

MAKING HEALTH & SOCIAL CARE GREENER:



**PRACTICAL
IDEAS FROM
THE 2020
ADVANCING
HEALTHCARE
AWARDS**

INTRODUCTION

Making health and social care greener

We have long noticed that many allied health professionals and healthcare scientists who enter our Advancing Healthcare awards are very much aware of environmental and climate change issues in their personal and working lives. We were delighted, therefore, when the Department of Environment, Food and Rural Affairs approached us to take part in their Year of Green Action, inviting AHPs and healthcare scientists to tell us about the ways their innovations are helping to create a greener NHS.

So we included the Year of Green Action award in our 2020 programme, inviting people to tell us, as part of their entry to other categories, the ways in which they are contributing to sustainability. Many entrants seized this opportunity and we received a wealth of ideas and suggestions covering many aspects of the green agenda, ranging from the antimicrobial properties of snails to smoking cessation in prisons, from telephone assessment of people with back pain to music therapy to improve Walking Speed.

It seemed to us important to capture this valuable resource for others to benefit from, hence this publication which brings together many examples of activities throughout the UK. AHPs in particular are active on these issues with a webinar in July led by Linda Hindle, deputy chief AHP officer at NHS England and a survey seeking examples of where AHPs have modified practice that meet the environmental sustainability agenda, both in the context of COVID-19 and also more longer term.

The 2020 awards programme was almost complete when the pandemic struck. We were about to celebrate our winners at a lunch in central London when lockdown happened. So the content here was compiled before the crisis but as the post-COVID era unfolds, it is remarkable how many of these ideas have taken on a sharper focus and greater relevance. Health professionals have replaced face-to-face consultations with telephone sessions, training has gone virtual and many have appreciated the natural world to deal with fatigue, anxiety and stress.

Congratulations to our winners and to all who 'thought green' when they submitted their entries. We hope you agree this is a valuable resource for all health professionals seeking to create a greener world.

Alison Dunn

Chamberlain Dunn

July 2020.

Working towards sustainable healthcare

For fifteen years the Advancing Healthcare Awards have brought people together annually to celebrate the innovations and hard work of allied health professions and healthcare scientists. Now this year we find ourselves in an unprecedented situation with the response to COVID-19 and the huge changes that this has brought for everyone personally, socially and globally. A number of sustainable practices have been adopted as an unexpected side effect and we need to consider how to embed positive changes from this situation.

Allied health professionals are extremely well positioned to address sustainability issues within health and social care. *The Centre for Sustainable Healthcare (CSH)* uses four principles of sustainable clinical practice to guide our programme design. The first two of these are preventive healthcare and patient empowerment/supported self-care, which are already integral to AHP approaches. Throughout this booklet you will find inspiring practice examples of lower carbon treatment options and leaner care pathways, which are the other two principles.

At CSH, we are working towards sustainable healthcare in research and practice. Our focus is particularly on clinical transformation and engaging clinicians, with programmes including the *Green Ward Competition*, *NHS Forest*, and *Green Walking in Mental Health Recovery*. We have developed a range of *resources* including training materials, online case libraries, and a *Sustainable Action Planning* toolkit for clinical teams.

You can sign up to our clinical sustainable practice networks, including our newly formed *AHP Susnet*. Here you can connect with like-minded practitioners, seek answers to your questions, access resources, and share your examples of sustainable practice to inspire others.

Rachel Stancliffe

Ben Whittaker

Centre for Sustainable Healthcare

WHY WE WANTED TO HEAR FROM YOU ABOUT GREEN ISSUES



In January 2019, the government launched a Year of Green Action to encourage pro-environmental actions by individuals, organisations and communities. The aim was to broaden participation in a range of actions to protect, improve and connect people with the environment. The initiative was run by a small team in the Department of Environment, Food and Rural Affairs, in partnership with other organisations, and communication was primarily through social media.

The 25 Year Environment Plan, published in 2018, had committed to make 2019 'a year of action for the environment with children and young people at its heart', encouraging more participation in environmental projects by people from all backgrounds. The initiative, although convened by government, was open to all and supported by Defra-funded resources, including a website, a number of small grants and promotional materials for external stakeholders to badge their events with Year of Green Action branding.

By identifying opportunities within specific sectors – government, children and young people, and business – the YoGA team targeted events and communications to encourage more participation in environmental activities, and behaviour changes from specific audiences. Through partnership with the youth social action charity, Step Up To Serve on their #iwill4nature campaign, we ensured the contributions of children and young people to environmental action were recognised and supported.

Contact with nature

Connecting people with nature was at the heart of the year of green action - the evidence that access to green space can deliver positive outcomes through the prevention of mental ill-health is growing ever stronger. The situation we find ourselves in recently, socially distancing and locked down in our houses as a result of the coronavirus has highlighted our need for contact with nature for our health and wellbeing as well as the importance of a strong and resilient environment for a future on earth.

A survey by the countryside charity CPRE showed that half of those questioned (53%) said they appreciate their local parks and nearby countryside more since social distancing measures were brought in, while 57% of respondents also felt they were more aware of the importance of green spaces to mental health and wellbeing.

As well as a direct positive impact on mental health outcomes green spaces also deliver important benefits for recreation, physical health, social wellbeing and employment. People who visit nature regularly feel their lives to be more worthwhile and the relationship is similar in children, with access to green space being associated with improved mental wellbeing, overall health and cognitive development. For those in deprived groups, good access to green and blue spaces, reduces the inequality in mental wellbeing, compared to those with less access.

Inspiring others

We believe that award schemes are a highly effective way of recognising positive action, celebrating success and inspiring others to take action.

For this reason we decided that – rather than launch an award scheme specifically for the Year of Green Action – it would be more in the spirit of the year to partner with existing award schemes and offer to sponsor a special Year of Green Action Award - to encourage green action across many sectors within existing award schemes. We sponsored awards across a whole range of sectors and with evidence of the strong link between the environment and health outcomes it seemed a logical choice to get involved in a series of healthcare awards. The Advancing Healthcare Awards were of particular interest as they recognise those professionals and projects from across the UK that make a real difference to patients' lives and we were interested to find out how individuals and organisations have taken positive action to improve the environment in responding to a greater awareness of nature and the environmental challenges we face.

We have been extremely heartened and encourage by the responses by applicants across the whole range of categories for the Advancing Healthcare Awards. There is clearly a strong appetite to encourage connection with nature for employees as well as patients and to drive the sustainability of healthcare settings.

We hope that applicants and others associated with the awards have enjoyed thinking more about the environment and hope it inspires more of you to look for opportunities to connect with nature yourself, for those you work with and also to consider the environmental impacts and opportunities as we all work towards a more nature positive future in our workplaces.

Tessa Wardley from Defra, Year of Green Action

WINNER OF THE YEAR OF GREEN ACTION AWARD

Healthy eating for young people

Sioned Quirke, manager of the weight management service at Aneurin Bevan University Health Board, was the winner of the Year of Green Action award, sponsored by the Department for Environment, Food and Rural Affairs. Her project was Connect: the first children and young persons weight management service in Wales.

The DEFRA judges comment: 'We were really impressed with the quality of the entries and the number that had chosen to identify their consideration of the environment into their projects. We particularly liked the winners' entry as they had a wide ranging appreciation of environmental impacts and had shown consideration of sustainability and reducing the carbon footprint of their operations, biodiversity impacts and actions, which can be rare, and also connecting people with nature for their health and wellbeing which was a particular focus of YoGA.'

Sioned's Health Board saw the importance of sustainability and the way the natural environment can boost physical and mental wellbeing. They showed this by:

- Setting wellbeing objectives which focus on the environment
- Developing its Building a Healthier Gwent Strategy which has a key theme on the relationship between nature and wellbeing
- Developing an action plan to explore the biodiversity risks and opportunities across the current estate.

The Clinical Futures Transformation programme is designed around care closer to home, to involve patients, achieve better quality care, to improve the local health economy and ultimately reduce the organisation's and community's carbon footprint.

The new Connect service impacts on the sustainable use of resources and the environment by encouraging healthy eating using local fresh produce, reducing the use of processed foods and packaged items, promoting activity in local green spaces, contributing to the wellbeing and cohesion of local communities, using technology to reduce appointment frequency and to offer opportunities for virtual consultations both of which will reduce travel and carbon emissions.



FOUR ENTRIES WERE HIGHLY COMMENDED



Towards the electric ambulance?

The Welsh Ambulance Services Trust is the only ambulance service in the UK to hold the ISO1400 environmental management accreditation. **Brendan**

Lloyd, its executive medical director with his team of advanced paramedic practitioners, have put in place a radical new Clinical Model where sound environmental principles are embedded within the clinical team culture. The Trust takes an Annual Sustainability Report to the Board. The fleet of ambulances use a considerable amount of fuel and they are piloting use of electric vehicles to prevent pollution and reduce potential environmental impact.

Brendan's colleague Andy Swinburn, associate director paramedicine, is a finalist in the AHP clinical leadership category in the 2020 Advancing Healthcare awards.



Hearing birdsong

Nature and people are at the heart of this project from **Jack Stancel-Lewis**, audiologist and healthcare science fellow at Imperial College London. The use of beautiful birdsong and woodland sounds,

along with information about birds, urbanisation and the loss of access to nature, increases people's connection with nature. It makes people aware of the importance of supporting green spaces and the positive mental health benefits this brings.

The Hearing Birdsong Team comprises audiologists, nurses, patient representatives, researchers, designers and engineers. Hearing Birdsong, inspired by a patient's story, brings together health and art to reach seldom heard voices to change behaviour and encourage early identification of hearing loss. They ensure low environmental impact and sustainability. Recyclable and biodegradable materials are used such as the wood of the bird boxes and they have developed a durable, flexible installation that can be re-used in different spaces.



Rooms with a view

Rachael Sharples, palliative rehabilitation team lead at Sue Ryder Manorlands Hospice pioneered a culture shift at the hospice on palliative rehabilitation an approach which

considers what individuals living with life-threatening illness most want to achieve in their lives and how they can be best supported to realise their personal goals. Rachael is passionate about running in the Yorkshire Dales and has set up a weekly running group for staff to run over the moors. She has encouraged the idea of getting patients out of their rooms to see the stunning view over the moors and has supported recruiting volunteers to take patients out of their rooms into the gardens. She is hoping to work with the occupational therapists to initiate a gardening group for patients and carers as a way of helping them enjoy the fruits of nature as part of their palliative rehabilitation.



Children on the move

Amanda Atkinson, paediatric occupational therapist at Swansea Bay, worked with Play Wales to provide outdoor play sessions in local parks during school holidays

and to get parents into the play sessions to do their bit. She also worked with Sports Development to support inclusive outdoor sporting experiences for children such as kayaking and climbing.

Her aim has been to improve OT services for children and their carers with a whole system approach to improve the skills of the OT staff, parents and teachers to support the children achieve better outcomes.

IDEAS FROM HEALTHCARE SCIENTISTS

Testing en-route

Ashfaq Gilkar (*bottom left*) of Guys and St Thomas' NHS Foundation Trust, has pioneered an en-route online Point of Care testing service for the London Ambulance Service which helps front line staff accelerate decision making, reduce congestion and shorten patient waiting times in the A&E department. For the environment, there is a decreased reliance on printed diagnostic results as tests are carried out in the ambulance and electronically relayed to the A&E department. This POCT based system is less reliant on plastic blood tubes, vastly reducing plastic waste. The project is environmentally sustainable as it results in less plastic bi-product waste. These devices are compact and small so using up less electricity and are more energy saving than the larger, high energy consuming pathology laboratory analysers.

Pathology on the move

Saghar Missaghian-Cully, managing director of North West London Pathology hosted by Imperial College Healthcare NHS Trust, is a dynamic leader who is always pushing boundaries to succeed and improve patient outcomes. She also shows the way in reducing carbon footprint. For example, pathology transport service is provided by DHL chosen because it has a robust plan to reduce logistics-related emissions to zero by 2050. They have video conference facilities available at sites to reduce the travelling time between sites and a transformation programme will reduce the pathology footprint as most tests are to be consolidated at one hub site. The new laboratory management system for pathology will eliminate the use of paper as results will be only be available electronically.

Snails to the rescue

Dr Sarah Pitt (*middle*) had a hunch about the antimicrobial properties of snails. She's principal lecturer at the School of Pharmacy and Biomolecular Sciences at the University of Brighton and an exceptional and inspirational biomedical scientist.

Sarah has done some intriguing research on antimicrobial resistance, a serious public health problem. She researched the antimicrobial properties of snails and molluscs, connecting people with nature for health. Thanks to funding from an IBMS research grant, her study found that the ordinary brown garden snail *Cornu aspersum* (*Helix aspersa*) contains aspernin, an antimicrobial protein in its mucus. Working with her husband and other colleagues, the mucus was tested against different microorganisms and found that it inhibited the growth of *Pseudomonas aeruginosa*, a bacteria that can affect plants and humans. *P. aeruginosa* can cause respiratory disease in patients with cystic fibrosis, and can infect deep wounds, with more strains of the bacterium being reported. This makes Sarah's study timely and essential to public health. Her study has been featured in *The Biomedical Scientist*, where she wrote, '... it is hoped that aspernin could be used to develop a novel, clinically useful antibacterial treatment. It is envisaged as being used in combination therapies with existing antibiotics, in the form of a cream as a topical application for deep wound infections or an aerosol to treat respiratory infections.'

Creating a less toxic reagent

Guy Orchard, (*bottom right*) consultant grade biomedical scientist at Viapath is an exceptional biomedical scientist. who has devised and patented two pathology products with a third patent pending. One product is CellSoft with the aim of creating a new reagent with all the positive attributes of other current comparable reagents but with a reduced level of toxicity for the users and the environment. Current commonly used hard tissue softening agents employ a combination of phenol and acids, which are carcinogenic and corrosive respectively. The new patent agent Cellsoft contains neither but instead employs a formula based on soaps and detergents that after use can be discarded into the main waste water system. For users, Cellsoft reduces potential respiratory and skin allergy issues and can be used by pregnant scientists unlike phenol compounds which present with undesirable health and safety risks and require dedicated disposal procedures.



IDEAS FROM HEALTHCARE SCIENTISTS

Power of social media to create communities and protect the environment

The work of **Shahid Nazir Muhammad**, a biomedical scientist and **Vicky Gardner**, co-founder and chief administrator, in developing the Renal Patient Support Group is a great example of how social media can build support communities.

As 90 % of the work through the RPSG has been via social media, this has meant little or no need for paper. Shahid's leadership, prompting more use of technology and social media has meant reporting, graphics technology, video, education, and research work is more sustainable, and this leaves less material waste and makes a real positive impact to protect the environment. Social media helps platforms like the RPSG to interact with the public in ways that traditional media cannot. Patients and carers get actively involved and have a greater understanding of health and wellbeing. Shahid believes that health professionals should be working together, through online means for patients and carers with chronic kidney disease. Working electronically saves paper, the environment and lives.

Reducing toxic chemical usage

The molecular MRD team at Great Ormond Street Hospital for Children in London have devised a new method to identify paediatric lymphoblastic leukaemia biomarkers will have a long-term impact on the treatment pathway for children with cancer. The new method requires less toxic chemical usage – for example, the previous method used polyacrylamide which is now not needed. Samples can be batched permitting greater efficiency. Some patients now receive less chemotherapy and less bone marrow sampling as a consequence of the new approach.

The human factor

Alison Watt, biomedical scientist and ergonomist at Serious Hazards of Transfusion (SHOT) says:

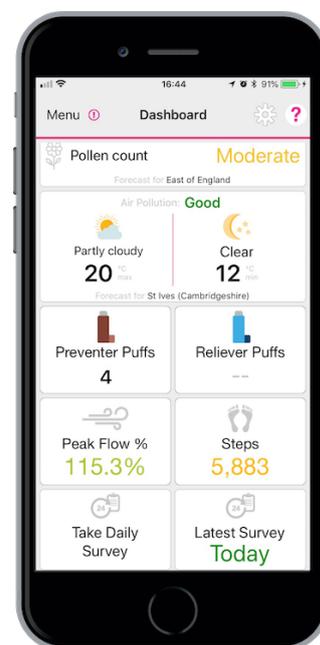
'Human factors and ergonomics techniques make a major contribution to the design of more sustainable socio-technical systems, so the work done to introduce these methods in transfusion laboratories will have positive effects on the environment. In addition, the health and wellbeing of staff is a key to improving the human and organisational aspects of laboratory systems, so applying HFE principles will improve staff welfare and safety. This is especially apparent in the work that has been done to encourage a Just Culture within transfusion laboratories, in which staff are encouraged to examine system factors in more depth, hence reducing the blame culture that could encourage staff to be assigned excess responsibility for adverse events.'

Supporting children with asthma

Kevin Auton of Aseptika Limited (Activ8rlives), has created Asthma+me to support children 6-12 years with moderate-to-severe asthma. It combines education sessions, inhaler-use tracking devices, lung-function monitor, in-built symptom checkers, an education syllabus to learn as a family, electronic care plans and ability to push data to clinicians and electronic patient records.

From an environmental perspective, Asthma+me has potential to:

- Reduce hospital/A&E admissions and readmissions, unscheduled hospital and out-of-hours appointments, GP appointments, using of electronic self-care plan for next actions
- Reduce wastage of medication through non-compliance with reminders for patients to take medication
- Taking care into the community reducing travel of all stakeholders.



GREEN SPACES



Caring for those who care

An innovative staff support service in Swansea Bay (*Pictured Above*) uses a unique multidisciplinary skill-mix to support the physical and mental health challenges of employees. The Staff Health and Wellbeing Project is the work of **Matthew Tidball**, a physiotherapist with **Rachel Turner**, an occupational therapist.

The service takes a proactive approach to health and wellbeing in nature and the service design supports environmental sustainability. As the Health Board covers a large geographic area with 12,500 staff, the service is primarily telephone-based so the carbon footprint is significantly reduced with neither party needing to travel to appointments. All correspondence, information and resources are sent via email and appropriate online resources are discussed during the call which enables swift access to the information required and self-management material.

Green exercise is promoted in an annual 'Wellbeing Week' when outside activities such as gardening, walking and 'green exercise' are advocated as a way of enhancing mental and physical wellbeing. Staff are encouraged to step out of the work environment and enjoy nature to enhance their own wellbeing and improve focus.

Walks around the grounds

Tanya Cuddy and **Eileen Tomany**, speech and language therapists at Western Health and Social Care Trust, help dementia patients with swallowing difficulties and are very much aware of wider wellbeing initiatives.

They say: 'To ensure residents can enjoy the mental and physical benefits from regular access to nature, the nursing home appointed a dedicated activity co-ordinator who accompanies residents for walks around the grounds of the home. Those who are unable to go outside get involved in planting flowers and seeds within the unit. This serves both as an activity to promote the wellbeing of the residents and also to enhance the environment within the nursing home.'

Green and pleasant land

Torbay and South Devon are doing great things for staff wellbeing. **Richard Collings**, podiatry team leader, tells us that they providing space and time for staff to reflect using their lovely gardens. He says:

'We provide wellbeing activities for all staff and encourage people to look after themselves and each other. We provide many initiatives such as flu vaccination clinics, tea and a chat projects, menopause matters talks, mental health first aiders and employee support programmes. The gardens around the Trust are special and well maintained. We encourage our staff, patients and public to walk around the grounds as these provide a restorative environment by being green and pleasant. We have a beautiful roof garden which provides a lot of joy, pride and contentment in our organisation.'

Green space exercising

Dr Jill Halstead-Rastrick, podiatrist at Leeds Community, says her driving mission is that podiatry services make a huge difference to people's lives when implemented in an effective and evidence driven way.

Jill nationally promotes the wide-reaching benefits of exercising in green spaces for people living with chronic joint pain. In particular, she actively champions Parkrun (and 5K Your Way) by being a Parkrun prescriber and Parkrun volunteer in Woodhouse Moor. She has lectured nationally about the culture of inactivity and fear of movement that can exacerbate social isolation, cause a disconnect from the environment and lead to a loss of community. Being physically active is a key NICE recommendation for people living with OA, as there is strong evidence it can improve pain and reduce impairment with minimal risk of joint damage. Jill passionately believes podiatrists have a key role in promoting activity. To promote this, Jill delivers lectures locally and nationally through her MSKUK role to increase confidence in exercise prescription.

GREEN SPACES



Recovering from brain injury

Luke Rendell, physiotherapist and **Alexandra Rose**, clinical psychologist at the Royal Hospital for Neurodisability, use their gardens and grounds in rehabilitation. Goal setting following a brain injury is complex for many patients due to cognitive and communication difficulties as well as their uncertainty of what to expect from their recovery. Goals that are set by patients and their families based on the patient's values are more meaningful and more likely to be achieved. In setting goals, they encourage the team to consider how to help the patient to get outside the hospital to increase their wellbeing. They make use of the herb gardens for sensory stimulation and their large gardens and grounds boost wellbeing for those receiving treatment.

Out and about with the park rangers

'Our conservation group is a weekly programme that takes place outdoors at Cosmeston Lakes, Penarth. Participants help park rangers with activities such as litter picking. The Health Board is developing an outdoor space, the Orchard Project, on the University Hospital Llandough site where there's a programme that supports involvement in this. They are currently tending the trees to enhance motor skills while benefiting from the wellbeing aspect of being outdoors and improving the environment.'

These are the ideas of **Jacqueline Sharp**, a physiotherapist at Cardiff and Vale who is the driving force behind the Living Well Programmes which support self-management, community participation and wellbeing for people with neurological conditions. It's a co-produced stepped model of rehabilitation through a catalogue of Living Well programmes provided in leisure and community centres.

Breathing better behind bars

Anita Doherty, and **Gail McKeown**, respiratory physiotherapists at South Eastern Health and Social Care Trust, developed an innovative respiratory clinic within prison healthcare in Northern Ireland. It includes a screening service, identifying previously undiagnosed chronic lung disease which enables early disease management and improved health. It has now expanded to encompass management of all respiratory disease within prisons.

The main way the service impacts positively on the environment is by reducing smoking, working with the Department of Justice towards smoke-free prisons in NI in 2020. The clients who embark on a quit attempt must attend clinic to have their medication reviewed and prescribed - the medicines are not put on a repeat prescription. This ensures a tailored, more effective approach to smoking cessation thus reducing wastage of medication which has a positive effect on both the environmental and actual cost.

They encourage clients to work if physically able. This improves both their physical and mental wellbeing and increases the chances of a successful quit attempt. Many of these jobs are outdoors, including gardening and tending to animals. These clients are therefore re-connecting with nature through their work. All respiratory clients are encouraged to exercise. This can be in the gym but many clients walk outside daily. One site has a 5KM park run every weekend and prisoners are encouraged to participate in this which again re-connects them with the outdoor environment. This is hugely important as much of prison life is spent indoors.

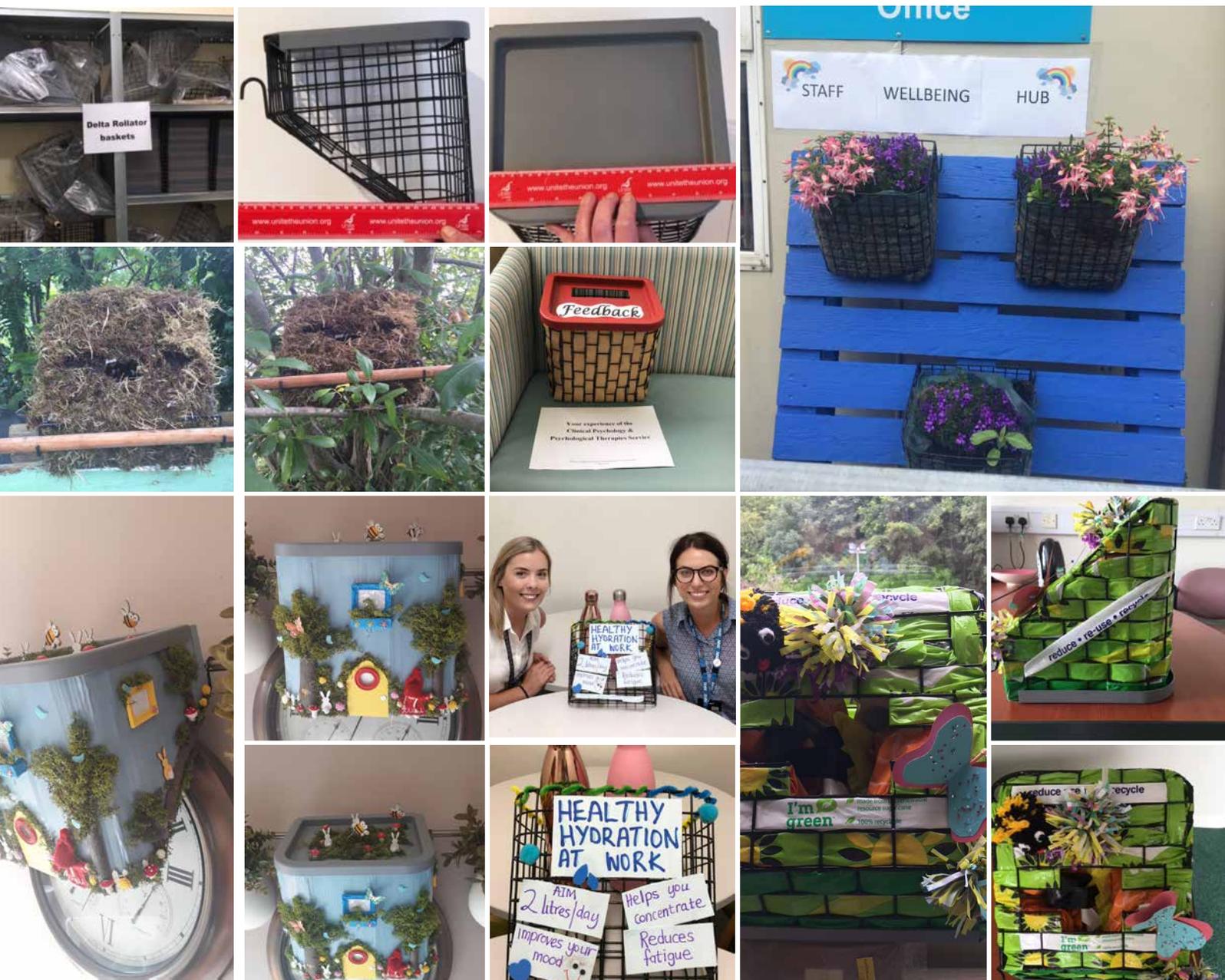
GREEN SPACES

Connecting with nature – and upcycling baskets

Sarah Lockhart, team lead physiotherapist in trauma and orthopaedics at South Eastern Health and Social Care Trust, works to achieve successful mobilisation of hip fracture patients on day 1 post-op.

She comments: 'We are fortunate to work in a new and modern ward environment, where environmental sustainability has been considered within the construction. Patients benefit from individual ensuite rooms, each with a large window looking onto open spaces, some even directly overlooking farmland. Early mobilisation following surgery, and encouraging patients to sit in their armchairs, benefits patients with a view of outside space – changes in daylight, weather and even season, helping them to orientate themselves and to appreciate and connect with nature at a time when they would otherwise be removed from it.

'For those who enjoy being outside, or who have an interest in gardening or nature find this stimulates conversation with staff and can help them to connect with them. Our walking aid contract delivers rollators which come with a basket and a bag. Often patients prefer not to have a basket, and so we've been left with a growing number of unused baskets. Rather than putting these into the bin and contributing to landfill, we have encouraged their re-use and recently ran a competition for the 'Best Basket Upcycling Idea'. Interest was huge – we very quickly gave away all the baskets for upcycling and saw some very creative ideas.'



OUTSIDE SPACE TO LET OFF STEAM

Angela Watson, Cath Clayton and **Rachel Rogers**, specialist speech and language therapists at Birmingham Women's and Children's Hospital, support the recovery of young people with autism spectrum disorder and mental health difficulties.

Previously there was no defined service or consistent expertise across the team to support the needs of young people who also had an underlying autism spectrum disorder. This, plus their struggle with the social and environmental demands of the ward, had a negative effect on their recovery.

Here's what they did.

'We successfully obtained charitable funding to convert an area of land on-site into a therapeutic space, in which outside gym equipment has been installed. This has provided a much needed outdoor space where the young people can relax, safely access physical exercise and let off steam.

'It helps them:

- Use time meaningfully through purposeful activity
- Be outside in the fresh air, to enhance vitamin D and oxygen levels
- Improve physical health including helping to boost cardiovascular fitness and strength; elevate heart rate, which will improve circulation to the brain. This promotes healthy brain function and balanced brain chemistry and helps control the side effects of medication e.g. increased appetite and weight gain
- Support emotional regulation, a sense of personal achievement and build self-esteem
- Facilitate positive social connections and interactions. '



Walking for wellbeing

We have just started a 'walking for wellbeing' group with Crawley Wellbeing which provides a safe environment for service users to start to engage with forest walks and so on. We also have a sports group which is open to service users throughout the four weeks and at discharge, in order to help in their recovery.

Steven Rowley, clinical specialist occupational therapist at Sussex Partnership NHS Foundation Trust and his team offer psycho-educational groups to people who have just been discharged from inpatient wards or to prevent hospital admission.

GREEN SPACES

Support to boost recovery and wellbeing

Lorna Dunsire, occupational therapist at Bradford District Care created community links to support people to move from acute mental health wards back home.

She explains why and how: 'Developing social support, having places to feel comfortable and spend your time and feeling confident to access these supports are all important aspects of recovery and wellbeing. We identified a wide range of community services, including voluntary sector organisations, meaningful activities and group facilitators which patients might be able to access. Together as a team, we agreed a goal to empower patients to develop safe and robust links within the community. We invited external speakers from services such as arts organisations, wellbeing organisations, volunteer services and activity facilitators. We developed group protocols, risk assessments and invited horticulture specialists, rugby coaches, chess players, poets and artists in to the hospital to facilitate workshops and special interest groups for patients, all with links to groups in the community. This enables patients to have a taste of the groups available, get to know the facilitators and develop confidence in attending these activities. This encourages independence and life beyond hospital, rather than developing dependence on the hospital.'

'For example, the horticulture workshop encourages patients to grow their own vegetables, to learn new techniques and to explore the value of horticulture and gardening; not only in the hospital, but also in the community, once they are discharged from hospital.'

Outside activities to help offenders

Karen Sharrock and **Sara Davies**, occupational therapists at Hywel Dda University Health Board, show how the use of green space can help promote wellbeing to a client group who have complex psychological needs and a history of offending.

Their gardening programme produces organic crops for consumption which was developed through an educative approach where service users grew, prepared and cooked healthy meals.

They generated space within the garden area for their own compost heap and developed a water butt system to collect rain water to recycle. This enabled service users to water and feed plants without unnecessary work and cost. The 'down to earth' project has an educative approach to develop service users and staff knowledge of the environment, wildlife, eco systems and to learn strategies to implement positive environmental changes.

Cleaning our local beaches has supported environmental sustainability and protecting the wildlife and it has provided vocational-based skills giving people roles, responsibilities and a sense of purpose.



Scenes from Hywel Dda's gardening project

Sensational Living

Eveline Milne, occupational therapist at Southern Health and Social Care Trust, uses sensation therapeutically to support people with forensic issues to have their sensory needs met. She does this by helping them to achieve the right sensory environments and activities with the aim of promoting healthier lives.

She works with the day opportunities programme which offers nature connection through horticulture, working with animals and outdoor pursuits. Sensory interventions are maximised through nature and the natural environment. Without encouragement to be active within nature young people miss vital sensory input that promotes organisation of the sensory systems including spatial awareness, strong balance systems, improved self-esteem and good listening skills to promote effective communication. Nature deprivation and limited opportunity for sensory enrichment impacts adult maturity development and can result in young adults seeking sensations that are harmful to their wellbeing and to others. Through a focus on the natural environment, occupational therapy provides sensory-based assessments which identify specific activities beneficial as part of the group activities and individual occupational therapy programmes including specific outdoor exercise, and horticultural activities.

GREEN SPACES

The Collective Victory

Louise Wiggins, occupational therapist and **Alison Newport**, education manager for AHPs at Surrey and Borders Partnership, developed the Occupation Matters Programme, a new occupational therapy intervention. It has empowered people with severe mental health conditions to create a life worth living, by enabling them to choose and engage in new and neglected activities, and re-design their lifestyles to facilitate recovery.

Within the programme, they have developed a module called Being Active which explores the importance of both physical and mental activity, exploring barriers to this and overcoming these through shared problem solving. During every Being Active module, the group will decide to keep active by going out into nature and gain the health benefits of this and an increased sense of wellbeing. In the Community Matters module, they identify ways that people can feel more connected to their communities and engage in them in a productive way. Many participants say that connecting with nature is an important part of their recovery.

Getting back to school

Eve Kelleher, school reintegration facilitator and occupational therapist at Royal Manchester Children's Hospital, led a two-year innovative project to support children and young people to return to school after major trauma injuries.

Following major trauma injuries many young people have activity restrictions which can last up to 6 months, leaving them frustrated, low in mood, and socially isolated. Connecting with nature and the opportunity to continue to participate in activities with other students is fundamental to their wellbeing during this time. The project supports teachers to help these young people to continue to participate in all activities, including those which allow them to connect with nature. This support is offered in the form of school visits, check in phone calls, staff and peer education sessions, and consultation on risk assessments. For many, school is the main environment which offers the opportunity to explore and learn about the world around them. Helping the school to help them to make a timely return promotes their physical and emotional wellbeing, and overall reintegration into their community.



A Good Call for BACK pain patients

Suzanne Kennedy, (pictured above) team lead physiotherapist at Northern Health and Social Care Trust, introduced telephone consultations for people with back pain. The waiting time to see a spinal orthopaedic consultant in Northern Ireland in 2019 was over 4 years with around 10,000 patients on the waiting list. 1,300 patients from this list were telephone assessed with 97% being managed within primary care and only 3% returned to the waiting list.

Exercise is the best way to manage spinal pain so all patients were encouraged to increase their activity with an emphasis on using outdoor space and utilising their natural surroundings. This will have a long term positive impact on physical and mental wellbeing and reduce the likelihood of symptoms reoccurring. Their carbon footprint was reduced as 1,300 patients did not have to travel for their appointment by car or public transport which was cost effective in terms of fuel and also helped reduce unnecessary journeys for the benefit of the environment. Telephone consultations meant paper, printing and postage were reduced, cost effective to the Trust and kind to the environment. Patients did not have to take time off work to attend an appointment, reinforcing the de-medicalisation of spinal pain and empowering the patient to self-manage. Telephone consultations are useful where large geographical areas are covered or in rural communities with limited public transport links.

IT'S THE SIMPLE THINGS THAT MAKE A DIFFERENCE

Cutting back on paper

'Using paper in a ward environment is a pretty significant drain on our environmental resources. More trees are cut down every year than are planted, and forests are still disappearing at an alarming rate. Natural resources are being consumed far faster than we can recreate them, thanks in part to the huge demand for paper and paper-based processes. The actual making of paper is a chemical-heavy process and even recycling paper leaves a significant amount of waste, which then finds its way into rivers and oceans, polluting the planet. Our electronic multi-criteria decision-making model together with the e-learning platform and other electronic resources reduces the use of paper and thereby saves trees, cuts down on pollution, reduces transport and saves on water consumption.'

These are the words of Chris Hopkins, head of clinical engineering and Laura Hammond, medical device trainer at Hywel Dda University Health Board whose work ensures health professionals are kept up to date with the use of medical devices.

Reuse and recycle

Judith Durrant and **Natasha Porter**, DESMOND educators at Northern Health and Social Care Trust, run the DESMOND Service: Diabetes Education and Self-Management for Ongoing and Newly Diagnosed. This empowers patients to become experts in managing their Type 2 diabetes, improving their knowledge and skills alongside motivating them to self-manage effectively.

In thinking how their patient education sessions can be made more environmentally friendly they have:

- Tried as much as possible to move away from using single use plastic cups for the tea and coffee breaks and brought in mugs to use and wash
- Stopped purchasing single use plastic spoons
- Signposted sources of additional help with single laminated information sheets for participants to take note of contacts rather than give out lots of paper resources
- Used the recycling bins for any flipcharts used.

Helping young people to connect

Nicky Thomas and **Zena Bennett**, occupational therapists at Hywel Dda University Health Board, offer individual placement and support for young people with experience of psychosis to help them with employment, education or training. It's the first project of its kind in Wales for young people aged 14 – 25.

The project aims to help people maintain social connections and achieve a work-life balance which has the longer term impact of sustaining healthy future generations.

Nicky and Zena are very conscious that small changes can make a big environmental difference:

- Staff are encouraged to recycle paper and plastics and to switch off lights when not required
- Many areas have gone paperless to reduce paper wastage and associated printing costs
- The project spans three counties, employing local support workers in each has reduced travelling time, pollution and costs
- Using video conferencing for larger meetings. If necessary to travel, staff are encouraged to car share and use pool cars where possible
- Being based in a rural area, service users have access to the natural health network including community farms, eco projects and green space activities. Some of the volunteering opportunities have been at these centres so promoting access to green spaces and promoting environmental sustainability.

Going virtual to help people with dementia

Elaine Hunter, AHP consultant at Alzheimer Scotland, wants people with dementia to have better access to AHPs at all stages of their dementia and she leads a national AHP forum to make this happen, interfacing with health and social care and the third sector.

Elaine believes in protecting the environment. The tailored leadership resource is available as a digital online platform. The work being developed to support the AHP dementia programme is shared online, saving on print and postal costs. All can be viewed at www.alzscot.org/ahp. Elaine supports digital solutions for direct access to AHP expertise by testing the use of technology to create a virtual clinic where people can link into an AHP from their own home. The technology used to share skills and expertise with people with dementia also integrates social media - Twitter, a weekly blog, Facebook, Instagram. Elaine is a role model in looking after staff's own health and wellbeing. She has done both the Moon Walk and the Kilt Walk.

IT'S THE SIMPLE THINGS THAT MAKE A DIFFERENCE

Training the trainers

Ashley Edwards, speech and language therapist at Essex Partnership, gives dysphagia treatment within a dementia support team to prevent hospital admissions and improve quality of life. Her job is to undertake swallow assessments and offer dysphagia training to care home staff.

She says:

By training care home managers in dysphagia and mouth care, I do not need to travel to each care home around 4-5 times to train each carer individually which greatly reduces unnecessary car journeys. I do not print education packs for the course but email all resources to care homes to reduce the use of paper. I will also be approaching the communications team to develop a dysphagia training video which can be used on the NHS EPUT YouTube channel to reduce travelling needed for training.

Best foot forward

The Podiatry Team at Cardiff & Vale UHB transformed the musculoskeletal Podopaediatric service and achieved a near zero waiting list. As children are very different to adults due to their dynamic development and physiology, this timely intervention has been of great benefit. **Stephen Coombs** the Professional lead in Podopaediatrics stated this improvement has improved team dynamics, empowered patients, parents, podiatrists and students in co-production, self-help, shared decision making as well as educating and inspiring the next generation of podiatrists.

Their project shows their environmental thinking: Cardiff and Vale UHB Podiatry services have established a 'green' culture when delivering care to patients, whilst making every consideration for the environment.

- Staff are encouraged to cycle, car share, and walk (especially lunchtimes) to support wellbeing as well as encouraging their patients to do so and to be as environmentally friendly as possible.

- All patient clinical records are electronic, reducing the need for paper; whilst recycling at every opportunity. Virtual (telephone/video) consultations are offered to patients as an alternative to attending clinic in person.
- Treatment rationalisation for the use of foot orthoses (generally made of plastic) has occurred, reducing their use and encouraging (where appropriate) alternative treatment modalities that have little or no environmental impact such as exercise therapy using technology to replace paper leaflets.
- Encouraging a prevention philosophy, to start reducing adult foot problems, embracing a structured health promotion strategy to help the future generations and in so doing reduce their carbon footprint.
- The team have further reduced their own carbon footprint by utilising video conferencing for staff meetings and continued professional development.

Save a Life Stop a Stroke

Linda Hicks, (pictured here)

podiatrist at County Durham and Darlington, realised that podiatrists were in an ideal position to carry out opportunistic screening of irregular pulses during annual diabetic foot checks.

The equipment used to check for an irregular pulse is a Doppler which is used multiple times so checking for irregular pulses does not generate added waste. Carrying out opportunistic screening could potentially reduce the carbon footprint as no extra travel is involved for the patient. By making patients aware that the pulses in the feet can give us an idea of their cardiovascular circulation, we can enhance the education for patients around improving their lifestyle.



IT'S THE SIMPLE THINGS THAT MAKE A DIFFERENCE



Better than Harley Street

David Hughes and Sally Bloomfield, (pictured above)

podiatrists at Swansea Bay, have introduced direct access to podiatry which has reduced unnecessary medical interventions, including prescriptions of antibiotics, boosted patient involvement and encouraged healthy behaviours. Direct access has risen to 87% of new patients with around 1000 new patient referrals each month and is the only such model in podiatry in Wales. One patient commented: 'I can't believe that people can just walk in to see you. I thought you would only get this sort of attention in Harley Street.'

The model acknowledges that there are times where face to face consultation is not required and telephone or Skype communication will suffice. The Podiatry Direct telephone assessment service eliminates unnecessary travel from home to clinic.

Paperless pathway

Paul Scallan, clinical lead of occupational health services at IPRS Health, runs a mental health self-referral service making excellent use of technology to make it easier for the patient.

The service indirectly provides a positive impact on environment sustainability. It provides a digitalized "Paper Free" referral option. Through ensuring a paperless pathway, they have been able to future proof the service in enabling less paper waste. The portal page also provides contact details and links to other services that in the past have been made available via leaflets and posters which cuts down the need for paper-based advertising.

Speaking out for patients

Carolyn Greer, (pictured below) specialist speech and language therapist in South Eastern Health and Social Care Trust, set up Northern Ireland's first SLT ENT parallel clinic which means no waits for treatment.

She explains:

The clinic joins up services positively impacting on time use. It reduces travel and energy consumption as further follow-up therapy may not be required and if required, fewer sessions are needed. The focus on self-efficacy and evidence-based care aims to improve and restore the individual's health along with their specific voice or throat condition. This impacts on their future health and wellbeing and that of their family as quality of life and the individual's health psychology improves, influencing future generations within that family.



CREATIVE THINKING



The joy of music

Karima Collins, speech and language therapist, trialled neurologic music therapy within the acute stroke unit at Charing Cross hospital, the first such unit in the country to do this. From the perspective of environmental sustainability, Walking Speed is impactful and is seen as a reliable indicator of a patient's level of independence in aspects of daily living, indicating that the slower someone walks, the more support required for daily life. Within this project, 85% of patients improved their walking speed by an average of 40% in one session of neurologic music therapy. Evidence shows the more active and enriched the environment, the more positive the benefits for stroke patients, and the more positive the workplace for staff. In a recent staff survey, 89% felt that having the music therapy project on the ward helped them to learn new skills or knowledge, and 97% felt it brought joy to patients and staff.

Art therapy materials

Sarah-Jayne Morris, art psychotherapist at Elysium Healthcare, Adderley Green Care Centre has thought about the materials they use for art therapy sessions

for people undergoing neurorehabilitation. As part of a care package, art therapy helps healing physically, emotionally, mentally and spiritually. Found Art materials are available within the therapy space such as for collage making. Reusable recycled tubs are used for storing many of the materials and the paper purchased for image making is made from recycled materials. Where possible water-based paints are sourced that don't contain any harmful substances so that they can be disposed of with little affect to the eco system and environment.

Climbing the Tree of Life

Lycia Forde, trainee clinical psychologist and Nicola Stott, occupational therapist at the Royal Hospital for Neuro-disability who, using one sheet of A3 paper, helped 28 year-old Amy to come to terms with her diagnosis of Behcet's disease, which causes inflammation of the blood vessels and tissues.

Amy was referred to psychology due to her sadness and fear about her diagnosis. Over seven months they created a Tree of Life so Amy could re-author her life so the diagnosis represent a small rather than defining part. All details of Amy's life were noted straight into her tree to avoid the use of multiple sheets of paper. The metaphor of using a tree to represents one life probably serves to draw attention to the wonder of how trees develop and sustain themselves and therefore draws awareness to the importance of us creating and looking after precious trees and forests across the world. Sessions took place next to a window which they were able to look out and enjoy the garden and trees while working together.



CREATIVE THINKING



Shining light

Eva Nunez and Pam Thompson, (pictured above)

occupational therapists at the Wellington Hospital in London, created Shine, a personal development programme to empower women irrespective of their cultural, educational, religious or socio-economic background. The aim of the programme is to help women to develop their self-esteem, build and establish their confidence, understand their personal value regardless of disability and premorbid status.

It's an original and creative programme. They explain: 'We run a 3 or a 6-week Shine programme. We provide literate delegates with journals and a weekly 'Shine factor' which is an economical, reusable gift. Week 1's gift is a homemade sugar scrub which allows delegates to reuse and make more at home with their sugar and olive oil. Week 2 focuses on the goal of nutrition and a reusable mug is provided to encourage them to drink more water. Week 3 is a handwritten card with encouraging words. Week 4 is a heart slate which can be used as a coaster or wall hanging. Week 5 is repurposed mini jam jar where we teach the concept of 'my potential is limitless' and have them plant seeds, to grow cress seeds. This correlates our thinking as a garden, and encourages delegates to weed out negative thoughts from their minds, encouraging them to take responsibility for their thinking. Week 6 is a heart place card stand, with a photo (printed at the hospital) and laminated (for longevity) photo card that says, 'You Are Enough' on it... again reminding the delegate of the daily struggles with our mind and thinking as related to our worth, strength, and purpose.'

Night and day

Occupational therapist **Lucy McDonough** working with speech and language therapist **Alice Howard** at The Royal Hospital for Neuro-disability, created a controlled sensory environment for people in prolonged disorders of consciousness.

They explain: 'One of the most important aspects of assessment is the balance of rest and stimulation. We worked as an inter-disciplinary team to set up a routine of activities as well as enhancing the environment in which our patients spend time.'

The stimulation programme uses materials including those related to the natural world and exploring a range of cultures. This is beneficial given the cultural diversity of their hospital community and appears also to support patient and

family contentment. Careful consideration is given to the environment, especially around times of light and darkness. This is crucial to the normalisation of sleep wake cycles which are very commonly disturbed in people who have had severe brain injuries. By enhancing their sleep quality and daytime alertness the patients are better able to benefit from their rehabilitation and leisure activities.

Breathing for nature

Rakesh Kumar, clinical specialist physiotherapist at Betsi Cadwaladr University Health Board, offers a weekly structured stretching and relaxation programme based on yoga in the acute mental health unit. This helps to improve poor posture and breathing, lift the heavy, lethargic feeling of depression, elevating mood and reducing stress and anxiety during their hospital stay.



He says: 'When most people think of environment, they think of wind turbines or solar panels, but I think of human body and nature. Yoga has now assumed a global identity and the ancient art of physical, mental and spiritual balance that helps people achieve a sense of wellbeing. It guides us towards being in harmony with our fellow humans and with nature.'

'As my exercise class is based on yoga techniques, I always try to explain the link of origination of any posture and the link with the nature. For example, I use breathing technique where I ask the patients to sit down and begin audible breathing. Notice the sound and sensation of their breath as they inhale and exhale. As they breathe in, I ask them to realise that they are inhaling molecules that were once in the clouds, the trees, or another creature's lungs. As they breathe out, I ask them to imagine their breath flowing back into the atmosphere to be breathed back in by other people or animals. I ask them to continue until they begin to feel that they are in the environment, that they are literally connected through their breath with nature.'

FOOD FOR THOUGHT

Rethinking access to Gluten Free Food

The NHS prescribes foods that are available to purchase. Why? Because food for people with coeliac disease is expensive. So why not support patients to purchase the food instead? **Alison Jones**, medicines management dietitian and **Jenny Pugh-Jones**, clinical director of pharmacy and medicines management at Hywel Dda, piloted a prepaid card which was so successful, 86% of those that tried it didn't want to return to prescriptions.

The scheme reduces food waste. Prescription goods are limited in choice and often come in large packs which cannot be split. Sometimes patients have to take eight loaves of gluten free bread when they only want two. Although people freeze foods they are often unsatisfactory when defrosted and are therefore thrown away unused. Community pharmacies have reported that due to difficulties in obtaining some products, substitutions are made which the patient does not want or the use by date on the products is so short it is unsuitable for them. Evaluation showed that by being able to purchase food as and when needed helped to ensure that food waste and its consequential environmental impacts were reduced. The use of fossil fuels is also potentially reduced by patients purchasing gluten free foods as part of their usual shop rather than having to make specific trips to the GP and pharmacy.

Encouraging use of plant-based foods

Julie Johnson and **April Sutherland**, specialist paediatric dietitians at Highland Council, have developed an infant feeding difficulties clinic to support families in a timely, effective and equitable manner while reducing pressure on other services.

Families are usually seen once in a face-to-face clinic with most follow-up appointments done by telephone. This reduces transport and the impact on the environment. Diet sheets are emailed and clinic reports are sent electronically, where possible, to reduce postage and printing costs. Mums who are breastfeeding are of course supported to continue with this. For those infants who are formula fed and suspected of allergy, the service speeds up finding the most appropriate formula and thus reduces wastage of formula that is not tolerated and then left unused. Formula is often provided in the clinic which saves on transport costs of delivering formula to pharmacies. These are provided in cardboard boxes and plastic bags are never used. Where prescriptions for specialist formula are required, only small amounts are requested or provided in order to further reduce unnecessary wastage. Part of the review process includes milk-free weaning sessions where, in order to promote health and wellbeing, parents are encouraged to use whole foods, particularly plant based foods, for weaning with the aim of minimise reliance on commercial foods and enhance the family's intake of more plant-based foods.



FOOD FOR THOUGHT

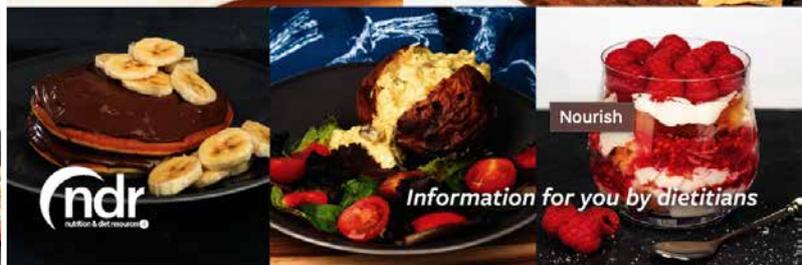
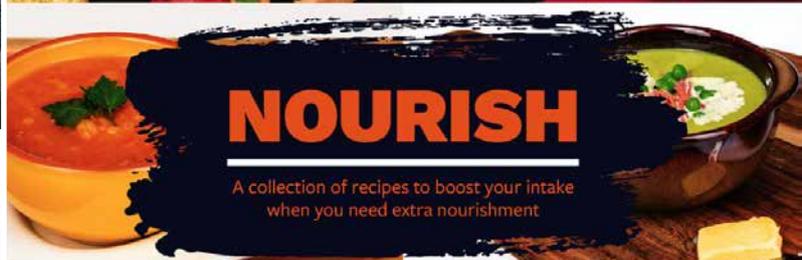
Nourishing ideas

Kathryn Duff, prescribing support dietitian and **Shelley Hindes**, prescribing support dietetic assistant at Northern Health and Social Care Trust, published *Nourish* a collection of over 30 recipes designed to help those suffering with weight loss and poor appetite.

Nourish provides simple recipes with a low number of ingredients, all easy to access, and includes guidance on how to prepare, cook and store meals correctly. Recipes have been chosen keeping in mind that meals may be eaten by one person only. *Nourish* also highlights recipes that are suitable for bulk cooking and freezing. This aims to help reduce food waste, a significant contributor to climate change.

It is available to buy from Nutrition and Diet Resources UK whose resources are also available electronically via NDR Prescribe. This allows health professionals to 'prescribe' resources by email to patients, meaning they are able to cut down on paper usage while allowing health professionals, carers, patients to order exactly what they need with no waste.

The company who print *Nourish*, Mackay & Inglis, holds a Forest Stewardship Council certificate, assuring customers of sustainability. They are also working towards reducing the environmental impact of their production process.



FOOD FOR THOUGHT



Returning to normal food

Laura Clarke and **Jayne Brocklehurst**, dietitians at Rotherham, Doncaster and South Humber, have reduced the risk of malnutrition in care homes so that residents are now able to eat well using 'normal food' without the need for prescribed oral nutritional supplements. This reduction has cut the vast amount of non-reusable plastic bottles. On average two bottles per day are used per patient and with 300 patients moving onto homemade alternatives, this saves approximately 200,000 bottles per annum.

Healthy food makes healthy staff

Kate Harrod-Wild, head of dietetics and **Andrea Basu**, service lead for public health dietetics at Betsi Cadwaladr where, as part of 'Wellbeing Wednesdays,' staff and visitors are able to purchase a healthy meal for 60p and fruit for 15p. The meals were selected from the All Wales Menu Framework and staff and visitors were provided with recipe cards and spice starter packs to encourage cooking the dishes at home for the family.

The majority of meals selected were plant-based with the aim of encouraging staff to try meat-free options and to demonstrate how such meals can be delicious, easy and cheap while supporting wider environmental efforts. Initially meals were being served in take away cartons but through early engagement we were able to switch to plates and simultaneously staff were themselves being proactive by bringing in their own reusable containers if they were taking the meal away.

Catering are currently trialling alternatives to single use plastic/ foam containers. Our recipe cards indicated the cost of preparing the meals at home, using pricing from local retailers, so staff could easily purchase ingredients either side of the working day, thus reducing travel and time. Nutritious food and social interaction are cornerstones of physical and mental wellbeing and a key observation and valued outcome was how teams were coming together to enjoy the Wednesday lunch offer in the canteen as opposed to eating alone at their desks.

Dietary resources for people with chronic kidney disease

British Dietetic Association's Renal Nutrition Group has developed multicultural low potassium dietary resources for chronic kidney disease. Dialysis is 3-5 times more common within black and minority ethnic groups. 16% of patients on haemodialysis have potassium level outside of the recommended range and if untreated can lead to death. Potassium moderation advice is usually needed to help maintain levels in those with chronic kidney disease.

Meetings of the seven dietitians, based across the UK, were held via conference call thus reducing fuel consumption. To prevent food wastage, when they needed pictures of ethnic foods for resources, they purchased images from an image bank rather than buying foods just for illustration purposes. Although they have produced a small print run of the resources, the diet sheets are available in PDF format. For patients who are able to access electronic resources, a copy can be emailed to them by their renal dietitian, thus saving on paper. For those who can't access electronic resources, printed versions are made available. If high potassium level is not treated, due to the risks of death, patients may need to attend hospital for emergency treatment. Also patients may need extra dialysis which utilises approximately 120 litres of water per session. Treating a high potassium with dietary measures can reduce the need for extra transport to hospital as well as water used for extra dialysis.

GREEN PROJECT

SOME USEFUL RESOURCES ON THE NHS GREEN AGENDA

1. Centre for Sustainable Healthcare

<https://sustainablehealthcare.org.uk/>

Their Sustainable Specialties Programme is designed to mainstream sustainability within clinical areas so that it is integral to the planning of health systems and the practice of healthcare professionals. This is supported by work in medical education and in carbon modelling of clinical care. Their greenspace projects, especially NHS Forest, assist organisations to improve their natural environment and reconnect their staff, patients and the wider community with their local greenspace to benefit their health.

2. NHS Sustainable Development/ Greener NHS campaign

<https://www.sduhealth.org.uk/>

<https://www.england.nhs.uk/greenernhs/>

NHS Chief Sir Simon Stevens announced on 25 January that the NHS will step up action to tackle the climate health emergency, helping prevent illness, reducing pressure on A&Es, and saving tens of thousands of lives. The initiative follows the launch of the Climate Assembly UK, discussing how the country can best get to 'net zero'.

The causes of air pollution and climate change are often the same, so the '[For a greener NHS' campaign](#) will help address both. The health and care system in England is responsible for an estimated 4-5% of the country's carbon footprint. Air pollution is linked to killer conditions like heart disease, stroke and lung cancer, contributing to around 36,000 deaths annually.

NHS England has set up an expert panel to chart a practical route map to enable the NHS to get to 'net zero', becoming the world's first major health service to do so.

The [Long Term Plan](#) commitment to better use technology to make up to 30 million outpatient appointments redundant, sparing patients thousands of unnecessary trips to and from hospital. It is estimated that 6.7 billion road miles each year are from patients and their visitors travelling to the NHS. It will also look at changes that can be made in the NHS's medical devices, consumables and pharmaceutical supply, and areas the NHS can influence such as the energy sector as the health service moves to using more renewable energy.

Staff are encouraged to share ideas and good practice on social media using [#greenernhs](#)

3. NHS Sustainability Day/ NHS Sustainability awards

<https://www.nhssustainabilityday.co.uk/>

<https://nhssustainabilityawards.co.uk/>

<https://4allofus.org.uk/>

The Sustainability Campaign was established in 2013, with a NHS national day of action each year. It recognises and shares good practice across the health sector through events, professional networks, publications and national awards.

They work with Trusts to ensure that the campaign remains relevant to what is happening in the health sector.

4. The UK Health Alliance on Climate Change

<http://www.ukhealthalliance.org/>

An alliance of 17 health organisations, including medical and nursing Royal Colleges, Faculties of Health, the British Medical Association, the British Medical Journal, and the Lancet.

5. Institute of Healthcare Management has a carbon reduction group.

<https://www.ihm.org.uk/event/ihm-carbon-reduction-group-webinar/>



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