



In this issue, with the launch of the new **staff uniforms**, we are looking at what could be done with your old one

We also show you how you can have a more eco-friendly **autumn and winter** with tips and advice on what to do with your **Autumn leaves** as well as some suggestions for how you can **gift a little greener** at Christmas

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

The surge in the use of **disposable face masks** during the Covid pandemic has left a chemical timebomb that could harm humans, animals and the environment, research suggests

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Wind power has cut £104bn from UK energy costs since 2010, study finds. Reduction comes from energy generated from windfarms and lower cost of gas owing to lower demand

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The Santa Claus effect: how expanding tourism ate into Lapland's green space. The number of visitors to the region has risen 160% in 30 years as concerns grow for its fragile ecosystem and indigenous practices

[Read More](#)

Formula 1 on target to become net zero by 2030

[Read More](#)

Planting **more trees in cities** could have saved 1.1 million lives in two decades, a study suggests

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UK could see **fish and chips shortages** as cod supply in 'grave danger'. Scientists have warned that North Sea cod is in danger of collapse

[Read More](#)



RECYCLING YOUR UNIFORM

With the introduction of the **new NHS uniform** across the Trust, is it time to think about what could be done with the old ones?

Currently, the NHS in England spends around **£23 million** every year on uniforms. However, according to **WRAP**, currently only **9%** of corporate workwear is recovered for reuse



It is hoped the new uniforms will go some way to negate this. Sustainability is a key value of the new uniform strategy resulting in **100% recycled** polyester and cotton being used in the construction of the new garments

So what can be done with old uniforms?

With old uniforms, **branding and logos** can be a serious security issue, so it is important to ensure they are dealt with professionally and securely.

At the moment, MWL do not have a recycling strategy for uniforms. According to the **NHS Supply Chain**, recycling of uniforms can be discussed with Trusts on an individual basis. A variety of companies can be used to **transform your uniform** into everything from geotextiles to loft insulation! Alternatively, recycled uniforms can be turned into **energy** to be fed into the National Grid

Alternatively, you can look at recycling your own uniform. Often you cannot recycle your uniform with your own household rubbish, however, you can look for a **local recycling point** here. Please note, it is always best to cut off any branding and logos first!

Some success stories



Sussex Community NHS Foundation Trust have worked with a design company to come up with a novel way of recycling their uniforms - functional day bags!

At **Milton Keynes Hospital**, old unwanted uniforms are sent to a recycling point, and the Trust gets money per kilogram of clothes.



GREEN GIFTS & GIFTING



With Christmas on the horizon, it's not always easy to find the right gift for our friends or loved ones, especially **eco-friendly ones**. However, there are plenty of options and even DIY ideas for sustainable gifts

As a starting point, think about **what the person really needs or wishes for** as a more personalised gift is likelier to be used to its fullest rather than wasted. According to **finder.com**, a huge **58% of UK adults** say they have received gifts they don't want at Christmas!

Shop Local

If you buy a **locally made product**, chances are it will be more creative, more original and more unique than the things you can buy at a big store

“The UK public spent over **£28.6 billion** on Christmas gifts in 2024”

Homemade Gifts



Why not try **baking** or **crafting** your gifts? Often these can work out cheaper and are more environmentally friendly

Experiences and Events

It can be more sustainable to buy your loved one tickets to an event or a voucher for an **experience**. Lots of companies do these so shop around for something personally unique

Sustainable Sellers

Many mainstream products contribute to pollution, deforestation, and plastic waste.

Choosing sellers who use **eco-friendly products** like organic cotton clothing, recycled silver jewellery, and bamboo kitchenware helps minimise this damage



Buy Second Hand

Second hand gifts don't mean second best. There's so much value to second hand gifts beyond their price. You could find a rare or unique item with a history and story to tell. Think 'pre-loved' or 'vintage' - not second hand!

QUICK READS



This month marks **5 years** since the NHS became the **world's first health system** to commit to reaching **net zero emissions**. Find out more about our progress in this blog from the NHS Chief Sustainability Officer, Chris Gormley

[Read More](#)

The Christie Hospital in Manchester has introduced a **fully electric fleet of vehicles** for nurses to use to deliver the service. The new fleet, made up of 7 electric cars, replaces a group of petrol-powered vehicles, previously used by Christie at Home nurses

[Read More](#)

Wound care dressings provided directly to patients at the point of care, has saved Wigan, Wroughton and Leigh (WWL) £103,023 per year. This equates to **1,991 kgCO2e** or **driving 5,858 miles** in an average car!

[Read More](#)

Anaesthetists at Raigmore Hospital in Inverness **reduced NHS Highland's anaesthesia bill** by £73,000 in a year, and cut its carbon footprint by switching from one gas to a similar, cheaper alternative.

[Read More](#)





JOURNAL ARTICLES

'Reducing harmful plastic on maternity wards: the Born Green Generation' (2025)

[Read in Full](#)

'Sustainable procurement in the NHS: barriers and enablers to staff behavioural change' (2025)

[Read in Full](#)

'Cleaner air, healthier hospitals: Implementing the UK's Clean Air Hospital Framework' (2025)

[Read in Full](#)

'Reducing waste in parenteral nutrition' (2025)

[Read in Full](#)

'The reflections of global climate change on wound and ostomy care' (2025)

[Read in Full](#)

'Evaluating the impact of reusable gowns on postoperative infection rates in hand surgery' (2025)

[Read in Full](#)

'Climate change and health: the next challenge of ethical AI' (2025)

[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



Richard Taylor, ED Consultant at MWL tells us about the work being done in order to achieve new **green accreditation at Southport and Whiston EDs**



Recently, both Southport and Whiston EDs have signed up to the **GreenED programme** run by the Royal College of Emergency Medicine.

GreenED is an RCEM initiative to **measure and reduce the environmental impact of Emergency Departments in the UK.**

At the heart of GreenED is a Framework. The Framework outlines evidence-based actions, divided into Bronze, Silver and Gold levels, with relevant guidance and resources required to address and achieve them. Addressing these actions not only **improves the environmental sustainability of an ED** but contributes to national net zero health system targets and creates financial savings while maintaining or improving patient care.

We will be aiming to achieve Bronze accreditation this year by undertaking a series of **sustainability improvement projects.** We are really pleased to be signed up at Southport as we have been working towards it for a while!



Why not read this fascinating article from **Rodriguez-Jimenez et al (2023)**, on the environmental impact of emergency departments and what can be done to mitigate it



SEASONABLY SUSTAINABLE



Leave your leaves!

Falling leaves play a vital role in the natural life cycles of plants and soil. They **foster robust microbial activity in the earth**, contributing to its health. However this process can be disrupted by removing these leaves from our lawns and gardens

- You can leave leaves on most borders and garden beds without any problem. They will act as **insulation** for your plants during the chillier months to come
- As they break down, they'll return **nutrition** to the soil.
- Piles of leaves also offer **habitats** to hibernating insects and other wildlife
- Alternatively, you could consider **composting** as another eco-friendly option or **using the leaves to create seasonal decorations**

Pumpkin problems

It's been estimated that people in the UK will spend **over £600 million on the spooky festivities this year**, including on food, costumes and decorations, and pumpkins are a huge part of that.

“An estimated **22.2 million** pumpkins go to waste in the UK each year”

However, the majority of leftover pumpkins in this country are thrown in the bin after Halloween. They will decompose, but unfortunately, they produce methane, which is **20-times more problematic** for global warming than carbon dioxide

So is it time to **recycle and reuse** your gourds this year?

- Use the pulp to make a nutritious **hair** or **face mask**
- Feed the birds by making a **pumpkin seed feeder**
- Try these yummy **pumpkin recipes**
- **Compost** your pumpkins
- **Roast the seeds** and use as a snack!
- Donate them to a **local animal shelter**



LOCAL ACTIVITIES

Wildlife Friendly Bonfire Night at Lunt Meadows

[Find Out More](#)

Daily wild bird feed at Martin Mere

[Find Out More](#)

Scarecrow Festival at Rufford Old Hall

[Find Out More](#)

Escape into Autumn Spotter Trail at Little Moreton Hall

[Find Out More](#)

Guided Forest Bathing Experience at Lytham Hall

[Find Out More](#)

Forage and nibble in Dunham Massey

[Find Out More](#)

The Beacon Light Trail

[Find Out More](#)

Winter Tree ID Wild Workshop

[Find Out More](#)



USEFUL LINKS & RESOURCES

SUSTAINABLE GIFTING

[Sustainable and Eco-Friendly Gifting](#)

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

[Top Tips for a Sustainable Christmas](#)

[50+ Ideas For More Sustainable Christmas Gifts and Holiday Presents](#)

[Green Tulip Ethical Gifts](#)

[Protect the Planet Sustainable Gifting](#)

[Not on the High Street Sustainable Gifts](#)

[Is Gift Wrap Recyclable? Sorting and Disposal Tips](#)

GREEN AUTUMN

[Season by Season Guide to Sustainability](#)

[NT Gardening Tips for Autumn](#)

[Sustainable self-care ideas to try this Autumn](#)

[Guide To UK Ethical Coats & Jackets Brands](#)

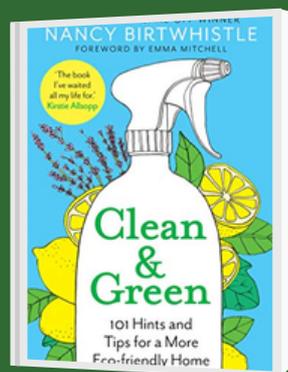


GREEN TIPS!

- Autumn is the best time to avoid leftover grown produce from going to waste,. Why not **preserve suitable produce** so that you have stores all through the winter?
- You can do your bit to support the local creatures to survive the colder months by making some **DIY bird feeders**, as well as putting out seeds and nuts
- Spooky season is the perfect chance to **decorate your home**. One way to lower your impact is to use natural decorations, which can then be repurposed or composted
- Plan your shopping to **avoid food waste**, especially at Christmas. Freeze what you can't use to save money and food. Tools like the **Festive Food Calculator** can help you better understand how much you need to buy per person so you don't waste as much
- **Christmas wreaths** are a lovely way to add seasonal décor to your home However, plastic wreaths are not beneficial to the environment. Why not **make your own** instead?



GREEN BOOK



[Clean & Green : 101 hints and tips for a more eco-friendly home](#)

Nancy Birtwhistle

2021

ISBN: 978-1529049725

[Please contact your MWL Library to borrow](#)