

# Go Carb-Lite!

## Reduce your carbon footprint on NHS Sustainability Day

On **Thursday 27 March** (NHS Sustainability Day), the Trust is asking staff if together we can prevent a tonne of CO<sub>2</sub> from being released from our vehicles. The emission of CO<sub>2</sub> contributes to global warming, and ultimately climate change. It is important that we raise awareness of the damage it can cause.

*Ways you can contribute to saving a tonne of CO<sub>2</sub>*

- **It could mean leaving the car at home for that one day and walking or cycling to work.**
- **It could mean getting the bus (buses emit less CO<sub>2</sub>).**
- **It could mean parking your car and walking the last mile and half to your place of work.**

If every single member of staff walked just one mile instead of drive on Thursday 27 March, the Trust would save 1.084 tonnes.

***Remember, you don't have to be at work to participate.***

*How to get involved*

All you need to do is record your journey on the 'ready reckoner', a tool that will help you calculate the amount of CO<sub>2</sub> you have helped save by altering your journey on NHS Sustainability Day. Or you can simply e-mail the details to the address below



Visit the Environment Management pages (under initiatives section) on Staffnet to access the 'ready reckoner' plus other useful information or contact Jason Mitchell, waste and environment manager on **[jason.mitchell@nhs.net](mailto:jason.mitchell@nhs.net)** or **0113 295 2351**.