

### Reduce car miles

Benefit: Reducing fossil fuel consumption reduces air pollution and Co2 emissions. It also saves money. Pilot schemes are being planned for electric cars in Powys which are promising but meanwhile...

Action: Commit to **one change** to reduce your mileage/fuel consumption. Examples include:

- Avoid driving by arranging a meeting on-line rather than in person.
- Walk short distances instead of driving or
- Drive more efficiently to reduce fuel consumption.

<https://energysavingtrust.org.uk/transport/ecodriving/driving-advice>



Or take advantage of the Bike to Work scheme!



## Easy on the eyes, easier on the planet



### Adjust your monitor brightness

As well as helping with eye strain, turning the brightness down on your monitor from **100% to 70%** can save up to **20%** of the energy it uses.

### Change computer default settings

Benefit: Reduces CO2 emissions and saves money.

When screen brightness is reduced from 100% to 70% it reduces energy use by 20%.

Action: Reset computer screen brightness by going into "settings" (Get help from your computer savvy team member!).

Encourage colleagues to do the same.

## Change to recycled paper.

**Benefit:** Using Steinbeis recycled Classic white paper v Lyreco budget A4 office paper saves water, energy, CO2 and wood. As it is unbleached it also reduces chemical use and is cheaper too.




<https://www.stp.de/en/office-paper/steinbeis-classicwhite/>

(Steinbeis will send a free sample).

**Action:** First talk to those who use the paper and explain the change will mean an “off white” colour paper.

(Explain it's a change many others have already made, including Hereford hospital, Builth Wells district nurses and the estates department in Bronllys).

Ask admin to change your order.

 WOOD	Fresh fibre paper	7,5 kg
	Recycling paper	0 kg
	<b>Savings</b>	<b>7,5 kg</b>
 ENERGY	Fresh fibre paper	26,8 kWh
	Recycling paper	7,5 kWh
	<b>Savings</b>	<b>19,3 kWh</b>
 WATER	Fresh fibre paper	130,2 l
	Recycling paper	22,2 l
	<b>Savings</b>	<b>107,8 l</b>
 CO <sub>2</sub>	Fresh fibre paper	3,0 kg CO <sub>2</sub>
	Recycling paper	1,4 kg CO <sub>2</sub>
	<b>Savings</b>	<b>1,6 kg CO<sub>2</sub></b>

This poster is available on page 7 of this document for you to print off.

## Bee Friendly!

As part of the **NHS Green Bee** initiative we are managing this area for bees, insects, and wildflowers.

These photos are from outside Llandrindod Wells hospital 2020 when the grass was only cut at the end of the season.



Photographs courtesy of Joe Botting

## Create a bee friendly patch

**Benefit:** Provide wildlife friendly areas for bees and other declining pollinators which are a vital part of our food chain.

**Action:** Plant a “mini wildflower meadow” either in a plant pot or in an unloved corner.

<https://www.buglife.org.uk/get-involved/gardening-for-bugs/make-a-mini-meadow/>

Or: In an area outside your hospital/office, reduce mowing/strimming to once a year when grasses are brown and seeds dropped. Get approval from your manager and whoever oversees the mowing. Put up “bee friendly signs” to inform public, keep paths mown and expect a few comments about the area looking “messy”, along with compliments!

<https://www.buglife.org.uk/get-involved/gardening-for-bugs/bee-garden/> .

### Contact

[Steven.bromley@wales.nhs.uk](mailto:Steven.bromley@wales.nhs.uk) for information about this year's great Bronllys and Llandrindod projects.

It's easy to upload your project onto Buglife website, helping to create “B-lines” across Wales!

<https://www.buglife.org.uk/our-work/b-lines/>

### Switch to Fairtrade tea & coffee

**Benefit:** Fairtrade and Rainforest Alliance support producers to adapt to climate change and reduce their CO2 emissions. Changing weather is already affecting people with lower incomes first. This action is a great way of supporting them as they adapt their farming methods which, in turn, supports us all in the global challenge of climate change.

<https://www.fairtrade.org.uk/buying-fairtrade/>

<https://www.rainforest-alliance.org/>

**Action:** Buy products with Fairtrade or Rainforest Alliance logo, then have a “taste test” at work and have a chat about the benefits.



Look for the FAIRTRADE and  
Rainforest Alliance Marks



### Switch to a reusable water bottle.

**Benefit:** Save plastic waste and Co2 emissions. Save money.

**Action:** Buy a reusable water bottle. Fill it for work, shopping, outings so you never have to buy a plastic water bottle again!

This poster available for printing...

[https://www.lessplastic.org.uk/wp-content/uploads/2015/12/9TLLPA4\\_9-Tips-Living-With-Less-Plastic\\_A4-Poster.pdf](https://www.lessplastic.org.uk/wp-content/uploads/2015/12/9TLLPA4_9-Tips-Living-With-Less-Plastic_A4-Poster.pdf)

## BIG EXPIRY DATE

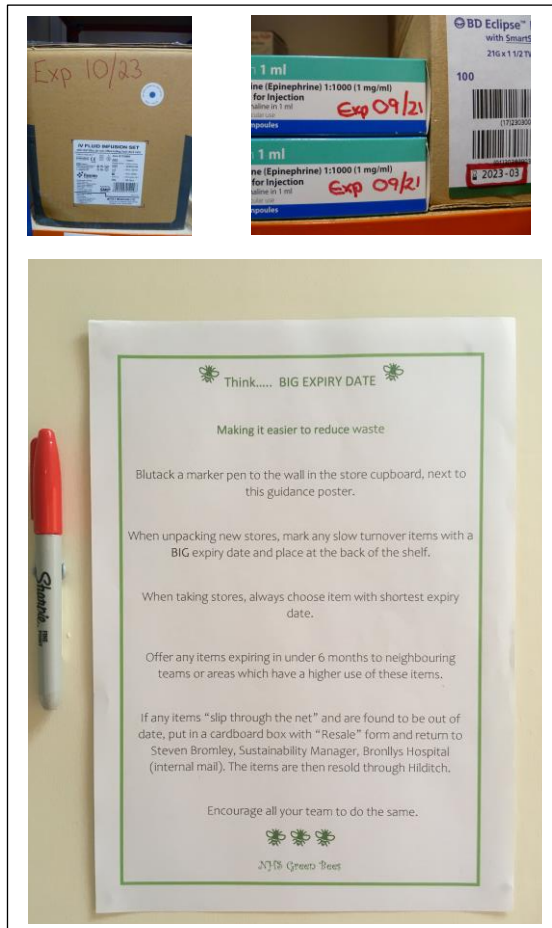
**Benefit:** Reduce waste of dressings, syringes etc. therefore saving money, energy, paper and plastic.

**Action:** Blu-tack a large marker pen to the wall in the store cupboard and put up guidance poster next to it (page 8 of this document).

Mark any slow turnover items with a BIG expiry date and place at the back of the shelf. Encourage all the team to do the same when unpacking stores.

Offer any items expiring in under 6 months to neighbouring teams.

If any items "slip through the net" and are found to be out of date, put in a cardboard box with form (page 6 of this document) to Steven Bromley, Sustainability Manager, Bronllys Hospital.



## Turn off photocopiers and computers

**Benefit:** Reduces CO2 emissions and saves money.

**Action:** Get in the habit of turning off photocopiers and pressing "shut down" on computer at the end of the day. Encourage others to do the same by putting up reminders. (Page 9 of this document). To avoid a slow start up time next day, switch on first thing in the morning.

### **Recycle one extra item.**

**Benefit:** Reduces waste.

Raises money for local community.

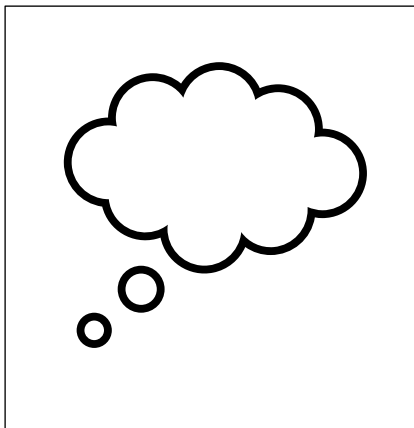
**Action:** Look up Terracycle for additional local recycling, eg. crisp packet recycling or pens for a local school or charity. You can start up a new collection, or you can join an existing one.

<https://www.terracycle.com/en-GB/>

Provide a labelled box to make it easy to use and to promote the cause.



Reducing waste and raising money for the DPD Foundation (Mental Health Farming charity) by recycling crisp packets.



### **Your own idea.**

Based on your individual/team circumstances. Every workplace is different, and you are in the best place to identify an easy “Green Bee” action. This may be talking to a manager about something which could be changed, or a simple “nudge” to make it easy for your team to make greener choices. Insert into blank honeycomb cell.

For more information about climate change and wildlife extinction, David Attenborough has produced several videos including, “Life on our Planet” A Netflix documentary which goes into the problems and solutions in depth.

And...

A short 6 minute version <https://youtube.com/watch?v=dbCR0KSU52g>

Following this are posters/forms available to print...

Delete as appropriate

<b>Condemned</b>	<b>Re allocate/re sale</b>
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Item			
Type/model if applicable			
Serial number			
Asset number			
Hospital			
Department			
Locality/directorate			
Has the item been removed from an asset list	Yes	No	

Reason for condemning

The item is working or in serviceable condition; please select from the following

No longer needed	
Old or obsolete	
Storage space issue	
Being replaced	
Other	

Is the item worn broke and beyond repair; please select from the following

Cosmetically defected	
Parts are worn/faulty and beyond economical repair	
Broken and beyond repair	
Unable to be cleaned/decontaminated effectively	
Other, please explain	

Signatures

Responsible officers' name	
Signature	
Qualified engineers name (if applicable)	
Budget holders' name	
Signature	
Date	

To arrange for disposal of equipment contact the Environment and Sustainability department on 01874 712535.

This certificate must be presented to transport before they will accept the item

# Bee Friendly!

As part of the **NHS Green Bees** initiative we are managing this area for bees, insects, and wildflowers.

These photos are from outside Llandrindod Wells hospital 2020 when the grass was only cut at the end of the season.



Photographs courtesy of Joe Botting



Think..... BIG EXPIRY DATE



### Making it easier to reduce waste

Blu-tack a marker pen to the wall in the store cupboard, next to this guidance poster.

When unpacking new stores, mark any slow turnover items with a **BIG** expiry date and place at the back of the shelf.

When taking stores, always choose item with shortest expiry date.

Offer any items expiring in under 6 months to neighbouring teams or areas which have a higher use of these items.

If any items “slip through the net” and are found to be out of date, put in a cardboard box with “Resale” form and return to Steven Bromley, Sustainability Manager, Bronllys Hospital (internal mail). The items are then resold through Hilditch.



NHS Green Bees

When you buzz off Please turn me off



Save energy Save money Save bees



Bee Kind Shut down at night



Computer labels

Photocopier label

Monitor labels

Me too



Me too



Bee too



## Bee Kind Shut down at night



Turning off a photocopier at night  
saves enough energy to produce  
over 1500 copies. (Source: The Carbon Trust)

NHS Green Bees