



In this issue we highlight what the aims of **delivering a net zero NHS** are, and what issues there are in reaching these targets.

We are also featuring **sustainable travel** in this issue, with tips and advice to make sure your next holiday is as green as possible.

Finally we have our **In the News** section, as well as the **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](mailto:library@merseywestlancs.nhs.uk)**

We'd love to hear from you!



## WELCOME

A very big welcome to the second 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

An **AI squirrel spotter** has been deployed to protect endangered red squirrels. The Squirrel Agent AI, which is being tested around the UK, detects different types of squirrels using their chins, ears and tails

[Read More](#)

The UK throws away **1 million vapes** each day, causing an 'environmental nightmare' according to new research

[Read More](#)

**Your footprint here:** digital advertising emissions and how to reduce them

[Read More](#)

**Time to be shellfish:** why we should go back to feasting on oysters and mussels. They are sustainable, a good source of protein and brilliant for biodiversity

[Read More](#)

**Urban green spaces** have a vital role in cutting heat-related deaths, study finds. A review suggests that adding more parks, trees and greenery could improve public health

[Read More](#)



### DELIVERING A NET ZERO NHS

Identifying a route to **net zero emissions** for a complex system as large as the NHS is particularly challenging. For more information on the meaning of net zero and how to get it right, read this interesting [article](#) by [Fankhauser et al \(2021\)](#).

To understand how and when the NHS can reach net zero an **NHS Net Zero Expert Panel** was established. They reviewed nearly 600 pieces of evidence submitted to them and conducted extensive analysis and modelling.

#### The panel have set **two targets:**

For the emissions we **control directly** (the NHS Carbon Footprint), we will reach net zero by **2040**, with an ambition to reach an 80% reduction by **2028 to 2032**

For the emissions we can **influence** (our NHS Carbon Footprint Plus), we will reach net zero by **2045**, with an ambition to reach an 80% reduction by **2036 to 2039**

The aim is for the NHS to be the world's first **net zero** national health service. The NHS is already in a strong position with over a decade of expertise and progress in sustainable healthcare

A YouGov survey, conducted in August 2021, found that **87% of NHS staff** supported the NHS Net Zero ambition

Read more about the survey [here](#)





### TRAVELLING SUSTAINABLY



With many of us booking - or dreaming of - our next holiday, perhaps its time to think about how we can make a **positive impact** on our environment by travelling more **sustainably**.

#### So what is sustainable travel?



**Sustainable travel** is travelling in a way that's **sensitive** to the climate and nature emergencies while ensuring that the wellbeing of the places we visit gain long-term benefit from us travelling there.

It's a balancing act between **maximising** the positives of travel while **reducing or eliminating** the negatives.

#### What can we do to travel more sustainably?

According to the **National Geographic (2022)** being a sustainable traveller is not about making grand, one-off gestures, it's a state of mind, an ongoing attitude to conscious adventure that influences **all aspects of how we holiday**. This includes what we **pack** in our luggage and how we travel out to destinations, as well as the choice of hotels and activities we take part in while we're there.

For much more information about how you can plan and enjoy your holiday more sustainably, click **here** for 50 tips on green travelling or look at some of the resources listed overleaf

81% of travellers would prefer to stay in **sustainable accommodation**, up 19% since 2016 (Booking.com)

### QUICK READS



Have you heard of **Tiny Forests**? Introducing these miniature forests to NHS healthcare sites presents an opportunity to enhance patient care, improve staff wellbeing, and contribute to environmental sustainability

[Read More](#)

#### CASE STUDY - **Streamlining birth and suture packs in maternity care, Labour Ward**

Project completed as part of the 2024 Hampshire Hospitals NHS Foundation Trust Green Team Competition

[Read More](#)

At the Homerton Healthcare Foundation NHS Trust, a dedicated **horticultural therapist** is using the power of nature to transform patient care and staff wellbeing. Find out more about how this scheme is making a difference

[Read More](#)

Read Oslo University Hospital's detailed and informative report on **single use plastics** in hospitals

[Read More](#)



### JOURNAL ARTICLES

'Sustainability is critical for future proofing the NHS' (2024)

[Read in Full](#)

'Handling 'carbon footprint' in orthopaedics' (2024)

[Read in Full](#)

'NHS efforts in England to mitigate the climate crisis: uniting nurses and gastroenterologists' (2023)

[Read in Full](#)

'Collaborative leadership to support sustainability in practice for dietitians as allied health professionals' (2023)

[Read in Full](#)

'Health care's response to climate change: a carbon footprint assessment of the NHS in England' (2021)

[Read in Full](#)

'Governance related factors influencing the implementation of sustainability in hospitals: A systematic literature review' (2020)

[Read in Full](#)

### STAFF STORIES



**Disposable gloves** are one of the biggest environmental hotspots in hospital, with more than **100 used per patient per day in intensive care.**

Despite this usage there are many circumstances where glove use is unnecessary. Using gloves when you don't need to not only contributes to environmental damage but it also disrupts good hand hygiene practice.

**Melanie Pinnington and Tanya Holden**, from the Critical Care Unit at Southport Hospital, told the Green Gazette how the team there have implemented a **Gloves Off and ANTT** initiative in the unit.

They have shared **slides** all about how they have actioned this initiative, along with details of the issues and successes they have had along the way.



### JOIN THE LITTERPICKERS!

**Litter-picking** is a simple action that anyone can do. It makes an immediate and visible difference to the environment where we live, work and play, as well as to your **mental health.**

**The Great British Spring Clean** runs from **21 March - 6 April 2025.** so start spring cleaning now!





### USEFUL LINKS & RESOURCES

#### TRAVELLING SUSTAINABLY

[Rough Guides - The UK's Best Eco Friendly Hotels & Restaurants](#)

[50 Green Tips for Travelling](#)

[What is Sustainable Travel?](#)

[The A-Z Guide to Travelling Sustainably](#)

[The Green Traveller](#)

[Responsible Travel](#)

[How To Go Green: Rough Guides 10 Tips for Sustainable Holidays](#)

#### BUYING SUSTAINABLY

[Oxfam's Sustainable Shopping Guide](#)

[Peace With the Wild](#)

[Buy Less and Shop Sustainably](#)

[What Does Sustainable Shopping Really Mean?](#)

[Sustainable Shopping on a Budget](#)

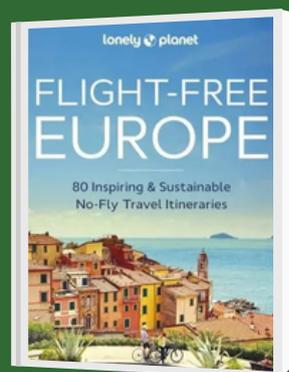


### GREEN TIPS!

- Ever considered composting? Here's a **guide** on how to start
- Take shorter showers to save water
- Avoid foaming hand soaps and simply use bar soaps instead. Or use a refillable handwash like **Neat** or **Raindrop**
- Instead of just getting rid of your clothes to landfill, consider recycling, donating them to charity or selling them as vintage! Use **vinted** or **ebay** to sell your clothing
- Use the library to borrow books, rather than buy new. Access the MWL Library catalogue **here** or try your local library
- Listen to **podcasts** on sustainable living and lifestyles or sustainable shopping to get ideas
- Reduce food waste by being mindful of what you buy and consume. Look at **Love Food Hate Waste** for ideas



### GREEN BOOK



Flight-free Europe : 80 inspiring & sustainable no-fly travel itineraries

The Lonely Planet

2023

ISBN: 978-1837581719

Please contact your MWL Library to borrow

