

THE GREEN GAZETTE



The Sustainability Newsletter for MWL Trust



In this issue we highlight some of the issues around **sustainability in the NHS**, and what staff can do to help.

We also take a look at some of the ways **you** can make a difference in your own life, as well as feature some ideas and initiatives you may not have heard of!

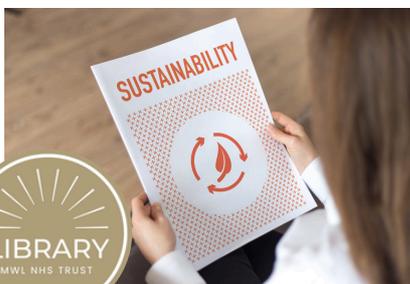
Finally we have an **In the News** section, as well as a **Quick Reads** section, both of which aim to inform and keep you up to date with all things sustainability.



If you have any ideas or features you'd like us to showcase in forthcoming issues, please contact MWL Library and Knowledge Service at:

library@merseywestlancs.nhs.uk

We'd love to hear from you!



WELCOME

A very big welcome to the first issue of **The Green Gazette**, the new sustainability and environmental newsletter for MWL staff.

This **quarterly** newsletter, compiled and created by the Library, aims to bring sustainability issues, initiatives and ideas to MWL staff in a friendly and accessible way.

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IN THE NEWS

Rare orchids and bees are thriving on London's green rooftops as city eyes up cooling solutions

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Good news for chocolate lovers as Swiss scientists find way to make the treat more sustainable

[Read More](#)

More than 30% of world's electricity now comes from renewables, report reveals

[Read More](#)

A wildlife charity has declared a national "butterfly emergency" after its annual Big Butterfly Count recorded its lowest ever numbers.

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More than 1.9 million trees were planted in 2023 as part of a major project to boost woodland cover across northern England, it has been revealed.

[Read More](#)



THE NHS CARBON FOOTPRINT

The term **carbon footprint** refers to the amount of emissions that are released into the atmosphere by any individual activity, institution or country (Healthcare Without Harm, 2019). This allows for comparisons to be made regarding how 'heavy' the footprint is compared to alternatives and can be used to encourage reducing or offsetting the footprint by making more sustainable choices.

The major healthcare contributors to carbon emissions are:

- Medicines, medical equipment and other supply chains – **62%**
- Buildings and energy – **10%**
- Water and waste – **5%**
- Anaesthetic gases and metered dose inhalers – **5%**
- Travel and transport (ambulance fleet) – **4%**

(NHS England, 2022)

Many actions, including workforce collaboration, commitment and innovation must be implemented across all disciplines in order to achieve net zero in the NHS.

The UK government has committed to **reducing the carbon footprint of the NHS** to net zero by 2040.

NHS staff should feel empowered to adopt more sustainable practices that reduce carbon footprint, cost of care and improve patient outcomes (**Mortimer et al, 2018**).





NEW!

THE SEED LIBRARY



The MWL Library at Southport launched the trial of a Seed Library during **Green Libraries Week** which ran from the 7th - 13th October.



So what is a Seed Library?

Put simply, a seed library is just how it sounds – it loans (or rather, gives!) seeds to people keen on gardening.

Gardeners can “borrow” seeds from the library at any time.

At the end of the growing season, the gardeners save seeds from the plants and return a portion of the seeds to the library for others to ‘borrow’. Of course if you don’t return seeds to us that’s absolutely fine too!

What are the benefits?

In 2021, the RHS released research that revealed those who garden every day have wellbeing scores 6.6% higher and stress levels 4.2% lower than people who don’t garden at all (**RHS, 2021**).

The scheme offers a way for staff to try something new or to affordably grow their own food or flowers and is also a way to promote biodiversity and preserve genetic diversity

How can I get involved?

Please go to the **Seed Library Padlet** to find out much more about how you can be part of this exciting new initiative

library@merseywestlancls.nhs.uk

QUICK READS



Fascinating 10 minutes read, written by Melanie Maddison, highlighting sustainable nursing practice and the environmental impact of healthcare

[Read More](#)

A new study reveals a link between heatwaves and dementia. Led by the University of Bristol (UoB), the review shows how prolonged exposure to extreme temperatures is linked to cognitive decline, kidney disease, skin cancer and the spread of infectious diseases.

[Read More](#)

A group of medical practices has been described as “nationally-leading” in efforts to make the NHS greener. Surgeries across Gloucestershire have teamed up to offer sustainable solutions for their patients and staff.

[Read More](#)

How to go green with a sustainable quality improvement project

[Read More](#)



USEFUL LINKS & RESOURCES

SUSTAINABILITY IN HEALTHCARE

[NHS England. About the Environmentally Sustainable Healthcare programme. 2024](#)

[NHS England. Delivering a 'net zero' National Health Service. 2022.](#)

[NHS England. NHS net zero travel and transport strategy. 2023.](#)

[WHO Communicating on climate change and health: Toolkit for health professionals. 2024.](#)

[Health without Harm](#)

SUSTAINABILITY IN TRAVEL

[NHS Net Zero Travel and Transport Strategy](#)

[What is a Green Travel Plan?](#)

[How Our Daily Travel Harms the Planet](#)

[UNISON Greening the Workplace](#)

[Action Net Zero Travel to Work Guide for Employers](#)

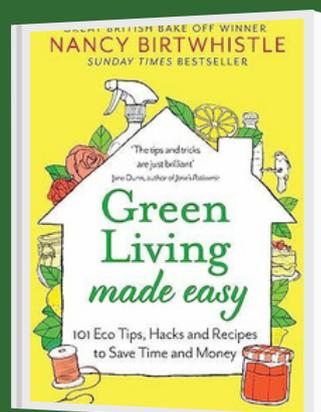


GREEN TIPS!

- Use natural light during the day instead of overhead lights or lamps
- Use matches instead of lighters
- Use rechargeable batteries
- Get bills delivered digitally
- Use cloths instead of paper towels
- If you have a pet, use compostable poop bags or sustainable cat litter to reduce your pet's pawprint
- Have pollution-fighting plants (like snake plants, or spider plants)
- Turn off the water when you brush your teeth
- Use a bamboo toothbrush
- Use reusable straws
- When buying coffee or tea use your own to-go cup or mug



GREEN BOOK



Green Living Made Easy: 101 Eco Tips, Hacks and Recipes to Save Time and Money

Nancy Birtwhistle

2022

ISBN: 978-1529088380

