

THE GREEN GAZETTE

The Sustainability Newsletter for MWL Trust



In this issue, we look at **NHS emissions** and what can be done about them

We tell you a bit about what **green prescribing** is and how it can be beneficial to health. We let you see just how the RBG is **digitising its incredible collection**, as well as suggesting ways you can **make your Autumn and Winter a little bit greener**. There are also tips on how you can help protect **local wildlife** this Bonfire Night

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!



LKS



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 British cuppa under threat as climate change turns tea bitter

[Read More](#)

Are fake football shirts worse for the environment?

[Read More](#)

'Fresh from the roof': the supermarket growing salad a few metres above the tills

[Read More](#)

NHS reports busiest ever summer as heatwaves drive up hospital admissions

[Read More](#)

Heatwaves hit the Sunday roast: why the RHS says cauliflower is off the menu

[Read More](#)

'High-risk' PFAS levels found in blood of Thornton Cleveleys residents

[Read More](#)

Indonesian wildfires threaten leading orangutan research site in Borneo

[Read More](#)

Natural algae robots could be used to treat bladder cancer

[Read More](#)


THE NHS & HEALTHCARE EMISSIONS

According to a report by the **King's Fund** earlier this year, the NHS is the **largest public sector contributor** to UK carbon emissions

The NHS contributes approximately **4% of the country's total greenhouse gas emissions** and is the largest public sector energy user, representing about 40% of all public sector emissions and over 11% of GDP in terms of its environmental impact

Key sources of healthcare emissions

Prescribing

It has been estimated that pharmaceuticals contribute around **20% of the NHS England carbon footprint** of which 79% is prescribed in primary care and community services, 13% in acute services and 5% in mental health services



Healthcare delivery

The environmental impact of healthcare is influenced by the **setting** in which it is delivered

Secondary care is associated with an inherently higher impact as well as higher costs than primary care; for example, the carbon footprint of an average GP appointment is 6kg CO₂e (18kg CO₂e with prescribing) whereas each elective inpatient stay is estimated at 708kg CO₂e (not including patient, visitor and staff travel)

Travel

There are over 9.5bn NHS related road miles per year in England which makes up around **3.5% of all road travel in England**



Staff, visitor and patient travel therefore also negatively impacts on air quality and an economic impact figure of **£345m has been estimated for the potential mortality effects and costs to society of air pollution from NHS related travel**



NHS England has published the new **April 2027 Carbon Reduction Plan** requirements for the procurement of NHS goods, services and works

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GREEN PRESCRIBING

Evidence shows that spending time in nature can reduce stress, anxiety and depression, improve physical activity levels and strengthen social connections



Green prescribing, also known as green social prescribing, is an NHS-supported approach that **connects people with nature-based activities** such as walking groups, community gardening, conservation projects and outdoor exercise programmes to **support their health and wellbeing**

People are typically **referred** through healthcare professionals or social prescribing link workers, who help them access activities that match their interests and needs

Quick Facts about Green Prescribing

- **8,500+ people referred** through the national programme
- **57% of participants** came from **deprived communities**
- **21%** were from **ethnic minority backgrounds**
- **85% uptake rate** when **green prescriptions** were offered
- **Up to £2.42 social return** generated for every **£1 invested**



As a result, green prescribing is increasingly being used to support people experiencing **loneliness, mental health challenges and long-term health conditions**, while helping them build stronger connections with their local community and environment

Click **here** to find out more

QUICK READS



Sustainable **reusable** **tourniquet** **alternative** provided significant waste reduction opportunities for Mid Yorkshire NHS Hospitals Trust

[Read More](#)

Surrey and Sussex Healthcare NHS Trust eliminated 15 tonnes of plastic through switching to a **reusable waste container for sharps disposal**

[Read More](#)

To reduce the use of non-biodegradable, single-use disinfectant wipes in operating theatres, Northamptonshire NHS Trust trialled replacing them with **disinfectant solution in reusable bottles**

[Read More](#)

Wrightington, Wigan and Leigh Teaching Hospitals NHS FT's Dermatology Team improved accessibility of their urgent suspected skin cancer pathway by **moving imaging appointments** from the hospital to the **community**

[Read More](#)

Did you know?

The NHS produces **156,000 tonnes** of clinical waste per year in England alone!



JOURNAL ARTICLES

'The expanding role of prescribers in delivering a greener NHS' (2026)

[Read in Full](#)

'A comprehensive study of health impacts of heatwaves and AI-based preparedness for sustainable healthcare' (2026)

[Read in Full](#)

'A lesson, not an exception: Governing for greener healthcare systems: Exploring climate action in the NHS in the UK' (2026)

[Read in Full](#)

'Clinical waste management: infection prevention in practice' (2026)

[Read in Full](#)

'Clean joints, clean planet: a review of literature on sustainable practices in orthopaedic joint replacements' (2026)

[Read in Full](#)

'Decarbonising respiratory care: the impact of a low-carbon salbutamol pressurised metered dose inhalers' (2026)

[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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STAFF UNIFORMS

Spare uniforms? We'd love to put them to good use



Our new national NHS uniforms are now out across the Trust and we hope you're enjoying the fresh new look!

If you've received too many uniforms or have any items that you no longer need, please send them to your **local Linen Room at Whiston, St Helens or Ormskirk hospitals** so they can be redistributed to colleagues across MWL

DIGITISING DISCOVERIES



Recently, [a report from Royal Botanic Gardens \(RBG\), Kew](#) revealed the crucial role digitisation is playing in "transforming our ability to understand and respond to the climate and biodiversity crises", but it was the creation of the [Biodiversity Heritage Library](#) that first demonstrated how bringing centuries of scientific knowledge online can unlock transformative discoveries and insights about the natural world

Over the past 20 years, more than **64 million pages** have been made freely available through the BHL, with more than **680 museums, universities, libraries and scientific institutions** from China, Singapore, Australia and New Zealand to Europe, Africa, Mexico, Canada and the US, contributing to the collection



As well as **published biodiversity literature and journals**, there are letters, illustrations, climate records, field diaries, ecosystem profiles, distribution records and manuscripts containing the original collecting stories of a particular species or detailing voyages of discovery

You can access the BHL Library [here](#) for free

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LOCAL ACTIVITIES

[Wildlife Friendly
Bonfire Night at
Mere Sands Wood](#)

[Find Out More](#)

[Beginners 5 Week
Sewing Course, Liverpool](#)

[Find Out More](#)

['Reindeer' Petting and
Feeding at Brockholes](#)

[Find Out More](#)

[Green Gym at Earth
Moves, Wallasey.](#)

[Find Out More](#)

[Sphagnum Moss
Planting on Kinder
Scout, Peak District](#)

[Find Out More](#)

[Men on the Tide - Clear
Sea Buckthorn from the
Ainsdale Dunes](#)

[Find Out More](#)

SEASONABLY SUSTAINABLE

Protect Wildlife this Bonfire Night

The days are getting colder, the nights are getting longer, and with that comes the celebrations and festivities of Halloween and Bonfire night

Many people partake in creating bonfires and using fireworks to mark these holidays, but **what impact does this have on our wildlife?**

Creatures such as hedgehogs are making use of fallen leaves and sticks which can be disturbed when gathering resources for bonfires. They are at risk of being harmed or even killed from the celebrations

If you are going to make your own bonfire, there are a **few steps you can make to reduce the harm to wildlife:**

- Make sure to **build it in the day**, so you can see any potential wildlife which may be around in the area
- Consider **where you set up a bonfire** or fireworks display as overhanging trees can be harmed
- **Clear away leaves** from the area as hibernating wildlife like caterpillars could be hibernating in them
- Remember to **check your bonfire before lighting it** for any wildlife that might mistake it for somewhere cosy to sleep for the winter



The best way to enjoy a bonfire is to attend a **public event** which will be planned and risk assessed with local wildlife in mind

The Forgotten Science of Mistletoe

Did you know that in Europe, mistletoe has been used to **cure all sorts of illnesses**, including arthritis, leprosy, and infertility? Or that mistletoe has absolutely **no scent**? Or that there are over **1300 different varieties**?

This fascinating [article from Wild Magazine](#) explores the surprising and overlooked history of mistletoe, beyond its holiday symbolism

The article blends **botanical concepts, medical history, folklore** and **modern research** and shows that mistletoe is more than a festive decoration





USEFUL LINKS & RESOURCES

SUSTAINABLE AUTUMN



[NT Gardening Tips for Autumn](#)

[Easy Ways to Repurpose your Pumpkins after Halloween](#)

[39 Sustainable Halloween Ideas](#)



SUSTAINABLE WINTER

[10 Tips For a Sustainable Winter](#)

[21 Eco-Friendly Christmas Tips](#)

[12 Days of Wild: The Gift of Giving this Christmas](#)

[Are New Year's Resolutions Sustainable— for Us and the Planet?](#)

DATES FOR YOUR DIARY

NOVEMBER

27th [Buy Nothing Day](#)
27th [National Tree Week](#)

DECEMBER

5th [World Soil Day](#)

JANUARY

ALL [Big Garden Birdwatch](#)

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GREEN TIPS!

- Think **repair not replace**. A how-to video online could be all you need to restore your item to its former glory!
- When **de-icing driveways, pathways or your car windscreen** try making your own **natural de-icer!** Chemically treated winter de-icers pose a great risk to humans and wildlife
- 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
- Why not try **crafting your gifts**? Often these can work out cheaper and are more environmentally friendly



GREEN BOOK



Sustainable home : practical projects, tips and advice for maintaining a more eco-friendly household

Christine Liu

2018
978-0711239692

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