

September 2019

# Mitigating climate change through Care Without Carbon

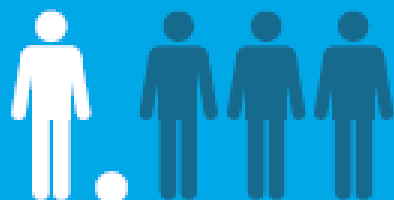
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Susie Vernon

Associate Director Sustainability, Sussex Community NHS Foundation Trust



# Sussex Community NHS Foundation Trust



We cover a population of

**1.3m** illion

We provide care to over

**9,000**

people per day



We employ almost

**5,000**

people

Our annual turnover is

**£230**

million



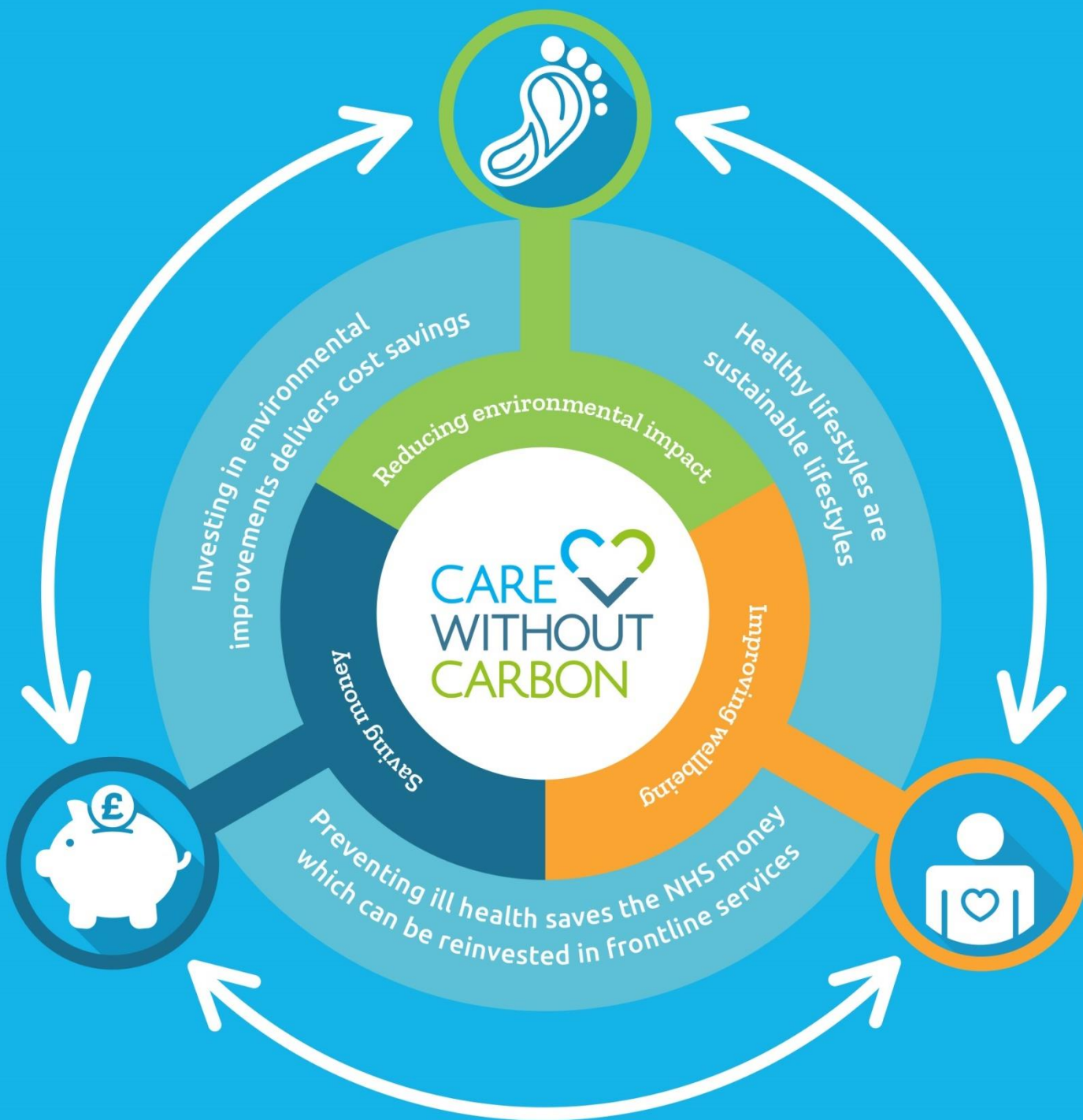
This includes

**12**

in-patient facilities,  
health centres  
& office spaces

We use **113** buildings

CARE   
WITHOUT  
CARBON



# Nearly 10 years in – what has CWC achieved?

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**35%** reduction in CO<sub>2</sub>e since 2010

Staff engaged with Care Without Carbon report **13%** higher wellbeing

**£8.54m** saved against a total investment cost of ca. £1.56m

Grey fleet mileage cut by **1 million miles** in one year

**24m tonnes CO<sub>2</sub>e** potential

savings through CWC across Sussex and East Surrey STP

Note: figures based on impact at SCFT (except STP potential savings). Carbon reduction 18/19. Wellbeing impact 2018. Cost saving 18/19. Grey fleet mileage reduction relates to change between 2012/13 and 2013/14. Since base year, reduction is around 1.2million in total. For full details see CWC Annual Progress Report.



# WHAT HAS WORKED?

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*Five key learnings from Care Without Carbon*



# 1. Integrated programme



## 2. Reporting - our triple bottom line



**Saving money**

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**£7.13m**

Cumulative net savings

From delivering sustainable healthcare since 2010. This is against an investment of £1.22 million since 2010.

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This equates to employing an additional

**266**  
band 6 nurses



**Reducing our carbon footprint**

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**2,452**

Tonnes CO<sub>2</sub>e saved against our 2010 baseline

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This is similar to powering  
**200**  
homes for one year.



**Improving workplace wellbeing**

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**4.28/10**

Overall score for wellbeing in the workplace

13% higher wellbeing for staff engaged with CWC.

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Improved wellbeing can reduce sickness absence.



### 3. Board level support












# 4. Engaging hearts and minds

**DO YOU DARE?** Here are the Dares you can choose from at Sussex Community NHS Trust - enjoy!

It's up to you how many you take. Try one or all of them – goodie bags and prizes up for grabs!

**Dare to...**  
(select one or more of the Dares below)

- MAKE IT PERSONAL** 
- USE EVERY DROP** 
- STRETCH YOURSELF** 
- SHARE YOUR DARE** 
- SWITCH IT OFF** 
- SORT IT** 
- STEP UP** 
- ONE LESS CAR JOURNEY** 
- MAKE IT FAIR** 

CARE  WITHOUT CARBON

Sussex Community NHS Trust

**I DARE TO MAKE ONE LESS CAR JOURNEY**

We can't all ditch our cars in the work we do. But if we dare to make one less car journey a week, we can get more active, cut costs and reduce emissions.



# 4. Engaging hearts and minds



## DARE CHALLENGE

### Pedal Power!

Embrace pedal power and take on a virtual route over 8 weeks.

You can tackle it individually, or as a team and any cycling counts whether at home or work.

Choose from 3 routes

- 'The Roman' route takes you from Fishbourne to London = 100 miles
- 'The 1066' route takes you from Hastings to Normandy = 250 miles
- 'The Hipster' route takes you from Brighton to Copenhagen = 800 miles

Why we love pedal power...

Fewer cars on the road means we can all breathe more easily. A regular cycle is great for your physical fitness and mental health too. Cycling means we aren't spending money on fuel that we can enjoy elsewhere.

Email [hello@carewithoutcarbon.org](mailto:hello@carewithoutcarbon.org) to take part in the Dare Cycle Challenge and get your challenge toolkit

CARE WITHOUT CARBON

Through Care Without Carbon we are doing things differently for a healthier life and a cleaner environment. Visit our website [www.carewithoutcarbon.org/cyclechallenge](http://www.carewithoutcarbon.org/cyclechallenge)



CARE WITHOUT CARBON

NHS

## SWITCH OFF YOUR ENGINE WHEN STATIONARY

Air pollution is bad for our health



## Breathe Easy September

CARE WITHOUT CARBON

Together we can tackle the impact of air pollution on health

# 4. Engaging hearts and minds

CWC  
Envoys

## Let's talk about plastic

Plastic is an extremely useful material that can play a positive role in our lives. BUT its strength and durability means it can be very difficult to dispose of.

### Did you know ?



Between 2013-2018 NHS England used **609 million** plastic cups



**79%** of plastic made since 1950 is still in the environment as landfill or litter.



Single use packaging makes up **40%** of all plastic produced



Over **1 million** seabirds are killed each year by pollution



**3.5 billion** people rely on the oceans for food and nutrition. plastic pollution can threaten this.

The most impactful thing we can do is to:

**REDUCE** Our use of single-use consumables

Once we've cut down as much as we can, we should:

**REUSE** Containers and plastic items

**REHOME** Items that we don't need anymore

**RECYCLE** Everything we can



# I DARE TO

USE #ONELESS PIECE OF PLASTIC

We continue to consume single use plastic items that immediately end up in landfill.

Commit to using just #oneless plastic item and enjoy a cleaner, greener workplace.

Dr V Patel  
Acting Deputy Medical Director

# 5. Growing our impact – beyond Trust borders

Surrey and East Sussex (SAES) STP: total carbon footprint estimated at 100,000 tonnes CO<sub>2</sub>e at a cost of £30m pa

CWC @ SCFT, ESHT, SPFT, SASH, BSUH, WSUH...



Leading STP-wide sustainability projects – waste, courier services, EPC



# 5. Growing our impact – EPC project

CWC team @ SCFT leading EPC procurement across all of the SAES STP trusts through a single, collaborative process.

Net savings of **£15.7m** identified over **15 years** alongside significant reductions in carbon emissions.

- Partnership with The Carbon & Energy Fund – one of three procurement frameworks available to public sector in UK
- Separate contracts within a single overarching project – enabling a more system-wide approach to energy management
- Most ITTs released, with bids now being returned
- Construction due to begin March-May 2020



# WHAT'S NEXT FOR CWC?

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# Towards carbon neutrality

Key goal for CWC (2014): to become a carbon neutral healthcare provider

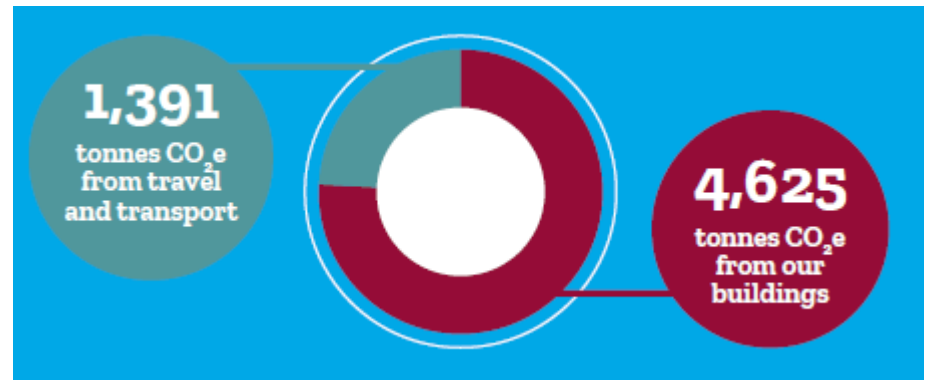
2020: 34% reduction in CO<sub>2</sub>e ✓

2025: 51% reduction in CO<sub>2</sub>e

20XX: Carbon neutrality

Sussex Community: some key challenges

- Utilities – leasehold vs. freehold
- Travel
- Procurement



SCFT carbon footprint 2017/18

CWC key challenge: how to achieve this across our STP area, and beyond?



# Driving sustainability into core business



**NHS**  
Sussex Community  
NHS Foundation Trust

Sussex Community NHS Foundation Trust - Care Without Carbon

## CARE WITHOUT CARBON

Through our programme to deliver more sustainable healthcare, we are ensuring that the high quality of care we provide today is available tomorrow.

We have three key aims:

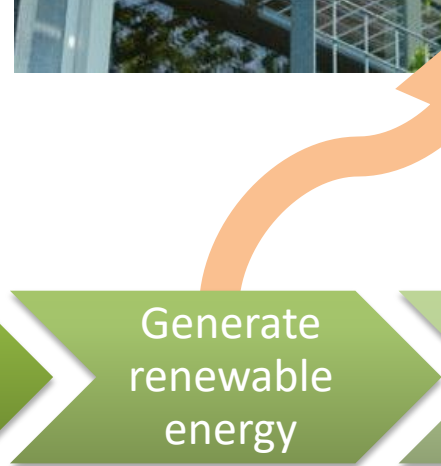
- Maintaining long term financial sustainability
- Minimising any negative impacts on health, the environment and natural resources
- Supporting staff wellbeing to enable a happy, healthy and productive workforce

**EXCELLENT CARE AT THE HEART OF THE COMMUNITY**  
Our three-year strategy  
2019-2022

KEY PRINCIPLE	EXAMPLE
Prevention: health promotion, disease prevention and ensuring that the delivery of our care does not negatively impact on the health of our staff or patient community.	Impact of the NHS on air pollution: Reducing NHS staff car travel to reduce both travel costs and improve air quality for our population.
Self-care: educating and empowering our staff and patients to better manage their own health	Hydration Challenge, Sussex Community: A challenge for staff at SCFT to drink more water throughout the day, also encouraging patients to drink water, and switching to a reusable water bottle.
Joined up care pathways: streamlining the way we deliver our services to minimise duplication, waste.	Breathe Better, Waste Less, Brighton: Inhaler project. Through the project, patients were educated on how to receive the full benefits of their medicine, and at the same time reducing the significant financial cost of this pharmaceutical waste to the NHS.
Efficient use of resources: preferential use of treatments, products, technologies and processes with lower environmental and health impacts.	Inhaled drugs and global warming: reducing use of propellant gases used in metered dose inhalers. Alternatives, such as dry powder inhalers, cut the carbon footprint, and are equally effective.



# Driving sustainability into core business



carbon  
neutrality



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Associate Director Sustainability

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