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Cymru (AaGIC)
Health Education and
Improvement Wales (HEIW)

Sustainability Newsletter

June 2024

Meet the Team



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Foreword

Dear Reader, Welcome to the third edition of HEIW's Sustainability Newsletter, where we provide a bi-annual summary of the remarkable sustainability initiatives happening within HEIW. In this edition, we proudly showcase our recent milestones, notably the launch of our new Climate Smart Community on Gwella and the podcast, 'Climate Smart Conversations'.

The beginning of 2024 marked the halfway point of my two-year fellowship with HEIW. The fellowship has a focus on training, education and raising awareness of sustainable healthcare, and so I wanted to use my time to create an educational resource, that was unique to NHS Wales, and added value to the many existing resources that are already available.

As someone who enjoys listening to and learning from podcasts, the idea for Climate Smart Conversations was born. The past six months have been a steep learning curve: I am not someone who would ordinarily be described as "technologically minded", and so I have taken immense pride in the publication of the episodes to date and the feedback from listeners. There are three further episodes already confirmed, and I am looking forward to sharing these with you.

I would like to take this opportunity to thank the guests who have joined me on the podcast. I have very much enjoyed recording with them, and I have learned much from them, as I hope that you will too. I am grateful to them for sharing their knowledge, experience, and also their hopes for the future. Working together, by forming connections and collaborations across the NHS and wider systems have been key messages, and our online Climate Smart Community on Gwella supports this.

In addition to the new community and podcast, other items include highlights of 2023/24/ ([page 3](#)), showing the significant strides made to embed sustainability, and development of our Climate Smart Education and Training initiatives ([page 3](#)), supporting the delivery of a key education action in the NHS Wales Decarbonisation Strategic Delivery Plan, to integrate the latest decarbonisation knowledge and research into healthcare practice and the educational curriculum.

With support from the Climate Emergency National Programme ([page 6](#)), HEIW has joined colleagues from other NHS Wales organisations and Green Health Wales in a new Climate Smart Education Task and Finish Group, which will help to drive forward key educational initiatives, supporting much of the work that HEIW has already started.

We also shine a spotlight on initiatives such as our recent Staff Travel Survey 2024 in partnership with Greener Edge ([page 3](#)) and the 'Eco Zone' in Ty Dysgu, where we've introduced dedicated additional recycling facilities ([page 7](#)). Explore what you can recycle in the Eco Zone: Empty Medicine Blister Packs, Oral Care Products, Plastic and Aluminium Coffee Pods and more!

As this newsletter shows, there is so much great work already happening by so many dedicated people. For me, sustainability can be a lens that we all use, at all times. Every decision that we make, needs to be sustainable. We need to ask ourselves "how are future generations going to be affected by this?" Every day, we all make choices. Some might seem smaller, or bigger than others, but they all come with consequences: both for ourselves and others, both now and in the future. We can choose the path that we take. This gives us huge opportunity - opportunity to make the choices that promote good health and well-being, that benefit our environment, and that are best both for ourselves, and our future generations. Thank you today, for choosing to read this newsletter.

Whether you're embarking on your sustainability journey or already implementing changes, I encourage everyone to engage in climate action. Consider joining our [Green Group](#) or undertaking the 'Achieving Net Zero in Wales' ESR module (also available on Learning@ Wales), or join our new network on Gwella, the [Climate Smart Community](#) - every step toward sustainability is a valuable contribution to a more sustainable NHS Wales.

Yours sincerely,

Kathryn Speedy
Sustainability Fellow



Highlights of 2023/24

It was an exciting year for Sustainability in HEIW. We made tremendous progress with the key initiatives focusing on climate smart education across the system, including training around 160 Climate Smart Champions, launching the Climate Smart Community online network on Gwella and developing plans to help embed climate smart education in professional pathways where HEIW has responsibility. You can find more information about all of these later in this newsletter.

Alongside this, HEIW worked with an environmental consultant (Greener Edge Ltd.) to support the development of organisational-level recommendations to improve the sustainability of local procurement, events and staff travel, all of which were recognised as carbon hotspots for HEIW in previous work to develop the organisation's carbon footprint. We are in the process of reviewing the recommendations.

At our home base of Ty Dysgu, Nantgarw, we have improved the building and grounds further, with additional Electric Vehicle (EV) charging points and a new BMS interface to help manage energy use and reduce carbon emissions, as well as supporting local biodiversity through regular litter picks and planting sessions.

We are delighted to announce that we had a 43.6% increase in the number of responses to our 2023/24 Staff Travel Survey compared to the previous year (158 compared to 110). This will help support our work towards Level 1 of the Healthy Travel Charter signed in October 2023.

We continue to promote our 'cycle to work' scheme and actively promote car sharing for large scale events and conferences, with 25% of attendees at our HEIW Staff Conference in October 2023 choosing to car share or use other sustainable travel options.

Climate Smart Education and Training Working Group

The internal Climate Smart Education and Training working group was launched in May 2023 to embed the principles of sustainable healthcare in the education and training we provide and that is provided by our partners.

The group, which has representation from across the professional pathways, has undertaken an audit of climate smart education and training across the pathways in HEIW's remit, developed a maturity matrix and baseline framework, and agreed actions that will support professions to realise their ambitions for delivering climate smart education to all our learners, in line with the NHS Wales Decarbonisation Strategic Delivery Plan.

The action plan will be implemented later this year.

If you would like more information, please contact:

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



Climate Smart Champions Training

With support from the Health and Social Care Climate Emergency National Programme, we have trained nearly 160 Champions, and there is now at least one trained Climate Smart Champion in every health board and strategic organisation in Wales and across more than 60 clinical and corporate professions.

Most learners undertook an 'Introduction to Sustainable Healthcare' course delivered by the Centre for Sustainable Healthcare (CSH), with others completing the Carbon Literacy (Walker Resource Management) and Sustainable Procurement (CSH) courses offered during the year.

Recognising the impact of procurement activity on the NHS Wales carbon footprint, we collaborated with NWSSP to deliver procurement training to senior procurement staff across NHS Wales in March 2024 via CSH. We are delighted to report that 30 staff have been trained or are booked to undertake this training and will become Climate Smart Champions as a result.

The impact of this work includes; raising awareness of the importance of sustainability in procurement and the role of procurement in contributing to achieving net zero for NHS Wales, and will act as an additional springboard for action across NHS Wales Procurement practice.

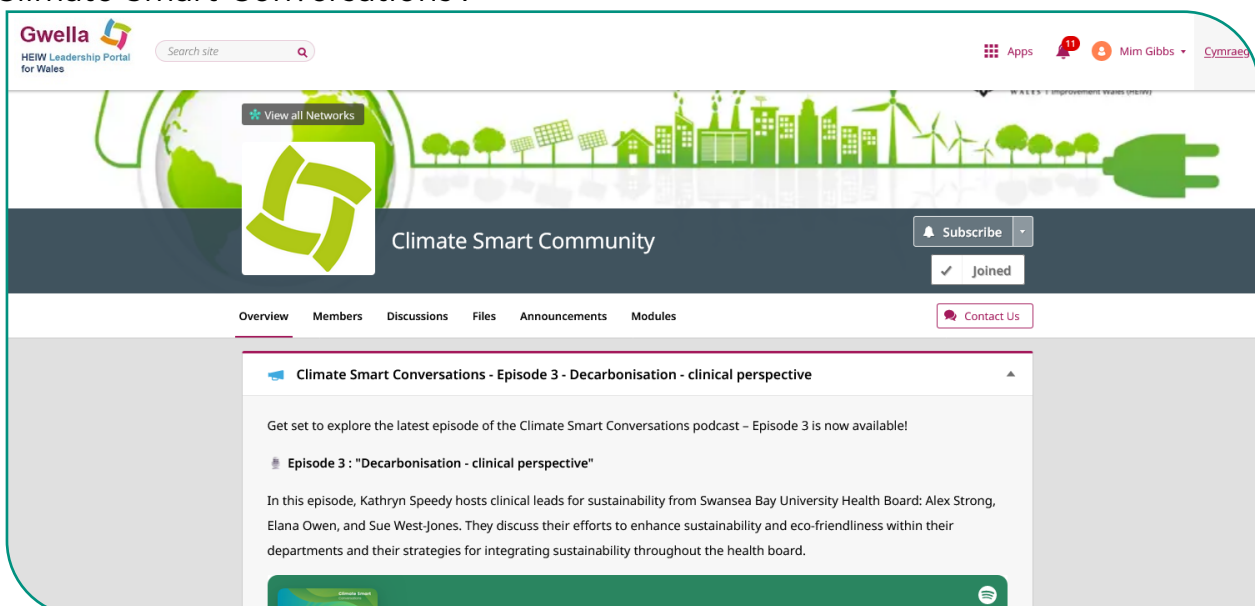
In 2024/25, HEIW will make further training opportunities available – spaces will be limited, so please look out for further information on the [Climate Smart Community](#) and the HEIW website.

Climate Smart Community

The Climate Smart Community builds on the success of the Climate Smart Champions training to enable members to embed climate smart thinking in healthcare practice settings and workplaces, to provide support to members and learners, and to share, signpost and promote discussions, resources, education, events and training opportunities to all.

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

Since the launch of the Climate Smart Community on 4 March 2024, we have increased membership to 78 and have amplified engagement with our new members through various discussion threads, signposting to key resources and expert discussions in our new podcast series, 'Climate Smart Conversations'.





Climate Smart Conversations



Climate Smart Conversations – Podcast Series

🎧 Episode 1: "Sustainable Healthcare"

In the debut episode, host Kathryn Speedy is joined by esteemed guests, Dr. Fiona Brennan and Dr. Stacey Harris. Together, they delve into the essential topic of "Sustainable Healthcare."

🎧 Episode 2: "Decarbonisation"

In the second episode, host Kathryn Speedy is joined by guests, Calum Shaw, Environment Sustainability Improvement Manager at Cardiff and Vale University Health Board, and Aled Guy FRGS CGeog, Head of Sustainability and Net Zero Carbon Management, NHS Wales Shared Services Partnership. In 2019, Welsh Government set a target for Wales' public sector, including the NHS, to be net zero for carbon emissions by 2030. In the second episode of the Climate Smart Conversations Podcast, we explore what that means, and how we can achieve it.

🎧 Episode 3: "Decarbonisation – clinical perspective"

In this episode, Kathryn Speedy hosts clinical leads for sustainability from Swansea Bay University Health Board: Alex Strong, Elana Owen, and Sue West-Jones. They discuss their efforts to enhance sustainability and eco-friendliness within their departments and their strategies for integrating sustainability throughout the health board.

[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!](#)



Health and Social Care Climate Emergency National Programme

Please see the new landing page for the [Health and social care climate emergency national programme](#). The aim of the programme is to provide strategic oversight for the health and social care response to the climate emergency.

Within the programme there are 5 national project boards:

- 🔧 transport and procurement
- 🔧 buildings, estates and land planning
- 🔧 approach to healthcare
- 🔧 social care
- 🔧 adaptation planning

The programme has £2.4 million revenue funding over 3 years to: support projects across the sector that contribute to reducing emissions, and help the sector adapt to the impacts of climate change.

In support of the work being delivered via the National Programme, Welsh Government's heads of profession have prepared a position statement about delivering sustainable healthcare, which describes the level of commitment and practice expected of all healthcare staff providing care, to promote environmental sustainability: [Delivering sustainable healthcare: position statement | GOV.WALES](#)

This helps us all to promote the importance of sustainable healthcare in practice – please support us by sharing the message and supporting our colleagues to take action.

The National Programme Approach to Healthcare Project Board has set up a new Climate Smart Education Task and Finish Group to help drive forward key education initiatives in line with the NHS Wales Decarbonisation Strategic Delivery Plan.

The group will focus on mapping existing initiatives, identifying gaps and opportunities, and developing a core offer for climate education that covers both adaptation and decarbonisation. Looking at NHS organisations, including primary care, the group will consider the needs of different learner groups, including leadership, professions and corporate workforces.

HEIW will be represented on the group, along with PHW, key staff from health boards that have previously received National Programme funding for education initiatives, and Green Health Wales.

ESR Learning

If you're an NHS Wales employee and eager to know more about sustainable healthcare, there is some free e-learning on your electronic staff record (ESR). Simply log into your account, and look for the following modules:

- 🔧 000 NHS Wales - Achieving Net Zero in Wales - RECOMMENDED
(The module should take around 30 minutes to complete)
- 🔧 000 NHS Wales - Climate Change and Sustainability
- 🔧 000 Building a Net Zero NHS
- 🔧 000 Environmental Sustainability in Quality Improvement
- 🔧 000 Healthcare waste management and disposal

Good news! Even if you work outside the NHS, these modules are also available to you by visiting [Learning@Wales \(nhs.wales\)](#), and searching for the module titles above.

Sustainability at Ty Dysgu

Eco Zone

As part of our ongoing commitment to sustainability, we have created an 'Eco Zone' in the Ground Floor kitchen in Ty Dysgu. Please have a look when you are next in the building. The Eco Zone provides 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 7500 since February 2024!



Plastic Bags



Oral Care Products



Eyewear



Plastic and Aluminium Coffee Pods - we've recycled 1600 since March 2024!



Contact Lenses and Packaging



Batteries

Our most popular Zero Waste Box™ items are empty medicine blister packs and coffee pods/capsules. Plus, we're excited to introduce our new box for plastic bags.

Green Pledge

In HEIW, the Dental and Planning & Performance Teams are pioneering an addition to this year's Performance and Development Review process, where we consider including a "Green Pledge" as part of our objectives and individual areas for improvement. A pledge can include something work based or at home and will look to positively affect biodiversity and the environment or reduce our carbon footprint, and we encourage you to do the same.



Staff Events

Staff Spring Event – 21st May 2024

Our recent HEIW Staff Spring event planting session was a delightful blend of gardening, coffee, and friendly competition. We got our hands dirty planting vibrant flowers, enjoyed coffee and biscuits, and each received a sunflower seedling to nurture.



Tommy Carr's nature Mindfulness Walk at Fforest Fawr – 12th June 2024

We're delighted to share the highlights from our recent Mindfulness Walk, led by Tommy Carr. Tommy guided us on a tranquil journey, encouraging a deep connection with our surroundings and fostering mindfulness in each moment. The walk provided a refreshing blend of calm, reflection, and rejuvenation.

Thank you to everyone who joined us for this enjoyable experience and keep an eye out for upcoming events:

- 📅 Fairtrade Fortnight – 9th – 22nd September 2024
- 📅 Go Green for Halloween – date to be confirmed



Looking Ahead

Other things to look out for in 2024/25...

- » [NHS Welsh Sustainability Conference and Awards](#) – 13 June 2024
- » [COP 29](#) – 11 November 2024
- » [Wales Climate Week](#) – 11 November 2024
- » [Carbon Literacy Action Day](#) – 14 November 2024