

20:20

A Better Vision For
Our Trust
Our Community
Our NHS

Sustainability at Barts Health NHS Trust:
A celebration of what we have achieved
so far and a story about where we are
going next.

Watch our animated video at
www.bartshealth.nhs.uk/about-us/sustainability/



SUSTAINABILITY AT BARTS HEALTH

IMAGINE OUR SUSTAINABILITY STORY AS A VIRTUOUS CIRCLE:



OUR VISION

Barts Health is committed to delivering world-class healthcare and to ensuring our organisation remains fit to do so both now and in the future. We understand that we need to embed a culture that enables early adoption, adaptation and innovation throughout our organisation and into the core of the health services we deliver. It is our vision to change the lives of all those people who live and work in east London and to lead the way in sustainable practice for our Trust, our communities and our NHS.

Changing our ways

We have saved our NHS **£9.2 million** and have made excellent progress in the last few years towards achieving our vision of a better future for **our Trust, our Community and our NHS**, by changing the way we:



OUR TRUST

1

OPERATION TLC

CREATING HEALING ENVIRONMENTS

Operation TLC: Turn equipment off, Lights out, Close doors. Glaring lights, buzzing equipment, or fluctuating temperatures can disturb patients' much needed rest. By embedding these simple TLC actions into our everyday routines we have improved the patient experience and wellbeing significantly, saving money and energy too.



Top Tip: If you think your ward or department could do with more TLC, email

OperationTLC@bartshealth.nhs.uk to get started.

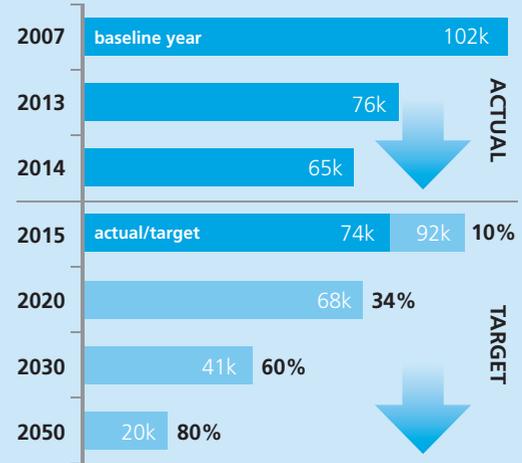
SAVING ENERGY

Energy costs Barts Health **£14 million** a year, forecast to increase to **£24 million** by 2018. So we have acted to switch to low carbon, low emissions technology. For example, our recently installed Combined Cooling, Heat and Power (CCHP) system generates energy much more efficiently and puts waste heat to good use.

We are also retrofitting and improving buildings.

We have achieved a lot towards our 2020 target and are on track to meet our legal targets to reduce energy by **80 percent**.

Barts Health NHS Trust Actual and Target Gas and Electricity Emissions (tCO₂e), from 2007–2050



LOW EMISSION SUPPLY CHAIN

We are reducing our carbon emissions by sourcing what we need more responsibly. We rank suppliers on a sustainability scale, using our purchase power to create healthy, low emission, local supplies.

Fundraising for cancer services

We want to raise **£100,000** towards cancer research and services here at Barts Health and have sprayed our CCHP clean power generator bright pink to raise awareness.

Go to justgiving.com/pinkpowerbarts to make a donation.

SAVING WATER

Local water supplies are dwindling and water is progressively more expensive.

We have saved an estimated **856 million litres** of water at Barts Health since 2008 (a **30 percent** reduction) – the largest water saving initiative in the NHS.

We are also helping people further afield. Since 2008, our sustained work with ADSM and WaterAid through AquaFund has provided:

- **911,141 people** in India, Bangladesh, Tanzania and Mali access to clean, fresh water.
- **4,693 people** in Nepal with household water points and latrines, and **6** communities are now free from open defecation.



Did you know? The average Londoner uses **157** litres per day, the equivalent of taking two full baths!



Top Tip: Check your water company's website to receive free water saving devices that can be easily fixed on to taps at home and reduce your own water consumption. Challenge yourself to a 4 minute shower!

CUTTING WASTE

2

No waste from our hospitals has gone to landfill since 2013. It has been taken off site, separated, and then recycled or recovered as energy. We:

- Use sharps boxes that can be reused over **600 times**, offering safer sharps disposal.
- Separate waste more effectively, reducing the amount of infectious waste to be incinerated at high temperatures.
- Divert food waste from landfill to biogas and fertiliser generators.
- Find good homes for our surplus furniture in organisations with a big social impact.
- Recycle batteries throughout all of our hospitals.
- Use intelligent waste technologies across our sites, such as:
 - ▶ **35** Big Belly bins that compact rubbish, and email us when they need emptying.
 - ▶ Reverse vending machines that give money back for every empty plastic bottle inserted.

We will install reverse vending machines for the **2,000 HDPE bottles** used every month in Newham University and Whipps Cross Hospitals.

Through these positive actions, we have saved our Trust **£1.7 million**.

OUR COMMUNITY

3

CLEANER AIR FOR EAST LONDON CAMPAIGN

Harmful pollution causes **9,400** premature deaths in London each year. In partnership with local London boroughs, the Mayor of London, Defra and delivery partner Global Action Plan, we are helping our patients, staff and community members to:

- Understand the health impacts of poor air quality and limit their exposure to harmful air.
- Reduce their own contribution to local air pollution.

PROTECTING PATIENTS

Our team of clinical staff can advise on how to reduce exposure to air pollution by taking quieter routes outside of rush hour and by checking the air quality forecast.



Did you know? Turning off an engine while parked and restarting it after a minute or longer causes less pollution than keeping it idling, and uses less fuel.



Top Tip: Receive free local air pollution, pollen, UV and temperature forecasts. Text "AirText Barts Health" to 78070, or subscribe to airText online at airtext.info

CREATING BREATHING SPACES

With the help of local volunteers, we have been planting hairy-leaved plants

in our hospital gardens to trap particulate pollution from vehicle exhausts before they get trapped in our lungs. Why don't you go and have a look?



Top Tip: Plant for Cleaner Air! Common plants that help improve air quality include: English Lavender, Lamb's Ear, Mountain Box, Silver Bush and Bowles' Perennial Wallflower.

SWITCH YOUR TRIP

To encourage our workforce to get on saddles, we:

- Offer a Cycle to Work scheme to purchase up to **£750** of bicycle and equipment and save up to **42 percent** on the price.
- Host cycle safety seminars for our staff, run by TfL.

With a **400 percent increase** in the number of cyclists admitted to the Royal London Hospital's emergency department since 2005, we aim to prevent cycle-related injuries in London. Log your near misses or crashes at collideosco.pe.

Swapping the driving seat for the saddle or your own two feet is good for your fitness, reduces stress levels and boosts your immunity. It also reduces air pollution.



Top Tip: Sign up for the challenge at switchyourtrip.org and compete against other Barts Health staff to rack up emission-free miles.

WARM AND WELL

There are **330** winter deaths associated with cold homes in Tower Hamlets every year. That is why we give out information packs on how to keep warm without turning the heating up. This reduces cold-related illness, frees up NHS services, shrinks residents' energy bills and means less pollution.

 **@CleanerAir4LDN**

FOOD AND NUTRITION

We offer meat-free options in our canteens to increase staff and patient fibre intake and reduce our carbon footprint. We have also removed food high in sugar or fat and replaced confectionary with healthier snacks.



Top Tip: Get involved in a community garden near you and grow your own fresh produce. Go to **farmgarden.org.uk** to find out more.

One in seven 4- to 5-year-olds and a quarter of 10- to 11-year-olds are obese in Tower Hamlets. So we are backing projects that improve children's food, nutrition and fitness awareness. We partnered with celebrity chef Cyrus Todiwala OBE for our Chefs Adopt a School programme to spearhead a cooking revolution in our local schools.



Top Tip: Feeling peckish? Find Cyrus's recipe for Papeta Pur Eeda on BBC Good Food

COMMUNITY EMPLOYMENT

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Employment is a major indicator of public health. We offer opportunities for local residents to gain employment and skills within the Trust. We also provide our workforce with access to specialised skills training and development.

Project Search

Since 2013, we have offered 12-month internships to students with learning disabilities in their last year of school or college, introducing them to competitive employment and providing support in developing transferable skills. It also gives us access to fresh and diverse talent to add to our teams across Barts Health NHS Trust.

EFM apprenticeships

The Estates and Facilities Team are training young local people to become future Trust Engineers and Facilities Managers – helping to maintain patient care quality and safety.



OUR INNOVATION

We are driving innovation within the NHS, too. We are working in partnership with Global Action Plan to run a national Operation TLC programme, helping NHS Trusts to create more healing environments through energy saving actions. If every Trust did Operation TLC, the NHS could save **£35 million** and **200,000 tonnes** of CO₂ every year – the equivalent of taking **42,000 cars** off the road.

Operation TLC is also featured in a UK government report for the 2015 United Nations Conference on Climate Change called: "Paris 2015: Securing our prosperity through a global climate change agreement" (find us on page 31!).

NHS Sustainability Awards

Barts Health established NHS Sustainability Day in 2010, and the NHS Sustainability Awards in 2012. Since then, the date has become nationally recognised. We have engaged three quarters of Trusts and Clinical Commissioning Groups (CCGs) in the UK to inspire change and share best practice on how to achieve NHS-wide carbon reduction targets.



Top Tip: Look out for NHS Sustainability Day in March to hear more about what we at Barts Health, and the wider NHS, are doing to improve our social, environmental and economic impacts.

Supported by the Prime Minister, our NHS Sustainability Day reflects the wider NHS Five Year Forward View: promoting preventative healthcare, investment in efficient technology, and patient empowerment.



Top Tip: Check out our animated sustainability story on our Sustainability page online at Barts Health NHS Trust.

nhssustainabilityday.co.uk

 [@dayforaction](https://twitter.com/dayforaction)



BARTS HEALTH NHS TRUST LEADING THE WAY

We have won awards and have been named as an exemplar of best practice in the NHS Sustainable Development Strategy and in the Department of Energy and Climate Change's (DECC) **Strategy for Energy Efficiency** (2013).

"Through collaborative partnerships, by drawing on local expertise and by taking simple everyday steps together, we can strive to make the issues threatening the sustainability of our Trust and the 2.5 million people who use our services history. By combining behavioural and technical action, we have already pioneered widespread change throughout our Trust, our local communities and the NHS nationwide. Let's continue to break down barriers to a sustainable future together and let's focus on what matters the most: delivering healthcare excellence."

Fiona Daly, Associate Director of Sustainability and Patient Transport

OUR AWARDS INCLUDE:



Guardian Sustainable Business Award for Best Partnership
Project for Operation TLC



Health Service Journal's Awards 2013 in both the Improving
Environmental and Social Sustainability and
Energy Efficiency categories



Both Water Management and Energy and Carbon Reduction
categories at the peer-voted **2Degrees Champion Awards 2014**



We are the first Trust in the UK to be awarded with the
Carbon Trust Standard for Waste

If you have been inspired by any of the initiatives or projects in this leaflet, find out more and get involved at:

 bartshealth.nhs.uk/about-us/sustainability/

 sustainability@bartshealth.nhs.uk

 facebook.com/BartsHealth

 [@NHSBartsHealth](https://twitter.com/NHSBartsHealth)