



Sustainability Newsletter

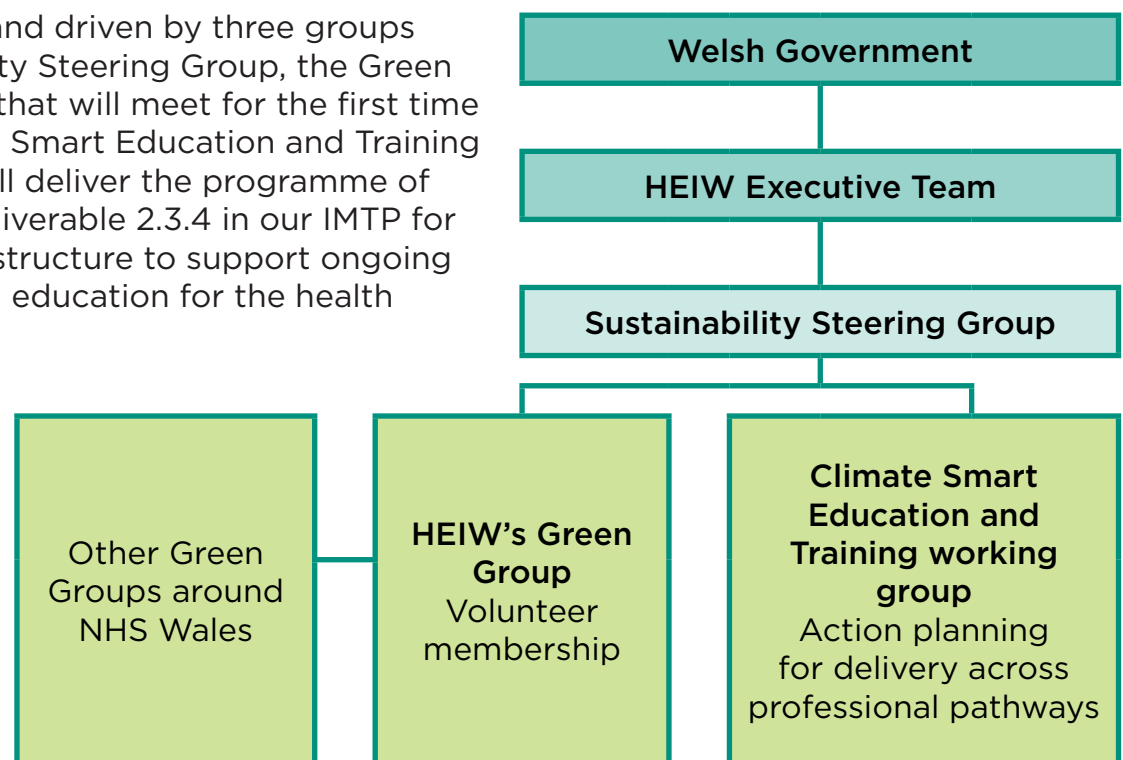
Introduction

Welcome to the first issue of HEIW's Sustainability Newsletter, highlighting the work being done by HEIW to help embed sustainable healthcare practice in NHS Wales, along with local sustainability initiatives in and around Ty Dysgu and initiated by HEIW staff at home. We wanted to use this issue to highlight our achievements over the past year and the progress we've made in delivering our Sustainability Action Plan.

Sustainability is guided and driven by three groups at HEIW, the Sustainability Steering Group, the Green Group and a new group that will meet for the first time in May 2023, the Climate Smart Education and Training working group, which will deliver the programme of work associated with deliverable 2.3.4 in our IMTP for 2023-26: 'Establish infrastructure to support ongoing delivery of climate smart education for the health workforce'.

This programme of work and our Sustainability Action Plan are in line with Welsh Government's Health and Social Care Climate Emergency National Programme, the NHS Wales Decarbonisation Strategic Delivery Plan

and HEIW's Biodiversity and Decarbonisation Strategy 2021-24.



Useful links

- » [Welsh Government's Health and Social Care Climate Emergency National Programme](#)
- » [NHS Wales Decarbonisation Strategic Delivery Plan](#)
- » [HEIW's Biodiversity and Decarbonisation Strategy 2021-24](#)

The responsibility for undertaking the work is shared across the organisation, guided by the Sustainability Steering Group, and supported by project and administrative support from the Planning and Performance directorate and HEIW's Green Group, made up of volunteers representing all directorates.

Meet the team

Justine Cooper Sustainability Lead



"I got involved in HEIW's work on Sustainability in late 2019 and set up the Green Group in 2020. It's interesting and challenging work, especially given the time frames. Requirements and expectations are increasing as public sector organisations across Wales are tasked with decarbonising

operations to meet Welsh Government targets and put in place adaptations to deal with the effects of climate change. The recognition that the climate crisis is also a health crisis puts added emphasis on the importance of embedding sustainable healthcare practice.

Outside of work, my daughter has a hidden language learning disability known as Developmental Language Disorder and I am an advocate and volunteer for [RADLD](#), helping to raise awareness of the disorder in Wales and beyond."

Joseph Droogan Sustainability Support Manager



"My journey with HEIW started in 2020 as an intern on HEIW's inaugural six-week internship programme. This led to a further year-long internship, rotating around the organisation to support a number of different teams and projects. Two years in and I'm now supporting the

organisations sustainability and decarbonisation plan as a member of the Planning and Performance team.

HEIW has provided me with the perfect springboard into the NHS, where I want to utilise my interest in Logistics and Operations Management to find opportunities for efficiencies and continuous improvement.

Outside of work I'm a keen traveller, visiting Norway, Sweden and the USA in the past year. I'm also a big fan of long distance running and will be attempting to complete my second ultra-marathon later this year."

HEIW is also proud to welcome three new Sustainability Fellows who will be with us for the next two years.

Kathryn Speedy Sustainability Fellow



"I started as a HEIW Sustainable Healthcare Fellow in February 2023, working one day a week in HEIW whilst also continuing with my specialty training in child and adolescent mental health. I will be focusing on education, training and raising awareness. I am interested in the benefits of nature for mental health and well-being and enjoy spending time outdoors."

Laura Burton Sustainability Fellow



"My name is Laura Burton, I am an ENT Registrar in Wales. I started my sustainability journey 18 months ago and it's been a steep learning curve with its own ups and downs. There is just

so much to learn and so much we need to do! I'm passionate about reducing waste within surgery in particular but also the NHS as a whole. I have an interest in leadership and believe that strong leadership from the top down and in our day-to-day teams is vital. I have taken up a Sustainability Fellowship post with HEIW focusing on leadership and policy development."

Rosemary Stewart Sustainability Fellow



"I'm a palliative medicine registrar in Swansea and will be working as a sustainable quality improvement fellow at HEIW, one day per week for the next 2 years. I'm working on a project in sustainable quality improvement in palliative care, as well as looking to integrate sustainability concepts into HEIW's current Quality Improvement resources and teaching."

News

We wanted the first sustainability newsletter to be a recap of the 2022/23 year, and what a year it has been. Our Sustainability action plan has enabled us to drive sustainability initiatives in five key areas:

1. Engaging and supporting our staff,
2. Sustainable procurement,
3. Developing Ty Dysgu and supporting our local communities,
4. Environmental sustainability,
5. Decarbonisation and sustainability in Healthcare Education and Training.



Here are some highlights:

Carbon footprint

Here at HEIW we take sustainability and climate change seriously. We recognise that, in our day-to day operations, our business impacts the environment in many ways. And we are determined to make clear, measurable, and positive changes to the way we work. In order to do this, we need to establish a baseline for our activity at HEIW and one way to monitor this is through our carbon footprint.



We're proud to announce that we have commissioned [Greener Edge Ltd](#) to undertake an assessment of our organisation's carbon footprint. The report and recommendations will inform a review of our Sustainability Action Plan in 2023/24 and development of organisational targets for reducing carbon emissions.

Climate Smart Champions



CENTRE for
SUSTAINABLE
HEALTHCARE
inspire • empower • transform

In 2021, the Health and Social Care Climate Emergency Fund was set up by the Welsh Government to fund projects that support the delivery of sustainability initiatives. HEIW put in a bid to develop a Sustainable Healthcare educational pathway for people working in the NHS.

Our target was to recruit 100 people from across Wales that had an interest in sustainable healthcare; to date, we have had interest from over 135 people and 62 people have completed training in sustainable healthcare or carbon literacy. The course, developed by the Centre for

Sustainable Healthcare, dives deep into the role healthcare plays in climate change. Learners are given six hours of pre-reading material which provides a solid foundation of understanding to head into the discussion part of the course.

Jon Matthias, Strategic Programme Manager for Allied Health Professionals, had this to say about the Introduction to Sustainable Healthcare course:

“I attended the Introduction to Sustainable Healthcare Course at the end of January. It was a fascinating afternoon and my main takeaway was how ‘sustainability’ maps across the entire healthcare system. This isn’t just about recycling bins and reducing car journeys, it’s about changing the way the NHS does business. The priorities in NHS Wales around moving services into primary care, social prescribing and demedicalisation, reducing health inequalities, providing value-based healthcare, improving public health, and improving service quality through reducing waste, harm and variation all come under the overall banner of ‘sustainability’.

All the workforce plans that HEIW are developing or implementing recognised that the current situation is unsustainable. The costs pressures on the NHS are unsustainable. The way we work now is unsustainable. We need a sustainability focus across the NHS asking key questions around the services we provide.

From an environmental point of view I was stunned that medication and pharmaceuticals contribute 20% of the NHS’s carbon footprint. The urgent need to curb unnecessary prescribing and exploring alternative evidence-based interventions is striking. The awful carbon emission levels of hospital sites supports the attempt to move more services out into primary and community care.

There was also a very good section on the psychological impact of talking about sustainability, directly addressing feelings of hopelessness and despair when confronted with the climate emergency. At the end of the training I felt hopeful and positive that I could make a difference. I think everybody in HEIW should do this training and ‘sustainability’ should become the first item on every meeting agenda and the first topic in any project or programme plan.”

There are still opportunities to become a Climate Smart Champion, with all of the information and the sign up form available on HEIW’s website [We’re recruiting NHS staff to be Climate Smart Champions - HEIW](#).



Staff events

Spring planting event and Queen's Jubilee garden party

Following the development of Ty Dygu's grounds in late 2021/22, which included significant planting to incorporate native species and to attract butterflies, insects and bees, creating wildlife aids such as bird boxes, a birdbath and feeder and a bee hotel, HEIW staff worked together to plant a variety of colourful flowers in the planters around the building. We launched the newly developed garden with staff as part of our celebration of the Queen's Jubilee.



Let's go green for Halloween

Let's go green for Halloween highlighted how environmentally unfriendly Halloween is.

From food waste with Pumpkins, to single use clothing and plastics, Halloween is the perfect opportunity to make small changes that, in return, can have a big impact. We were joined by our Chairman, Dr Chris Jones, who provided a few words on the importance of sustainability and the responsibility we all have in making an effort to reduce our carbon footprint and reach Net Zero.

Fairtrade Fortnight

HEIW raised awareness of the threat Climate Change plays on some of our favourite supermarket goods by having our very own endangered aisle.

Our favourite chocolates, fruit, tea and coffee were all on display with information about the likelihood of them disappearing from our supermarket shelves in the near future.



Monthly litter picks

HEIW started running monthly litter pick events in August 2022 as part of its sustainability and biodiversity activities, supported by Green Group volunteers.

Helping keep Ty Dysgu clean is vital to the success of biodiversity on the grounds and litter picks extend beyond the grounds to the local area, making the area a more pleasant environment for all.

As a member of staff, whether or not you work at Ty Dysgu, if you would like to help build a more environmentally friendly place of work or get involved in initiatives local to you, find out more by visiting our [intranet page](#), full of news and information and dates of upcoming Green Group meetings and litter picks.

Looking ahead

Things to look out for in 2023/24...

- » Results of our Carbon Footprint 2022/23 exercise
- » Publication of our refreshed Sustainability Action Plan
- » Updates on the work of our Sustainability Fellows
- » New webpages on the HEIW website with links to curated resources
- » Publication of our Climate Smart Education and Training Action Plan
- » Launch of a range of resources for leaders at all levels across NHS Wales
- » Further improvements to the grounds at Ty Dysgu
- » More staff events, including a biodiversity event in May 2023, which will launch our new bird sanctuary

Focus on: Stop Food Waste Day, 26 April



Over 9.5 million tons of food waste is produced in the UK every year according to the current figures from the charity Waste and Resources Action Programme (WRAP). Around 70% of all waste is produced by domestic households and contributes around 37 million tons of greenhouse gas emissions throughout its lifecycle via resource intensive production, food miles and decomposition.

Eliminating food waste is not only beneficial in combatting climate change, but both a practical and ethical choice, saving an average family an estimated £700 per year and 8 meals per week, as well as helping to fight food poverty.

What can you do to cut down on food waste?

- ✓ Make friends with your fridge: <https://www.lovefoodhatewaste.com/blog/nine-foods-youve-been-storing-wrong-place>
- ✓ Labels and leftovers: <https://www.food.gov.uk/safety-hygiene/best-before-and-use-by-dates>
- ✓ Recycle, compost or donate: <https://olioapp.com/en/>
- ✓ Budget-friendly recipes designed to help you reduce food waste AND save money: [Saving On Food | Love Food Hate Waste](#)

