



In this issue we highlight what you can do to calculate and cut your **carbon footprint**

We are also featuring **sustainable eating** in this issue, with tips and advice to help you make changes to the way you eat in order to have a more sustainable diet

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

We'd love to hear from you!



WELCOME

A very big welcome to the latest issue of **The Green Gazette**, the 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.

CONTENTS



In the News	2
How Can I Cut my Carbon Footprint?	2
FEATURE: Eating Sustainably	3
Quick Reads	3
Staff Stories	4
Journal Articles	4
Green Tips!	5
Useful Links & Resources	5
Green Book	5



IN THE NEWS

The Trust has been awarded a Government funded package of more than £850,000 to install **solar panels** at **Whiston, Southport and Ormskirk hospitals**, as part of a national initiative

[Read More](#)

Last summer was the second worst for common **UK butterflies** since 1976. **More than half of Britain's 59 native species are in long-term decline**, UK Butterfly Monitoring Scheme finds

[Read More](#)

Arctic winter ends with **lowest sea ice cover in recorded history**. Arctic sea ice had its weakest winter build up since record-keeping began 47 years ago

[Read More](#)

The rubbish reality: a country blighted by **litter**. Over 90% of places surveyed across the country are plagued with litter, reveals shocking new report

[Read More](#)

People are paid to **return coffee cups** in this Danish city – does it work? And could deposit machines be coming to more of Europe's streets?

[Read More](#)



HOW CAN I CUT MY CARBON FOOTPRINT?

Many of us are keen to **reduce our carbon footprints**. Yet, surveys show that we are often confused about which are the most meaningful actions we can take.

To help, the **Climate Gap report** is published each year in October, describing where we as a society need to be by 2030 in the main areas that consumers have an influence. Average carbon emissions per person in the UK are about **12 tonnes a year**, including imported goods. This is substantially higher than the global average of 7 tonnes per year (**Brand et al, 2021**).

The report includes simplified lists of key consumer, company and government actions in the following areas: **food, heating, transport and consumer goods**

2024's report concluded that the following consumer actions have the highest carbon savings

- **reduce long-haul flights**
- **reduce consumption of animal products**
- **install a heat pump**
- **switch from a conventional to an electric car**
- **install solar panels**
- **find alternatives to conventional car use**
- **reduce short-haul flights**
- **increase the life of clothes**

These actions are generally the ones with the biggest carbon savings. However, not all of these actions will be possible for everyone. Why not try the **Carbon Calculator** from Climate Hero for help





EATING SUSTAINABLY



A healthy, sustainable diet is one which has a low impact on the environment but is still good for our health. Diet recommendations should also take into consideration other factors such as health, cost, and accessibility (**British Nutrition Foundation, 2024**)

To improve our health and to combat the effects of our current food system on the environment, we need to change **the way we produce food and how we consume it.**

This will help ensure there is enough food for everyone, produced in a sustainable way that protects our planet while improving our own health.

Food waste costs the average UK household over **£60 a month** and is a major contributor to climate change

What changes can I make to eat a more sustainable diet?



- Eat a more **plant rich** diet
- Make sure to get your **5 a day**
- Choose **sustainably sourced fish**
- Choose more **plant-based sources of protein**
- Limit foods high in **fat, salt and sugar**
- Try to **reduce your food waste**

The **Sustainable Food Trust** have put together a report called **Feeding Britain from the Ground Up** which looks at ways in which the UK can farm and eat more sustainably.

The report explores the potential impacts on **land use, food production and individual diets** of a UK-wide transition to sustainable farming based on biological principles.



QUICK READS



Mid Yorkshire Teaching NHS Trust is supporting the **Recirculate** project, which encourages staff and the general public to **donate bikes they no longer need**. As part of the project, the bikes are renovated in prison workshops and given to NHS key workers and others in need

[Read More](#)

CASE STUDY - **To improve the reuse and recycling of walking aids across the trust.** Project completed as part of the 2024 Hampshire Hospitals NHS Foundation Trust Green Team Competition

[Read More](#)

A team from University Hospital Sussex presented a poster presentation called **Task & Finish Group Review of Bedside Disposable Curtains in the Interest of Sustainability**, at the Infection Prevention Society Conference 2024 in Birmingham

[Read More](#)

Lessons from **healing in nature** – a patient's view. Ellen shares her lessons from healing in nature and how plants and wildlife got her through some difficult moments as she recovered.

[Read More](#)



JOURNAL ARTICLES

'Empowering nurse leaders: leveraging financial management practices to foster sustainable healthcare - a mixed-methods study' (2025)

[Read in Full](#)

'Are virtual forests just for relaxation, or can they enhance the benefits of therapy?' (2025)

[Read in Full](#)

'Sustainable benefits of mindfulness training in health professions education' (2025)

[Read in Full](#)

'Honey as a natural antimicrobial' (2025)

[Read in Full](#)

'Effective medical waste management for sustainable green healthcare' (2022)

[Read in Full](#)

'Sustainability in healthcare: perspectives and reflections regarding laboratory medicine' (2021)

[Read in Full](#)

You will need an **NHS OpenAthens account** to access some of these articles in full.



Don't have one? Click [here](#) to sign up for an account

STAFF STORIES



Lead Pharmacist for Surgery, Clinical Trials and Chronic Pain Team at the Trust, **Carla Silva**, has shared some exciting work being undertaken in the area of **Climate Change and Spinal Cord Injuries**.

Three **posters** were presented at the **ISCoS 2024** international meeting last September, as part of a SIG on Climate and Health.

- [The emotional toll of climate change for persons with spinal cord injury.](#)
- [The impacts of climate change on health in persons with Spinal Cord Injuries \(SCI\).](#)
- [How does health care contribute to climate change and what can we do about it?](#)



SUSTAIN OUR ABILITIES

Carla would also like to highlight the non-profit organisation **Sustain Our Abilities (SOA)** which supports initiatives on climate change and disability and climate-related health impacts.

Each individual should contribute to protecting our planet. We should not think the government will take action or voluntary organisations will do the job. All of us individually and collectively must take steps to tackle climate change

Dr Vaidyanathan Subramanian
Spinal Injuries Unit, Southport Hospital





USEFUL LINKS & RESOURCES

EATING SUSTAINABLY

[WWF Eight tips for eating for the planet](#)

[British Nutrition Foundation Eating sustainably](#)

[BBC Good Food 15 ways to eat out sustainably](#)

[BBC Good Food How to eat sustainably on a budget](#)

[A beginner's guide to sustainable eating](#)

[WHO Sustainable healthy diets: guiding principles](#)

MY CARBON FOOTPRINT

[WWF How to reduce your carbon footprint](#)

[Top tips to reduce your carbon emissions](#)

[How big is your environmental footprint? Take the questionnaire](#)

[The 35 easiest ways to reduce your carbon footprint](#)

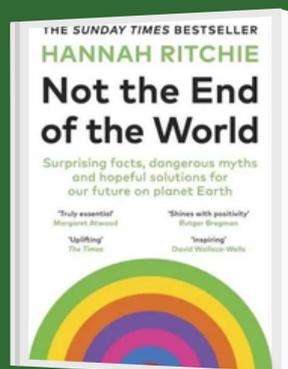


GREEN TIPS!

- Borrow instead of buying. Locate your nearest **Library of Things** and start borrowing items instead of buying new.
- And, of course, use your **NHS Library** or your local public library for access to resources galore for FREE!
- You can check when the greenest hours are each day by using the **Carbon Intensity app** from NESO, available on **iOS** and **Android**. Perfect to find out the best time to put your washing machine on!
- Make sure your **old gadgets** get recycled. Try **Recycle Your Electricals** to find out where your nearest recycling location is.
- Buy **loose fruit and veg** instead of bagged and pre-packaged products
- Plant **bee-friendly plants** such as abelia, lavender and honeysuckle will give bees the nectar they need to survive and thrive.



GREEN BOOK



[Not the end of the world : surprising facts, dangerous myths and hopeful solutions for our future on planet Earth](#)

Hannah Ritchie

2024

ISBN: 978-1529931242

Please contact your MWL Library to borrow

