cannot be segregated for recycling by our waste contractor so cannot go into the recycling bin. In fact, coffee cups often contaminate the recycling and we risk having whole bags or loads rejected because of coffee and liquid in our recycling.

Want to discuss this further?

On the first day of the initiative (3rd April) a member of the Sustainability Team will be at Regent Point if you want to have a chat.

At any other times, please contact nuth.environment@nhs.net



Help us reduce single-use cutlery and crockery



Over 2.9 million items of disposable catering consumables such as disposable cutlery, plastic cups, coffee cups, and stirrers were bought by wards and departments across the Trust each year. This figure excludes the catering department.

The majority of these items are plastic or contain an element of plastic and are used by both staff and patients.

Our goal is to remove disposable cutlery and crockery from wards and departments—except where there is an identified patient need.

If you are based on a ward or department that doesn't use any disposable items such as these—and in particular cups—please get in touch with amy.johnston6@nhs.net

We are keen to gather information on how this works in practice so we can create a blueprint to roll this out across the Trust

This supports our objective to increase the number of items we reuse with a focus on reducing single-use plastics.

PUBLIC SECTOR DECARBONISATION SCHEME

You may remember from previous editions of Green News that we were submitting a bid to the Public Sector Decarbonisation Scheme, for the replacement of gas boilers with air source heat pumps, upgrading lighting to LED lighting, improving energy monitoring and metering and introducing solar panels for the generation of electricity.

Unfortunately we have heard that the project is unlikely to receive the funding, which is disappointing.

However, we are considering options to proceed with the scheme by other means, even if not all elements can be progressed at once.

This, along with the lovely indoor plants outside the café, and the removal of disposable cups from the café, would make Regent Point a really great example of what can be achieved.



GOOD BYE TO CARA!

In this edition of Green News we say goodbye to our Energy Manager, Cara Tabaku!

After over 7 years Cara has left Newcastle Hospitals to start a very exciting new role as Energy and Low Carbon Manager with Cumbria, Northumberland, Tyne & Wear Mental Health Trust.

In her time at Newcastle Hospitals Cara played a pivotal role as we declared a Climate Emergency and took our first steps on the journey towards achieving Net Zero Carbon and remaining within our carbon budget.

We are on track to achieve a reduction in carbon emissions from energy use this year, and are hopeful that 2021-2022 will have been our peak year for carbon emissions from building energy—none of this would have been achieved without Cara's knowledge, expertise, and commitment to Newcastle Hospital's journey to Net Zero Carbon.

She will be missed by everyone in the team, but we are sure we will be in touch within her new role!

We are currently working to recruit to fill this role, and will keep you up to date with progress on that! For now, queries should be directed to nuth.environment@nhs.net.



GREEN SPACES

We are pleased to report lots of progress on our workstream to expand the green space and enhance the biodiversity of our land.

As well as the Nature Recovery Ranger work, and the progress detailed below, we are progressing with the Green the Grey projects identified by Green Champions, funding has been approved to start with a courtyard at Freeman Hospital which will be improved with planters and seating, making a pleasant accessible space for staff which will also be beneficial for nature.

It is the intention to work through all the sites identified, although a timescale can't be given at this time.

The Climate Emergency Action Fund has contributed funds towards a Sensory Garden project at the RVI. Access to outdoor space is fundamental for the development of a child's sensory system and this project will provide a sensory, interactive space for children that will also enhance nature.

Phase 1 of the Biodiversity Plan at Freeman Hospital has been completed which includes some planting of bulbs and wildflowers, and some identified no-mow areas. The annual biodiversity metric audit will take place in mid-April which will give us an idea of the progress that has been made.



NATURE RECOVERY

Nature Recovery Ranger Sally is hosting weekly Nature Connect Walks leaving the RVI and Freeman at 5 o'clock on Mondays and Wednesdays - [click here](#) or see next page for the full schedule.

You can also read Sally's [blog](#) Sally the Nature Ranger, where you can see pictures and stories from the weekly walks.

Sally is also helping develop ideas for Ismail's garden at the Children's Hospital. This garden has been inspired by a letter sent to Dame Jackie from Ismail when he was a patient at the Children's Hospital, suggesting a garden as a place for children to play and grow.

Sally and Sustainability Fellow Emily Parker have been gathering ideas from children and families

through a garden design competition. Sally is also keen to develop a gardening club that will help maintain the new green spaces we create—watch this space for more info!

Come along to Freeman Restaurant on Wednesday 5th April where we will be promoting the walks and available to discuss the Green Spaces and more!



Nature Connect Walks

(for staff)

	RVI Meet at- New Victoria Wing Reception	Freeman Meet at- Main entrance/ rainbow crossing	Monthly Walk with Nature
When?	Every Monday at 5pm	Every Wednesday at 5pm	25th March- Thornley Woods Visitor Centre sculpture trail Meet at Thornley Woods Visitor Centre at 12pm
What?	<p>March</p> <p>6th- Walk to Ground 13th- Bird Watch 20th- Exhibition park 27th- Wildflower Walk</p> <p>April</p> <p>3rd- Butterfly Walk 17th- Forest Bathe 24th- Bat Walk</p>	<p>March</p> <p>8th- Bird Watch 15th- walk to ground 22nd- Armstrong's waterfall 29th- Butterfly walk</p> <p>April</p> <p>5th- Wildflower walk 12th- Bat Walk 19th- Take a breather 26th- Bird Watch</p>	<p>29th April- Ouseburn Valley Circular Walk Meet at The Gateshead Millennium Bridge, on the Newcastle side of the River Tyne at 12pm</p>

Send a nature inspired photo to the Ranger to enter the Monthly competition!



Meet the Ranger

Email to inquire and book-
sally.johnson@sustainablehealthcare.org.uk



Follow the Blog!



EMBEDDING SUSTAINABILITY

Within the Climate Emergency Strategy we said that we would ‘inspire, inform and empower our people to deliver sustainable healthcare’.

In the last edition of Green News we shone a spotlight on Integrated Laboratory Medicine as one of the departments implementing the [10-step framework](#) to embed sustainability.

Out of Hospital/Community Services Directorate are the most recent directorate to embark on the framework, and we are really excited to work with them as we increase the number of Green Champions, and work to understand and prioritise the areas of action. We are sure we will be able to feature some exciting case studies very soon!

Part of the model is to increase awareness and understanding through training, and build a network of Green Champions and Green Champions plus.

For those newer Green Champions, it is probably worth highlighting the [training](#) that is available, details of which are all available on the intranet and the flourish sustainability pages.

- Building a Net Zero NHS e-learning via learning lab
- Leading in the transition to Net Zero delivered via Teams (2 hours)
- Sustainability Ambassadors (5 days)

We also signpost to external courses delivered by Centre for Sustainable Healthcare and Royal College of Nursing, and are keen to learn about any other external courses that are of interest so we can add them to the list. Please get in touch if you find out about or attend any sustainability training.

We are really pleased to be continually expanding our group of Green Champions Plus. Now almost at 40 members—this is a group of keen individuals committed to making change happen in their area of work.

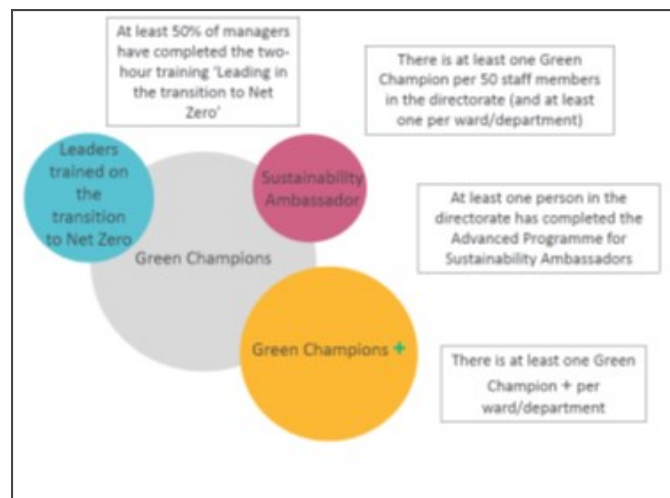
With quarterly meetings, a Teams group, and a shared log of projects and action being delivered, this group is supporting and learning from each other as it grows.

To sign up as a Green Champions plus—email nuth.environment@nhs.net and ask for an application form.

It is our aim to eventually have at least one Green Champion Plus per department. This will enable departments to share ideas and learning, replicate successful initiatives, scale up success and help overcome barriers. It is also a route to feed back via the Sustainability Team to the Executive Oversight Group for Climate Emergency, and the number of grass roots projects being led and delivered by departments helps us demonstrate your commitment to sustainability to the highest level.

We welcome new Green Champions Plus from all areas so please get in touch or find out more [here](#)

Regular Green Champions continue to play a vital role in disseminating messages around the organisation, please display this [poster](#) on your noticeboards and the image found [here](#) in your email signature. And help us grow this network!



SUSTAINABILITY IN IMPROVEMENT

The Newcastle Improvement Team have been working with the Centre for Sustainable Healthcare to help embed sustainability into improvement work carried out at the Trust.

Improvement Facilitators have undertaken Sustainability in QI training to better understand how sustainability should be considered as a domain of 'quality', and how training and coaching can be adapted to support teams who are:

- Already considering sustainability focussed QI projects, or
- Could include sustainability as a metric in other QI projects.

Most improvement projects will have sustainability impacts, whether that was the original intention or not. We would love to hear about and share case studies of these projects—they might reduce number of visits to hospital, reduce length of stay or reduce the amount of consumables used for example.

If you have an idea for a sustainable QI project please do get in touch with the sustainability team, and Newcastle Improvement for support.

CLEAN AIR PHD

You may remember in previous editions of Green News we informed you that we are co-hosting a PhD with Northumbria University. Tunde Okeowo has joined our team for the four year project to research Sustainable Approaches to Reducing Air Pollution and Carbon Emissions in Urban Hospital Environments.

We have installed an air quality monitor at the RVI and have secured funding to install some at the Freeman Hospital.

Data received from the RVI monitor shows that levels of air pollution such as nitrous oxide, sulphur dioxide and particulate matter closely follow background levels found in the city generally. Meaning that partnership working with city partners such as the local authority and transport operators will be key to reducing levels of air pollution at our RVI site.

It will be interesting to monitor the changes as the clean air zone comes in to operation.



MEDICINES WASTE REDUCTION

A multi-disciplinary team has been brought together with membership from Pharmacy, Sustainability, Waste Management, Newcastle Improvement, and Nursing to better understand and then reduce the amount of medicines waste the Trust generates.

A number of key issues have been identified such as lack of space in drugs rooms, lack of dedicated staff resource on wards, a need for improved training and information on the correct process for management of medicines, and a paper based ordering system which leads to delays and duplicate orders, amongst other things.

Medicines are one of the most carbon intensive resources we use as an organisation, and as a result they account for approximately 40% of our total carbon footprint.

Some medicines are incredibly expensive as well, making it all the more important that as little as possible is wasted.

Following the initial workshop, positive changes have already been seen in one test area and we are hopeful that through simple, relatively inexpensive actions the amount of waste will be reduced significantly.

Case study to follow!

STAKEHOLDER SURVEY

We are really keen to improve our stakeholder engagement and are aware that we have not done enough to seek the views of our patients, visitors and service users.

If you work in an area with a notice board or display board that patients and visitors can access, please can you print and display the poster—available [here](#) and on the next page.

From the responses so far we are seeing that most are very or fairly concerned about climate change, and most think it is very or fairly important for Newcastle Hospitals to work in an environmentally sustainable way—even where it would cost the Trust money to do so.

It is encouraging to hear that this group of stakeholders supports action on sustainability, but it would be great to hear from even more.

Please help if you can!

SUSTAINABILITY SURVEY



Scan this QR code to let us know your thoughts about environmental sustainability at Newcastle Hospitals



VISIT TO SUPPLY CHAIN

Four members of the Sustainability Department spent a fascinating day at NHS Supply Chain's distribution site in Normanton earlier this month.

This was as part of our programme of supplier engagement as we continue to increase the number of suppliers directly reporting their carbon emissions to us. As one of our biggest suppliers it was great to meet the Head of Sustainability, Heidi Barnard and Clinical Nurse Advisor, Emma Nuttall at the site and talk about Net Zero ambitions, tracking and reporting emissions, reducing consumption, resource efficiency, and packaging and waste reduction.

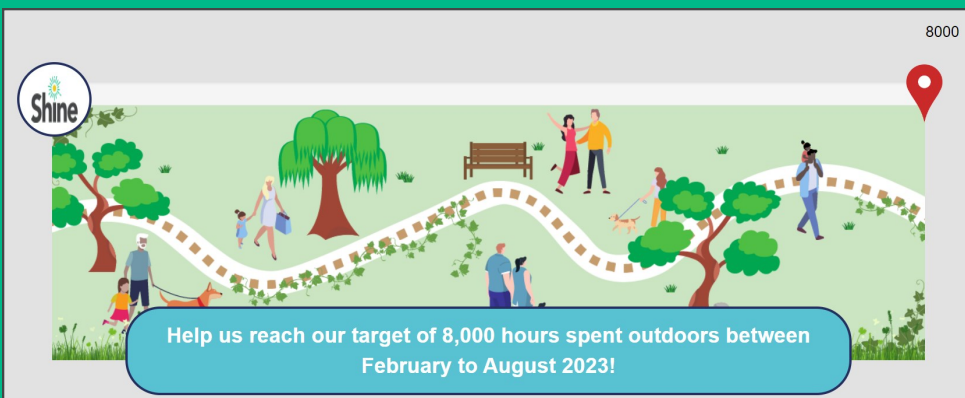
We plan to engage with our top 10 suppliers in terms of the amount we spend with them as a Trust this year, and this was a great start to that activity.



SHINE REWARDS

The Shine A Light Campaign, running from February to August 2023, is an opportunity to support you in improving your physical, financial and mental wellbeing.

Shine A Light runs in a similar way to the rest of Shine Rewards - complete the campaign activities, earn Green Points and win prizes. What's different is we have fresh activities and new vouchers to give to high earners.



You have been automatically opted -in to Shine A Light's **Get Outdoors** activity, challenging you to all to collectively spend 8,000 hours outdoors by the campaigns end in August.

If you are not signed up to Shine Rewards it is easy to register at shinerewards.uk

SUSTAINABILITY SURVEY



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