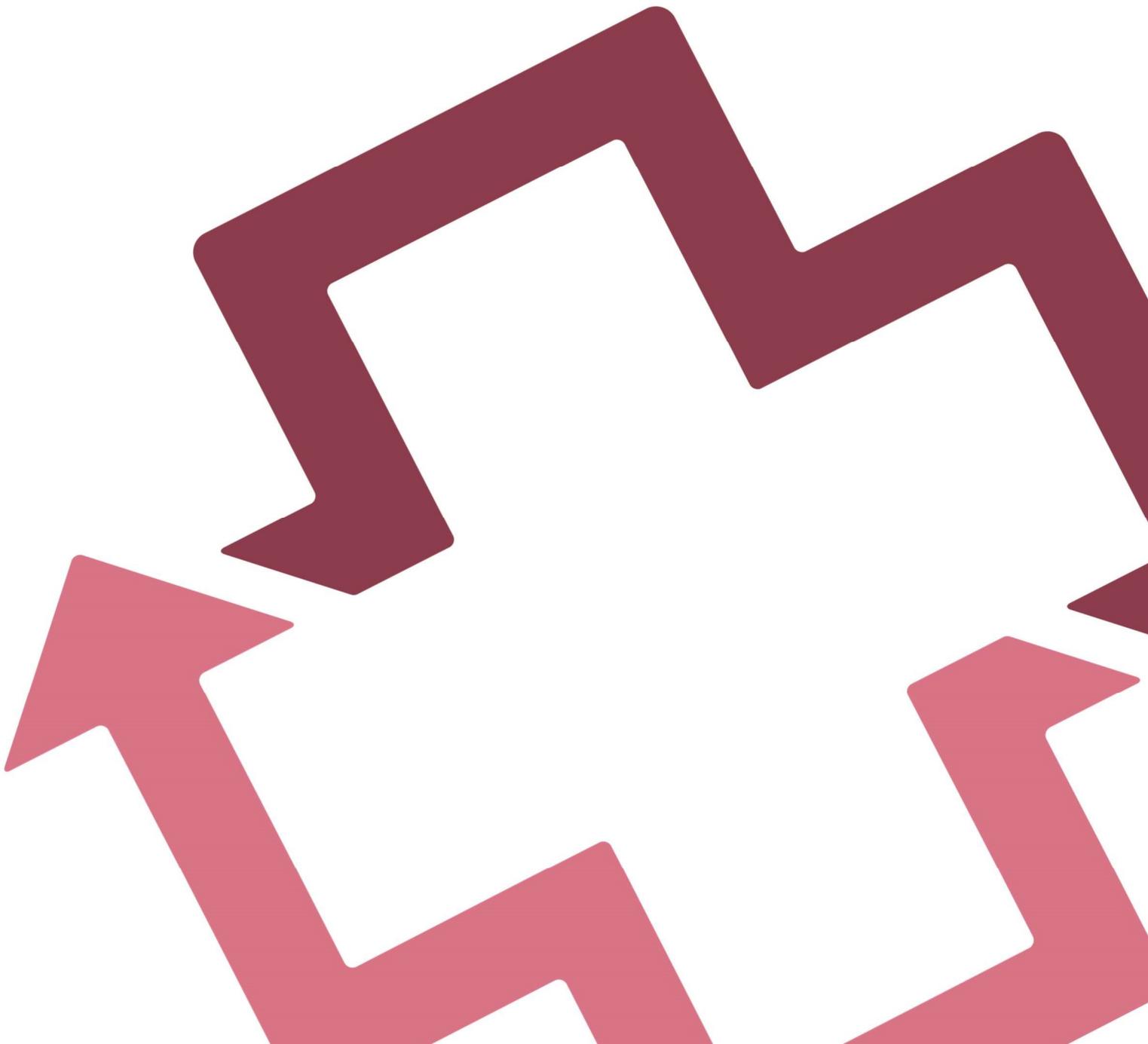


# **Case study marketplace – top tips**

## **13 March 2018**



## Enabling social sustainability by design

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At North Bristol NHS Trust, we have a vision to be a healthy, resilient and sustainable healthcare service ready for changing times and climates, both now and for future generations.

We are committed to improving the environmental credentials of our buildings and also to raising awareness and engaging people on sustainability issues. With the new Brunel building at Southmead Hospital we have been able to do both. The building is highly efficient, light and airy with views of green space from most patient rooms and delivered multiple financial, social and environmental improvements. It has proved to be a catalyst for long-term culture change providing us with beautifully designed spaces in which to highlight the links between sustainability and health and wellbeing.

### Top Tips:

- Look for innovative ways to help people make the links between sustainability and health and wellbeing – what will make a project stand out and pique people's interest – variety is always useful.
- Seek partners to help support what you're doing or work together with them – nearby trusts, community groups, local schools, patient panels, volunteer groups.
- Don't forget to take photos of what you are doing for future promotion (award applications, articles, annual reports)
- Use your communications team to promote events/activities via social media and record the outcomes (for example, how many people saw published posts on Twitter/Facebook).
- Help people to sample the types of behaviour you would like them to emulate – have an onsite organic fruit and veg stall, loan out bikes for staff to try before they buy, run exercise classes in the heart of your estate.
- Do your research – have others got a design/project/campaign that fits your setting.
- When designing a new building, visit examples of buildings that you think meet your needs and see how they work in practice – North Bristol Trust visited 37 separate locations nationally and abroad (not all of them hospitals) before finalising the Brunel building design.
- When considering the inclusion of green space within a design, don't forget all its possible uses (for example wildlife, shading, rainwater capture, therapeutic, community resource, exercise space.)

## Green spaces project

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In June 2017 University Hospitals Bristol partnered with Avon Wildlife Trust to 'makeover' an internal courtyard garden at St Michael's Hospital. This followed a request from a member of staff to the sustainability team for help. The garden is based on the first floor of the hospital in the gynaecology outpatients department. Avon Wildlife Trust secured some corporate volunteers from Skanska; a project development and construction group, to complete the work along with some students from the University of Bristol group; Roots Community Gardening.

The trust's porters were also involved in transporting the materials needed through the hospital. Materials were donated from Riverside Garden Centre and Avon Wildlife Trust with substantial quantities of soil obtained for free from Gumtree. The garden provides a peaceful space for staff, patients and visitors to relax in and get a break from the clinical environment. Roots Community Gardening continues to maintain the garden and the clinic staff bought a hosepipe so they can water more easily.

### Top tips

- Make contact with local 'nature-based' organisations.
- Ask EVERY local garden centre for donations!
- Talk to your hospital charity about corporate volunteers.
- Utilise Freecycle, gumtree etc.
- Make the most of what you already have; it's amazing what a lick of paint can do!
- Make friends with the porters, they are brilliant!
- Engage local staff as much as possible.
- Get in contact with students at local universities.

## Collaborative working and sustainability in the curriculum

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We are in the third year of collaboration between UH Bristol, University of Bristol and NUS in delivering experiential learning for medical students to gain an understanding sustainability in healthcare.

We aimed to promote the importance of sustainability to these future staff of the medical industry and to help them see the impact that they each could have – individually and as part of a much larger movement. This was part of an optional student-selected component (SSC) module of the University of Bristol Medicine degree.

### Top tips

- Effective communication across organisations.
- Clear understanding of commitments of all involved.
- Ensuring students have an overview of sustainability impacts of healthcare.
- Allowing projects to be student designed reflecting their interests.
- Flexibility over support of students face to face, email, telephone.
- Giving feedback and encouraging future engagement in sustainability.
- Evaluating and improving the programme.

### Green Impact for Health

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Green Impact for Health is a partnership between the University of Bristol, Royal College of GPs, NHS, Health Education England and NUS, with input from GPs, trainees and medical students. It was piloted in 2014/15 and rolled out in the South West England in 2015/16, then nationally in 2016/17.

It is a GP version of NUS' popular sustainability accreditation scheme, Green Impact, that runs in over 180 organisations. The Green Impact programme provides two key benefits for GPs; a passive but high quality, easily accessible toolkit that has reviews of the best practices and the supporting evidence for improving the sustainability credentials of general practices, and an active change and engagement programme for practices.

The scheme helps staff in general practice to improve their environmental, ethical and economic sustainability, as well as efficiency and team morale and wellbeing. The scheme has been designed for the needs of a modern general practice, helping the sector become more streamlined and creating a sustainable future.

To find out more and view content on the toolkit, please visit [www.greenimpact.org.uk/giforhealth](http://www.greenimpact.org.uk/giforhealth). You can log in using the email [gifh@greenimpact.org.uk](mailto:gifh@greenimpact.org.uk) and the password "testtoolkit".

The scheme runs from October to June each year, and each year you build on your past achievements.

### **Benefits to GP surgeries taking part include:**

- Raising awareness about the opportunities for adopting more sustainable practices in general practice.
- Helping them to embed the sustainable practices and standards promoted to the healthcare sector into their own procedures and buildings.
- Forging closer links between practices and with other professional, charitable and educational bodies, enabling collaboration.
- Engaging students in their future professional bodies.
- Promoting networking internally and between professional bodies.
- Raising the profile of healthcare professional bodies as proactive and responsible.
- Improving environmental impacts.
- Saving money and reducing carbon emissions.

### **Top Tips**

- Find enthusiasts to work with you.
- Don't expect overnight success.
- Try to secure a funding stream to ensure it can continue for a few years.

### **Energy Performance Contract (EPC)**

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Northern Devon Healthcare NHS Trust has entered into a partnership with Cynergin over a 15-year period to implement and run an energy performance contract. The driver for this was to enable the trust to meet the 2020 CO2 targets set by the government. We installed a combined heat and power system (CHP) which was sized so that all the heat could be utilised. We replaced our main chiller with a newer more efficient model and also took the opportunity to replace the main chilled water pumps. We installed solar panels on the roof of the main hospital and at our community hospital sites. We installed wood chip biomass boiler at three of our community sites.

### **Top tips**

- Partnership working accepts that your partner needs to make a profit but they also understand that once the profit level is set that it works both ways.

- Have clearly defined lines of communications and address problems and issues as they arise.
- Be an “informed client” do your homework so that you understand the technology and can raise valid points in discussions.
- Plan and communicate at all stages.