

What's happening to our environment?

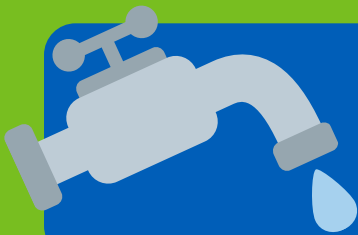
The NHS in England is responsible for an estimated 4.6% of the Country's Carbon Footprint. In October 2020 'Delivering a 'Net Zero' NHS' set key targets for carbon emissions produced by the NHS to be net zero by 2040 and other emissions it can influence to be net zero by 2045. The Greater Manchester 5 year Environment Plan has set the target of net zero by 2038 and this is supported by Salford City Council and Salford CCG.

Reducing emissions of greenhouse gases through better transport, food and energy choices can result in improved health, particularly through reduced air pollution. Currently air pollution causes up to 36,000 deaths in the UK per year.

What can you do?

Energy

- Turn off all electrical equipment when not in use
 - Turn out lights when rooms are not in use
 - Ensure that you fully shut down your computer at the end of the day
- By just boiling the correct amount of water every time you need to make a hot drink you could save 75% of energy**



- Don't leave taps running unnecessarily
 - Use a plug in the sink when washing up
- A running tap wastes more than 3 litres of water a minute**

Water

Waste and Recycling

- Avoid printing unless absolutely necessary
 - If required, print or photocopy double sided
 - Ensure you dispose of the waste in the correct bin
 - Avoid single use plastics e.g. use a refillable water bottle
- Plastic pollution kills approximately 100,000 marine mammals and 1 million sea birds every year**



- Could you consider car sharing with a colleague
- Could you consider walking or cycling to work even one day a week

For every mile avoided in your car you save 0.27584kg Co2 equivalent emissions

Travel and Transport

Working Together

- Talk about it with others at your practice!
- Do more carbon friendly prescribing e.g. changing to greener inhalers
- Encourage your patients to healthier lifestyles – become a parkrun practice or do more social prescribing

For lots more ideas see <https://www.greenerpractice.co.uk/>

