

THE GREEN GAZETTE

The Sustainability Newsletter for MWL Trust



In this issue, we look at how the NHS can help mitigate the effects of **climate change** upon the service

We explain more about the **plastic pollution crisis**, and show you what you can do to help. We also make some suggestions for how you can **make your summer a little bit greener**, as well as give you tips on how you can help protect **local wildlife** this summer

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@mersey
westlancs.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

'What do heatwaves tell us about climate change?'

[Read More](#)

'Killer fungus' could be good news for habitats decimated by **invasive moss**

[Read More](#)

Environmental regulations are about to ground **cheap flights**

[Read More](#)

Over 6 million **vapes** are thrown away each week, despite ban

[Read More](#)

How **birds** are coping in the heatwave

[Read More](#)

Molten salt and human sweat: the weird batteries that could store **renewable energy**

[Read More](#)

Scientists reveal the hidden human health costs of the **world's disappearing bees**

[Read More](#)

Government urged to act now on **microplastics in pet food**

[Read More](#)



CLIMATE CHANGE & THE NHS

Climate change poses a **major risk to health and wellbeing**. The impacts on health can be seen across the UK but are particularly harmful for those who are at greatest risk of poor health

Between 2020 and 2024 in England, it is estimated there were a total of **10,781 heat-associated deaths** as a direct consequence of heatwaves

“It is suggested UK heat related deaths could rise to around **11,000 per year** by the 2050s”

It is estimated that currently heat-related mortality in England costs **£6.8 billion annually**, and is likely to increase to £14.7 billion per year by the 2050s

So what can be done?

To **mitigate** the climate change effects in the NHS, several strategies should be implemented. These include:

Emissions reduction The NHS aims to reach net zero by 2040

Adaptation measures The NHS must adapt its sites and services to cope with the impacts of extreme weather



Resilient infrastructure Climate risk assessments should be conducted to identify vulnerabilities

Workforce preparedness Climate adaption training should be integrated for all staff

NHS staff with an interest in sustainability are invited to join the **Greener NHS Knowledge Hub** on FutureNHS. This workspace connects you to information, tools and resources, and provides a space for you to share your knowledge, ideas and best practice. You can also see a wide range of case studies and join the discussion forum

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(NOT SO) PLASTIC FANTASTIC



Plastic pollution has become one of the most pressing environmental issues of our time. Plastic is used in many ways and integrated into countless aspects of our lives, and its **ecological impact is undeniable**. It is estimated that over **40%** of plastic is created to be used just once

Did you know that only 9% of all plastic ever produced has been recycled?

Wait, then where does the other 91% go? Well, 19% gets incinerated, but a significant amount, between **8.8 to 15.4 million tons** ends up in the ocean. Meanwhile, the remaining plastic has been piling up in **landfills** and dispersing across locations such as **beaches, forests, rivers, and lakes**

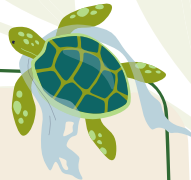
Plastic Facts

A 2019 study found that **100% of marine life** swept ashore in the United Kingdom had plastic inside them

Around **70% of plastic waste** entering the environment worldwide is generated by only **20 countries**

Around **100,000 marine mammals** die annually due to plastic pollution

Plastic particles were found in **human blood** for the first time in 2022



So what can we do?

Where possible **reduce** your use of **single-use plastics**

Properly **dispose** of plastic waste

Choose products with **minimal packaging**

Participate in **reuse and refill** programs

Spread **awareness** of the issue



QUICK READS



The **reusable theatre hats** initiative at North Cumbria Integrated Care, has been shortlisted for a national NHS Excellence Award

[Read More](#)

A shift towards **lower-carbon inhalers** has helped cut carbon emissions at Oxford University Hospitals NHS Foundation Trust

[Read More](#)

A case study from University Hospitals of Northamptonshire explain how their ICU team saved 1002 kgCO2E by **optimising daily sedation interruptions**

[Read More](#)

Wrightington, Wigan and Leigh NHS Foundation Trust implemented a project to manage **wound care prescribing in the community** in order to improve the clinical, social, environmental and financial impacts of the process

[Read More](#)

More examples of case studies in sustainable healthcare can be found [here](#)



JOURNAL ARTICLES

'Physiological and biological response to heat exposure in pregnancy: a systematic review and meta-analysis' (2026)

[Read in Full](#)

'Surgical capacity in ophthalmology: the unmet need for sustainable solutions' (2026)

[Read in Full](#)

'Sustainable and green prescribing practices' (2026)

[Read in Full](#)

'Assessing the impact of environmental factors on emergency healthcare quality: a benchmarking approach' (2026)

[Read in Full](#)

'Understanding sustainability in operating theaters: an ethnographic study to determine drivers of unsustainable behaviors' (2026)

[Read in Full](#)

'Environmental sustainability of clinical laboratories: A scoping review' (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

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REDUCE, REUSE, RECYCLE



Recycling offers **numerous benefits** for both the environment and consumers, making it a crucial practice in our daily lives

By recycling, we significantly **reduce the amount of waste sent to landfills and incinerators**, thereby conserving natural resources such as timber, water, and minerals

However, did you know the surprising things that **can't be recycled?** From paper shopping receipts to pizza boxes, sadly these items cannot be recycled.



However, just because something can't be recycled it doesn't necessarily mean it has to end up in landfill, at least not before getting a second use. You still have two powerful options: **reduce and reuse.**

Start by **reducing your use of non-recyclables** or opting for **pre-owned items** whenever possible. And when you're done using them, consider repurposing or passing them on to others (although this is not necessarily advisable for used pizza boxes!)

Not sure where and how to recycle various materials? The **Reduce, Reuse, Recycle** website is an excellent source for advice

Click the **links** below to find out how to **recycle** the following:



[Coffee pods and capsules](#)

[Coat hangers](#)

[Ink cartridges](#)

[Yarn](#)

[Duvets and pillows](#)

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SEASONABLY SUSTAINABLE

Celebrate Summer sustainably

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 cartons 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

Wild about Wildlife



Calls to the RSPCA about **pets and wildlife affected by litter** spike during summer months

On average, each year the animal welfare charity receives **10 calls a day** reporting creatures great and small that have been impacted by rubbish. This can include food tins, frisbees, balloons, plastic bags and parts of fishing nets that do not seem to pose a threat but can prove fatal for smaller species

According to the RSPCA, for example, there were **300 calls** reporting **mammals and birds tangled up in fishing debris** during 2025 alone.

So the RSPCA is asking the public to take part in their new campaign **Summer of Kindness**. This initiative encourages people to pick up litter when they see it and put it in a bin, and also to encourage others to do the same – or even better, organise or take part in a **big community litter pick**

As we all strive to create a better world for every animal, this could save an animal's life. Find out more **here**



LOCAL ACTIVITIES

[Family Bat Walk, Brockholes, Preston](#)

[Find Out More](#)

[Wildflower Wander, Lunt Meadows](#)

[Find Out More](#)

[Drawing With Nature, Liverpool](#)

[Find Out More](#)

[Alpaca Treks and Experiences, Ormskirk](#)

[Find Out More](#)

[Kitchen Garden Walk, Talk and Taster, Quarry Bank, Cheshire](#)

[Find Out More](#)

[Meet a Moth Expert, Rufford Old Hall](#)

[Find Out More](#)

[Sewing Classes \(Various\), Liverpool](#)

[Find Out More](#)



USEFUL LINKS & RESOURCES

SUSTAINABLE SUMMER



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

[Six ways to keep your home and yourself cool in hot weather](#)

[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](#)

DATES FOR YOUR DIARY

AUGUST

10th – 16th [National Allotments Week](#)

SEPTEMBER

All Month [Second Hand September](#)

14th – 20th [Recycle Week](#)

OCTOBER

Sept & Oct [Seed Gathering Season](#)

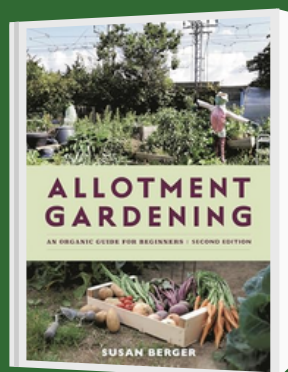


GREEN TIPS!

- To water your garden more sustainably, consider installing a **rainwater collection system**. You don't need to spend a fortune – you can **install your own** simply and cheaply
- Re-wild your garden with a homemade **seedball**. Growing native wildflowers helps increase our bee, butterfly and other garden wildlife populations. Alternatively buy seedballs **here**
- Going on holiday? When flying try to pack as lightly as possible. More weight = more fuel = more CO2 emissions. Get some tips on packing **here**
- **Unplug devices when not in use**. Devices left plugged in still use power, which is called phantom power. It can add up to **10%** to your energy bills. Electronics like TVs, laptops, and chargers keep drawing electricity even on standby
- Buy some **indoor plants**. Eco-friendly and an easy way to spruce up your home. We've got you covered with our guide to the best indoor plants.



GREEN BOOK



[Allotment Gardening : An Organic Guide for Beginners](#)

[Susan Berger](#)

[2025](#)

[ISBN: 978-1399416153](#)

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