



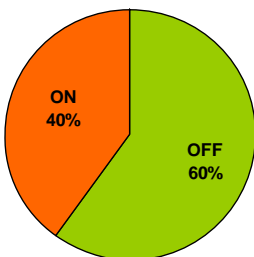
"Improving Public Health by Greening the NHS"

Switch-off Competition Winners

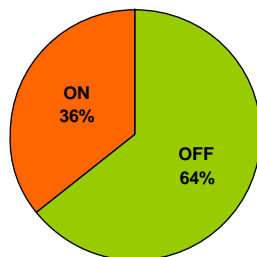
As part of the [Easy, Peasy, Greeny campaign](#) to save energy, the Trust's Sustainability Team in collaboration with [Queen's and King George Hospitals Charity](#) ran a monitor switch-off competition. The competition was conducted before Christmas between selected teams to see which teams could consistently switch off their monitors, every night for a two week period.



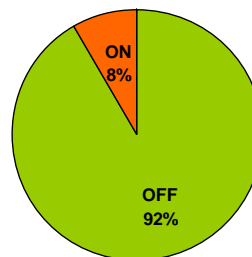
What are the results?



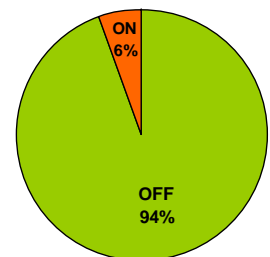
Runner up
Ante-Natal Admin (KGH)



3rd
Sahara A/B Team (QH)



2nd
Coding Team 3 (QH)



1st
Coding Team 2 (QH)

Who are the winners?



1st & 2nd prize Winning Team
Coding Team 2 & 3 at Queen's Hospital



3rd prize Winning Team
Sahara A/B at Queen's Hospital

The prizes were hampers from Marks and Spencer which were kindly donated by the [Queen's and King George Hospitals Charity](#). Well done to all the staff who took part. **Thanks to the Charity** for their support on Trust's Sustainability Agenda.

"We will continue to switch them off indefinitely and perhaps put an internal system of checking it in place"

*Ilir Bera, Clinical Coding Manager
at Queen's Hospital*

How can you help?

To bring staff and stakeholders together to explore energy saving opportunities, the Trust's Sustainability Team organised an event called [Cerebral Sessions](#) on 26th September 2012 prior to the campaign launch event. This event helped us to identify the tasks below which all staff can do:

- **Switch off monitors** when away from desk
- **Turn off kitchen water boilers at night** (have a local arrangement with your colleagues)
- **Find out the ways to raise awareness amongst staff**
- **Reduce use of portable equipments** (e.g. use fans/fridges/heaters as little as possible)
- **Reduce printing** (follow [best practice](#) to reduce paper consumption)

To find out more on the above tips: *How, when and what to be done*, see intranet pages "[what staff can do locally to save energy?](#)"

Did you know?

Just by switching-off your monitors overnight and weekends, you can help BHRUT save upto £30,000 a year and 1% energy savings at Queen's Hospital.

Why not become a Green Champion?

BHRUT Sustainability Team has been recruiting Green Champions (GCs) to support the Trust in achieving its sustainability commitments. The primary role of a GC is to promote and advance sustainable work practices within their work area. GCs represent staff within their work area and act as agents for change while undertaking simple sustainability best practices. Green Champions get **rewarded** for their extra efforts; as well as it helps them to develop new skills. The below is a list of our active Green Champions who got the Welcome Certificates:



- **Matt Bilby**, Sodexo, Maintenance Team
- **Catherine Cooper**, Maternity
- **James Ellender**, Finance
- **Dr. Anjum Misbahuddin**, Neurology
- **Annette Gregory**, Bedrock Radio
- **Bid Newport**, Palliative Care
- **Mary O'Leary**, Antenatal/Postnatal & Coral Ward
- **Jamie Richardson**, Maternity
- **Peter Smith**, Communications / Front of House Officer
- **Sue Kennard**, Occupational Health

You can also be a Green Champion, to find out more, see our Green Champions section on the [intranet](#) (Further Categories/Sustainability/Green Champions).

Sustainability Team's message

- **Please share** this message with your colleagues and help raise awareness.
- **Tell us if there is a problem!** – If you have an issue relating to **heating, cooling, lighting, water, or waste** please tell us about it. We may be able to sort it out for you. Email us: sustainability.BHRUT@bhrhospitals.nhs.uk
- **All ideas are welcome** - if you know a green tip, green image, heard/experienced a green story which could be published, please let us know by emailing: sustainability.BHRUT@bhrhospitals.nhs.uk
- **Why not become a Green Champion?** - It is an opportunity to learn about the sustainability and help the Trust and your colleagues become more sustainable. For more information contact: sustainability.BHRUT@bhrhospitals.nhs.uk Tel. Ext. (79) 6213