



In this issue we are highlighting **AI** and its **impact on the environment**

We also show you how you can have a **sustainable summer**, with tips and advice on how you can make this season a little bit greener

The Pharmacy team at Southport are featured in this issue's **Staff Stories**

And finally we have our **In the News** section, as well as the **Quick Reads** and **Journal Articles** sections, 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.

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IN THE NEWS

Discarded clothes from UK brands **dumped in protected Ghana wetlands**. Garments thrown out by consumers from Next, George, M&S and others have been found in, or near, conservation areas

[Read More](#)

Antarctic seal numbers are falling drastically due to melting sea ice, research shows. British Antarctic Survey finds one breed of seal has declined by **54%** since 1977

[Read More](#)

'It takes 25 years for a footprint to disappear' – the secret, beguiling magic of Britain's bogs. They filter water, prevent flooding, preserve history and provide habitat. Our ancestors knew the extraordinary **power of peatlands**, so why are they still being destroyed?

[Read More](#)

Plastics in everyday objects **may disrupt sleep** in same way as caffeine, study finds. Findings show for the first time how plastic chemicals throw off the body's internal clock by up to 17 minutes

[Read More](#)

From mushroom coffins to reefs made of ashes – why **green burials** are going mainstream. Environmental funerals are on the up – but are they really as sustainable as their providers say?

[Read More](#)



AI AND ITS IMPACT ON THE ENVIRONMENT

Artificial Intelligence (AI) is hailed as a game-changer but beneath its transformative potential lies a pressing concern: its **environmental impact**. The **development, maintenance, and disposal** of AI technology all come with a large carbon footprint

By 2040, it is expected that the emissions from the Information and Communications Technology (ICT) industry as a whole will reach **14% of the global emissions**



So What Can be Done?

To get the best of both worlds we must find a way in which we can harness AI's benefits while minimising its harm to the planet (**Scottish AI Alliance**).

Some potential solutions include:

Data Centre Improvement: Data centres should be designed in an eco-friendly manner, prioritising energy efficiency and renewable energy sources

Heat/Carbon Offsetting: Data centres can participate in offsetting programmes which repurpose the energy they generate. There have already been examples of data centres being used to heat local student accommodation and pools

Renewable Energy Sourcing: Switching to renewable energy sources will hugely reduce AI's carbon footprint



By focusing on **environmentally friendly AI system development**, and considering when AI is **truly needed**, we may be able to reduce its impact and harness its true potential



GREEN SUMMER

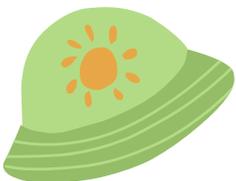
Summer is the time for picnics in the country, barbeques and garden parties. But how can you make your outdoor activities better for the environment?



- Where possible you should eat **locally and seasonally**. Eating seasonally means eating foods that are naturally in harvest at that time of year, and eating locally means eating food that can be grown in the UK
- Carry **reusables** like water bottles, coffee cups cutlery and straws
- Use a **natural SPF**. Have a look **here** for inspiration
- **Recycle!** Everything from cardboard, foil, food & drink carton to crisp bags. Enter your **postcode here** to find your local recycling centre

“**8.3 billion tonnes** of plastic waste is found on UK beaches during the summer”

Summer eco fun for kids



With the better weather, why not try making **outdoor art, family bike rides or having a scavenger hunt!**

There are several sites which will give you suggestions for **what to do** with with your kids during summer – and many activities are free

Extend the kindness to birds & animals

In the summer, it is always a kind idea to have a **bowl of fresh water** out for any wildlife who may wander into your garden



QUICK READS



Engineered bacteria can convert complex mixed waste into **medical compounds like insulin**. The work done at the Manchester Institute of Biotechnology describes how to turn food scraps, plastics, and textiles – into valuable bio-products

[Read More](#)

On average, 20 theatre departments utilise 100,000 **disposable theatre caps** per year, producing significant waste and environmental impact. To help mitigate this, Liverpool University Hospitals NHS Foundation Trust (LUHFT) have switched to reusable, less carbon intensive caps

[Read More](#)

Avon and Wiltshire Mental Health Partnership NHS Trust and a dedicated team of mental health workers have transformed a small allotment project into a **trust-wide nature-based mental health service**. Find out more about the practical benefits here

[Read More](#)

The **Nature Recovery Rangers project** at nine NHS sites has expanded. This project supports the transformation of hospital grounds into thriving green spaces that support both community wellbeing and local biodiversity

[Read More](#)



JOURNAL ARTICLES

'Blood under pressure: how climate change threatens blood safety and supply chains' (2025)

[Read in Full](#)

'The impact of climate change on respiratory health: current understanding and knowledge gaps' (2025)

[Read in Full](#)

'Climate change unveils hidden microbial dangers' (2025)

[Read in Full](#)

'A narrative review of the current available literature on the intersection between the climate crisis and paediatric surgical care' (2024)

[Read in Full](#)

'The relationship between climate change and mental health: a systematic review of the association between eco-anxiety, psychological distress, and symptoms of major affective disorders' (2024)

[Read in Full](#)

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

[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



Vicki Caton, Pharmacy Clinical Services Manager at Southport, tells us about a sustainability project in her department



Following a session I did about sustainable healthcare in pharmacy last year, highlighting that **medicines and chemicals are responsible for 20% of NHS carbon emissions**, the team came up with ideas of ways to reduce waste, and we decided to look at ways to recycle our **medicine blister packs**

We applied successfully for charitable funds to purchase several bins from **Terracycle** - a company who supply recycling boxes for used medicine blister packs and inhalers rather than them going to landfill



We have now used these successfully in **pharmacy and on several wards**, and the whole team are now committed to finding other ways to work more sustainably



Did you know that **53%** of the UK find the **'language of sustainability'** confusing?



Terms like **'net zero'** and **'decarbonisation'** are leaving people puzzled, with the vast majority urging businesses to do more but very few holding out hope for significant change [Read more here](#)



USEFUL LINKS & RESOURCES

SUSTAINABLE SUMMER

[Sustainable summer: how to have fun without harming the environment](#)

[Sustainable summer holiday activities](#)

[Summer sustainability checklist](#)

[Summer gardening calendar](#)

[Make your own sunscreen this summer](#)

[Top 60 picnic recipes](#)

[How to build a bee hotel](#)

[Best summer drinks recipes](#)

AI AND THE ENVIRONMENT

[Explained: Generative AI's environmental impact](#)

[AI has an environmental problem. Here's what the world can do about that](#)

[The green dilemma: can AI fulfil its potential without harming the environment?](#)

[The UK's National AI Strategy](#)



GREEN TIPS!

- Corks from wine and champagne bottles can go on your compost heap, and can also be chopped up into small pieces to use as mulch on the garden. **The Recorked scheme** will also take them
- Make your own **cleaning products** using natural ingredients like vinegar and baking soda, which can be stored in reusable containers
- If you're looking to save money as well as the environment, unplugging electronics and using **smart plugs**, which allow you to control devices remotely and on a schedule, is a great place to start
- Plastic bottles aren't ideal for the environment, but if you do have some, why not think of imaginative ways to **recycle** them?
- If you're a keen gardener, why not **collect, store and reuse rainwater** to water your plants?



GREEN BOOK



How to repair everything : a green guide to fixing stuff

Nick Harper

2020

ISBN: 978-1789292312

Please contact your MWL Library to borrow

