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Mitigating climate change through Care Without Carbon

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Sussex Community NHS Foundation Trust

We cover a population of 1.3 million people.

We provide care to over 9,000 people per day.

We employ almost 5,000 people.

Our annual turnover is £230 million.

We use 113 buildings.

This includes 12 in-patient facilities, health centres & office spaces.
CARE
WITHOUT
CARBON

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Care Without Carbon

- Investing in environmental improvements delivers cost savings
- Reducing environmental impact
- Healthy lifestyles are sustainable lifestyles
- Improving wellbeing
- Preventing ill health saves the NHS money which can be reinvested in frontline services

Saving money
Nearly 10 years in – what has CWC achieved?

35% reduction in CO$_2$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$_2$e potential savings through CWC across Sussex and East Surrey STP

WHAT HAS WORKED?

*Five key learnings from Care Without Carbon*
1. Integrated programme

**Leadership**
Leading the way for sustainable healthcare policy and practice.

**Future**
Supporting a strong local health economy to serve our community now and in the future.

**Buildings**
Providing the workspace for low carbon care delivery with wellbeing in mind.

**Wellbeing**
Creating a better working life for our people.

**Journeys**
Maximising the health benefits of our travel while minimising the environmental impacts.

**Culture**
Informing, empowering and motivating people to achieve sustainable healthcare.

**Circular Economy**
Creating and supporting an ethical and resource efficient supply chain.

CARE WITHOUT CARBON
2. Reporting - our triple bottom line

**Saving money**

£7.13m
Cumulative net savings
From delivering sustainable healthcare since 2010. This is against an investment of £1.22 million since 2010.

This equates to employing an additional
266 band 6 nurses

**Reducing our carbon footprint**

2,452
Tonnes CO₂e saved against our 2010 baseline

This is similar to powering
200 homes for one year.

**Improving workplace wellbeing**

4.28/10
Overall score for wellbeing in the workplace
13% higher wellbeing for staff engaged with CWC.

Improved wellbeing can reduce sickness absence.

SCFT sustainability scorecard 2017/18
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

**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 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.

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**SWITCH OFF YOUR ENGINE WHEN STATIONARY**

Air pollution is bad for our health

**Breathe Easy September**

Together we can tackle the impact of air pollution on health
4. Engaging hearts and minds

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?

- 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 YOU

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.
5. Growing our impact – beyond Trust borders

Surrey and East Sussex (SAES) STP: total carbon footprint estimated at 100,000 tonnes CO\textsubscript{2}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?
Towards carbon neutrality

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

- **2020**: 34% reduction in CO$_2$e ✓
- **2025**: 51% reduction in CO$_2$e
- **20XX**: Carbon neutrality

Sussex Community: some key challenges

- Utilities – leasehold vs. freehold
- Travel
- Procurement

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

SCFT carbon footprint 2017/18
Driving sustainability into core business

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

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<thead>
<tr>
<th>KEY PRINCIPLE</th>
<th>EXAMPLE</th>
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<tr>
<td>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.</td>
<td>Impact of the NHS on air pollution: Reducing NHS staff car travel to reduce both travel costs and improve air quality for our population.</td>
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<td>Self-care: educating and empowering our staff and patients to better manage their own health</td>
<td>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.</td>
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<td>Joined up care pathways: streamlining the way we deliver our services to minimise duplication, waste.</td>
<td>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.</td>
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<td>Efficient use of resources; preferential use of treatments, products, technologies and processes with lower environmental and health impacts.</td>
<td>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.</td>
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Our clinical sustainability principles
Driving sustainability into core business

- Minimise use
- Generate renewable energy
- Offsetting

carbon neutrality
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