



Sustainability Newsletter

December 2024

Meet the Team



Mark Brand,
Welsh Clinical
Leadership Training
Fellow



Owain Vivian,
Project Support
Manager



Sarah Jane Thomas
Senior Project
Support Officer



Justine Cooper,
Sustainability Lead



Kathryn Speedy,
Sustainability Fellow



Oliver Meller,
General Management
Trainee

Foreword

As I write this foreword, I am filled with a sense of pride and gratitude. My journey with Health Education and Improvement Wales (HEIW) has been incredibly rewarding, and it has been my distinct pleasure to witness and contribute to the remarkable progress we have made in embedding sustainability within the organisation and our national contribution.

Over the years, our commitment to creating a sustainable future has developed. From our early initiatives in developing the biodiversity of the Y Ty Dygu site to the support we provide for system wide initiatives that will have an impact on how health and care services are delivered in the future. The strides we have taken are a testament to the dedication and hard work of colleagues and stakeholders.

Recent catastrophic weather events, such as the devastating impact of Storm Bert in South Wales, have underscored the urgency of our mission.

The severe flooding and landslides have affected countless lives and highlighted the critical need for sustainable practices and resilient infrastructure. These events serve as a stark reminder of the challenges we face and the importance of our work in mitigating the effects of climate change.

As I prepare to step down from my role, I am confident that HEIW will continue to lead the way in sustainable healthcare. The foundations we have laid together are strong, and the passion and innovation within our organisation will undoubtedly drive further achievements.

I am immensely proud of what we have accomplished and excited for the future that lies ahead. Thank you for your unwavering support and commitment to sustainability. It has been an honour to lead this piece of important work, and I look forward to seeing HEIW's continued success.

Warm regards, Sophie Fuller

The Wellbeing of Future Generations Act

Exciting Progress on the Well-being of Future Generations Act at HEIW

We are thrilled to announce that, as of **March 2024**, HEIW is officially operating under the **Well-being of Future Generations (Wales) Act 2015 (WBFGA)**. This groundbreaking legislation compels public bodies in Wales to adopt a forward-thinking approach, focusing on the long-term impact of their decisions, fostering collaboration with people and communities, and tackling persistent issues such as **poverty, health inequalities, and climate change**.

The WBFGA is more than just a legal obligation—it's a bold vision for a better future. At HEIW, we are embedding the Act's **seven well-being goals** and **five ways of working** into our daily practice to ensure that every action we take contributes to a sustainable and prosperous Wales.

To drive this transformational change, the **WBFGA Working Group** has been established. Comprising experts on the Act and representatives from all directorates, the group is tasked with:

- ✦ **Drafting and developing well-being objectives** for approval by the board
- ✦ **Providing training** to ensure all HEIW employees understand the importance of the Act.
- ✦ **Creating a robust method to quantify sustainable value.**
- ✦ **Integrating the WBFGA into our Integrated Medium-Term Plan (IMTP)** through an Integrated Impact Assessment.
- ✦ **Developing annual WBFGA and Social Partnership Act reports.**



One of the experts on this group is **Emma Garland** (Digital Learning Product Specialist), a graduate of the **Future Generations Leadership Academy**, who brings valuable expertise in embedding the principles of the Act into HEIW's strategy.

In line with the principles of sustainable healthcare, HEIW is proactively exploring how to embed sustainable value into our planning and benefits mapping approaches. This includes considering the impact of our work across **financial, environmental, and social outcomes**. Although in its early stages, we are working closely with NHS partners to investigate how we can apply this approach to measure the impacts of our key functions, particularly in **education, training, and workforce trends**. We are looking forward to sharing our initial findings.

We're just beginning this exciting journey, and there's much to look forward to! In the coming months, we'll be engaging with all directorates through **training sessions** to highlight the importance of the Act and gather your insights on what should shape HEIW's well-being objectives.

Stay tuned for updates in future newsletters as we share our progress and achievements in creating a **sustainable future for Wales**. Together, we can make a difference for generations to come!

Chris Payne and Oliver Meller

Climate Smart Community

The NHS Wales Climate Smart Community, hosted on Gwella, has gone from strength to strength since we highlighted its inception in the last Newsletter.

The network was set up to provide a community for colleagues interested in sustainability and climate change to build on their learning and passion, to share good practice and provide support to each other, by providing valuable collaborative and learning opportunities.

You don't need to have undertaken our Climate Smart Champion training to join the Climate Smart Community – it is open to all so please [join us](#), contribute and support our growing and developing network.

We now have over 100 members, who have access to a series of 'Climate Smart Conversations' podcasts, monthly Environmental Bulletins, Spotlight features on impactful teams and projects in sustainable healthcare, and signposting to key opportunities such as events and climate smart training.

Healthy Travel Charter

Since HEIW's Executive Lead for Sustainability, Glyn Jones, officially signed our commitment to the Healthy Travel Charter in October 2023, we've been working towards the target of achieving Level 1 of the Charter.

Working with Healthy Travel Charter Lead, Dr Tom Porter (Consultant in Public Health Medicine), and collaborating with colleagues across HEIW, the organisation has made significant strides with improved progress on sustainable travel offers.

This includes; signposting to sustainable travel methods, supporting greener events, and ensuring HEIW adopts an agile sustainable way of working which is both resource conscious and environmentally considerate. If you would like more information, please contact

HEIW.Planning&Performance@wales.nhs.uk.

Climate Smart Champions Training 2024/25

Building on the success of our 2023/24 Climate Smart Champions training offer, in October we launched our 2024/25 training opportunities with 30 additional spaces being made available.

This year, we are working with the Health and Social Care Climate Emergency National Programme and the Nurse Sustainability Leads Network, to offer 20 places to nurses and midwives.

The Welsh Government recently appointed Nurse Sustainability Leads in each health board and trust in NHS Wales to maximise the nursing contribution to the public sector aim of achieving net zero by 2030.

Welsh Government recently published [a report and recommendations](#) from the Chief Nursing Officer and the dedicated training places facilitated by HEIW will help to provide support for the implementation of the report recommendations.

The remaining 10 places are available for all other NHS staff to access.

With over 160 trained Climate Smart Champions so far, the additional places this year will boost the number of trained Climate Smart Champions across NHS Wales, helping staff and organisations to implement more sustainable healthcare practices.

Learners will undertake an 'Introduction to Sustainable Healthcare' course delivered by the Centre for Sustainable Healthcare (CSH), with the opportunity of discussing and developing sustainability-focused quality improvement projects that can be implemented in their areas of work.

There will be more training opportunities in 2025/26, but spaces will once again be limited, so please join the Climate Smart Community, to be first to hear about available places and look out on the HEIW website also.



Climate Smart Conversations



Climate Smart Conversations - Podcast Series

📍 Episode 5: Food and Nutrition

In this episode, Dr. Sue Kenneally, a weight management physician and qualified nutritionist, and Dr. Matthew Lee, a resident doctor and sustainability lead for Doctors Association UK, share their expertise.

This episode is ideal for anyone contemplating a plant-based diet or seeking to understand the advantages of incorporating more plant-based meals into their routine.

📍 Episode 6: NHS Wales Sustainability Conference and Awards 2024

In this special episode of Climate Smart Conversations, Kathryn Speedy is joined by Sarah Thorne and Hayley Beharrell, the organisers of the 2024 Welsh NHS Sustainability Conference and Awards.

They look back at the conference and award ceremony and hear from some of the award winners and conference attendees in clips recorded at the event in June 2024.

📍 Episode 7: AHP Green Guide

Mark Brand speaks to Kathryn Speedy about his year as a Welsh Clinical Leadership Fellow and the newly launched AHP Green Guide.

Listen to find out how AHPs can embrace sustainable practices, and/or watch a video of Mark talking about the Green Guide.

[Climate Smart Conversations | Podcast on Spotify](#)



[Climate Smart Conversations on Apple Podcasts](#)



To stay informed about upcoming Climate Smart Community events and initiatives:

[Join the network today!](#)



Sustainability at Ty Dysgu

Eco Zone



To help our ongoing commitment to sustainability, our 'Eco Zone' in the ground floor kitchen in Ty Dysgu, continues to provide additional recycling opportunities for staff and visitors. Our efforts to reduce waste and promote recycling have been making a positive impact, and staff participation plays a crucial role in this journey.

What We Recycle in the Eco Zone:

-  Empty Medicine Blister Packs - we've recycled 11,800 since February 2024!
-  Oral Care Products
-  Plastic and Aluminium Coffee Pods - we've recycled 5,400 since February 2024!
-  Plastic Bags
-  Eyewear
-  Contact Lenses and Packaging
-  Batteries

Our most popular Zero Waste Box™ items continue to be the empty medicine blister packs and coffee pods/capsules.

Monthly Litter Picks

A big thank you to our volunteers who assist with the monthly litter pick, within the grounds and surrounding area of Ty Dysgu. Since March 2024 we have collected **16** bags of litter. The litter picks take place on the last Thursday of every month. All staff are more than welcome to join us.

Staff Events

Go Green for Halloween Event - 30 October 2024

The recent Go Green for Halloween event was an enjoyable and spooky success. Event lead Gabriel Hernandez, one of HEIW's year-long interns who previously worked with the Sustainability team on their internal communications, created a competitive but enjoyable Halloween quiz, with quiz supremo Sophie Fuller, Assistant Director of Planning and Performance and SRO for Sustainability, taking away the prize.



Looking Ahead

Other things to look out for in 2025/26:

- » HEIW Green Group's Spring Event - April/May 2025
- » Update on Healthy Travel Charter - April 2025
- » Climate Smart Champions Training 2025/26 - Autumn 2025
- » Sustainability E-Learning Modules - Throughout 2025