

# I want to be involved in sustainability in SEL... ...where and how do I start???



Environmental sustainability is everyone's responsibility, even when we're at our places of work in South East London Integrated Care System – but when you want to try 'being sustainable' it's hard to know where to look and how to begin your journey.

Inspired by Dr Matt Sawyer's presentation *Overcoming the climate crisis with environmentally sustainable primary care*, this 'cheat sheet' outlines some basic steps that you can take in your workplace to identify where you and your teams can make a positive impact for the environment.

## Step 1: **BASELINE**

Work out where your carbon emissions and/or your wastage are, and what the impact of taking action could be. Tips for how to do this and areas to look at are on page 2.

## Step 2: **PRIORITISE**

Decide what you are going to do first – what is most important and what is (or feels) most likely to make a difference.

## Step 3: **ACTION!**

Identify what you're going to DO – and don't just talk about it or say you're going to do it...identify your actions and start doing them.

### **But remember:**

You don't have to do something 100% of the time for it to have an effect – plan your actions realistically and within the time and resources you have available.

**OK...and once I'm taking action, what about everyone else??**

Once you are taking action, the next step is to think about how to

**motivate, enthuse, inspire and enable**  
your colleagues **and** your patients to do the same

# Tips and areas to consider

## Energy

- Write **everything** down that uses energy – what uses the most? Refer to your smart meters, if you have them
- Find ways to make every kilowatt hour count
- Switch to non-fossil fuel (electricity-led) heating, if you have the option to
- Change your energy provider to one that provides energy from renewable sources, if you have the option to
- Recognise if you have any scope to invest in the energy efficiency of your building
- Use technology where you can; consider installing LED lightbulbs, using light sensors or power 'kill switches'
- Adopt a "normal is off" policy i.e. only power items when they are in use

## Travel

- Ask people – colleagues and patients – how they travel
- Ask "how would you like to travel?" – this will highlight peoples' motivations for change
- Write down all the answers you get to the question "how would you like to travel?" and then write down the things that would need to happen or be in place to enable the change. Recognise which ones are within your gift to change and make them happen.
- For colleagues who would be open to changing how they travel to work, find out how far they travel and prioritise action for those with the shortest/easiest commute
- Suggest commute/lift sharing to colleagues who may benefit from it

## Goods

- Write **everything** down that you purchase regularly – think about medical equipment, medical consumables, office equipment and office consumables
- Ask yourself - what gets used? What doesn't get used? What gets wasted and what ends up in the bin?
- Consider what items could be re-used, or where you could order reusable items rather than single-use
- Consider what items could be recycled
- Check whether goods are being delivered in packaging that could be recycled – and take steps to increase your recycling of packaging