

# #GREENERAHP WEEK

Monday 22 April - Friday 26 April



# Walking aid return, reuse, recycle campaign

- *As part of the Trust's sustainability efforts, we launched a campaign to encourage patients to return their walking aids, to either be reused or recycled.*
- *This campaign applies to metal elbow crutches, zimmer frames and metal walking stick. As well as reducing waste, the campaign looks to reduce purchasing costs*
- *Progress update, so far, the return, reuse, recycle campaign has saved 435kgCo2E which is the equivalent of avoiding the use of 5,200 plastic bottles.*
- *For any queries on this campaign, please email Emily Gerrans, Physiotherapist on [emily.gerrans@nhs.net](mailto:emily.gerrans@nhs.net).*



# Feed bottles recycling project

Denise O'Dwyer - Advanced Dietitian

*This was a project that was identified by the dietetic team at the Walton centre through patient feedback when a patient highlighted concerns about how much plastic waste was generated when patients were reliant on Enteral feeding (single use syringes, multiple feed bottles daily, sterile water bottles, giving sets). It was something I was passionate to take forward with the aim to minimise plastic waste in this patient group. We have recently changed our patient feed bottles (2,220 per annum) from going in clinical waste to mixed plastics recycling. This was a project piloted on Horsley ICU. Bottles were previously discarded into clinical waste, but by simply washing them out, they could be put into mixed plastics recycling. Across the Trust, this will save us 60kgCo2E which is the equivalent of driving from The Walton Centre to Portsmouth in a family car.*

*The project was supported by the facilities & sustainability team to help implement it on ICU. It's a project that required Collaborative approach with the MDT to ensure its success. An aspiration going forward would be to implement this across all clinical areas within the trust and to consider recycling of nutritional supplement bottles.*



# Commitment to deliver a net zero national health service

## Radiology

Pat Roche – Radiology Services Manager

- We will work to the sustainability plan which outlines how we will reduce waste, reduce carbon emissions, and use our estate in the most energy efficient way, by ensuring any equipment we purchase is the most energy efficient and will last for the ten years required for its purpose.
- The Radiology department ensure that any contractors who we employ operate in a way that also protects our environment.
- We will also ensure that our activity remains high utilising the equipment to its optimum levels.
- The use of digital imaging techniques ensures less energy is required to produce the images and reduces the number of repeat x-rays we require to perform, thereby ensuring less energy demand and lower dose for the patients

## Pain Management Programme

John Tetlow - Lead Occupational Therapist

- The PMP department have been exploring ways in which we can reduce our carbon footprint aligned to the Trusts sustainability plan.
- The team have produced information videos with a QR code for information and resources for patients with Fibromyalgia moving away with paper handouts.
- Web based guided meditations have been produced replacing recorded CD's. online meditations can be accessed with a QR code, reducing the use of CD's is having a positive impact on the environment.
- Delivering a Public Health event in collaboration with renewable energy company, Vital Energi. To register please see supporting information.

**Unravelling PAIN**

**PART 1: A Modern Understanding of Persistent Pain**

Between one-third and one-half of the UK population are affected by chronic / persistent pain.

Do you experience persistent pain? Are you a health care professional working with people who have persistent pain? Do you know someone who has persistent pain?

Research suggests improved understanding is key to living well with pain. Do you want to know more?

Come and hear from our pain management experts (Doctors, Physiotherapists, Psychologists, Occupational Therapists & People living with Persistent Pain) at our **FREE EVENT!**

Thursday 23rd of May @ 5.30pm - 7.30pm  
(Refreshments included)

University Hospital Aintree  
Clinical Sciences Building, Ground Floor

With an opportunity to network, ask our pain management experts questions and meet representatives from The Brain Charity  
(Or join our live video stream via Zoom)

To register, please scan the QR Code or go to [www.painreliefoundation.org.uk/events/](http://www.painreliefoundation.org.uk/events/)

The Walton Centre NHS Foundation Trust  
 The Brain Charity  
 Pain Relief Foundation  
[www.painreliefoundation.org.uk](http://www.painreliefoundation.org.uk)

# Sustainability @ The Walton Centre

## Reusable PPE



## Carbon Literacy Training



## Gloves Off Campaign



## Sustainable Travel – Staff



Employee Travel Club



Annual Rail Pass Scheme

*Did You Know? The carbon generated each day from 1 non elective inpatient is 503kgCO2E.*



# Greener Resources



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## Greener AHP Week 2024 - British and Irish Orthoptic Society

[www.orthoptics.org.uk](http://www.orthoptics.org.uk)



## Greener AHP week returns for the second time - RCOT

[www.rcot.co.uk](http://www.rcot.co.uk)

### ***Press releases from AHP bodies:***

*Sign up to a Centre for Sustainable Healthcare network:*

<https://networks.sustainablehealthcare.org.uk/networks>

*Plant a tree on site from NHS Forests*

<https://nhsforest.org/>

*Nominate a project for the CAHPO Green Awards*

<https://www.england.nhs.uk/ahp/chief-allied-health-professions-officer-awards>

### ***Any suggestions/ideas? Please contact***

#### ***Green Champions***

*Emily Gerrans  
Louisa Pett  
Denise O'Dwyer*

#### ***Strategic Lead for Allied Health Professionals***

*Denise Lee*

#### ***Sustainability Lead***

*Craig Stanton*



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## Greener AHP Week - British Dietetic Association (BDA)

<https://www.bda.uk.com/news-campaigns/campaigns/greener-ahp-week.html#:~:text=The%20week%20kicks%20off%20on,own%20trust%20and%20engage%20staff.>



## Environmentally Sustainable Healthcare - elearning for healthcare

[www.e-lfh.org.uk](http://www.e-lfh.org.uk)