



BHR University Hospitals, NHS Trust's

# Green Message

Special Edition

Issue 21  
25 March 2012

"Improving Public Health by Greening the NHS"

## NHS Sustainability Day

BHRUT is committed to Sustainability and Carbon Reduction to reduce our impact on the environment and also provide excellent patient care and working environments in our hospitals. As part of this commitment BHRUT has a Board approved Sustainable Development Management Plan and Carbon Management Plan aligned with the NHS Sustainability Development Strategy developed by the [NHS Sustainable Development Unit](#).



To show this commitment BHRUT is participating along with many other Trusts in the [NHS Sustainability Day](#) planned for 28<sup>th</sup> March and supported by the Prime Minister – [Press release](#)

## What is BHRUT doing?

BHRUT Sustainability Team are considering this as **a fantastic opportunity to raise awareness of the benefits of Sustainability** and have planned a series of events with a holistic view of Sustainability.

The plan covers raising awareness and implemented initiatives on **energy savings, waste reduction, increasing recycling rates, water savings, green travel promotion and behavior and culture change training**. Please see the attached the plan and also visit *Further categories/Sustainability* on the intranet for more information.

## Did you know?

Sustainability is just about doing things slightly different both at home and workplace which can benefit the environment and also provides costs savings both to an organisation and at home.

## Highlighting events planned

On this day we have planned to launch our buildings **LIVE Energy Display**. This is one of our first carbon reduction initiatives to raise awareness at all levels and monitor energy consumption in real-time and target savings. The launch will be attended by the CEO and other participants will include the Director of Estates, Head of Estates, Sodexo FM team, PFI, eco|Driver team and Green Champions. The BHRUT Sustainability Team thanks eco|Driver team for their support in launching the real-time energy display to align with NHS Sustainability Day and for providing the display screen.




**Queen's LIVE energy:** <http://webview2.ecodriver.net/QH/>

## Other planned events are:

- Paper box display in Queen's Atrium (1<sup>st</sup> floor near Admin Block) to raise awareness of Trust's gigantic paper consumption
- Cardboard monitors to remind staff to switch off and save 2% of our electricity bill
- Waste and water awareness stands
- Green travel initiatives (see below)



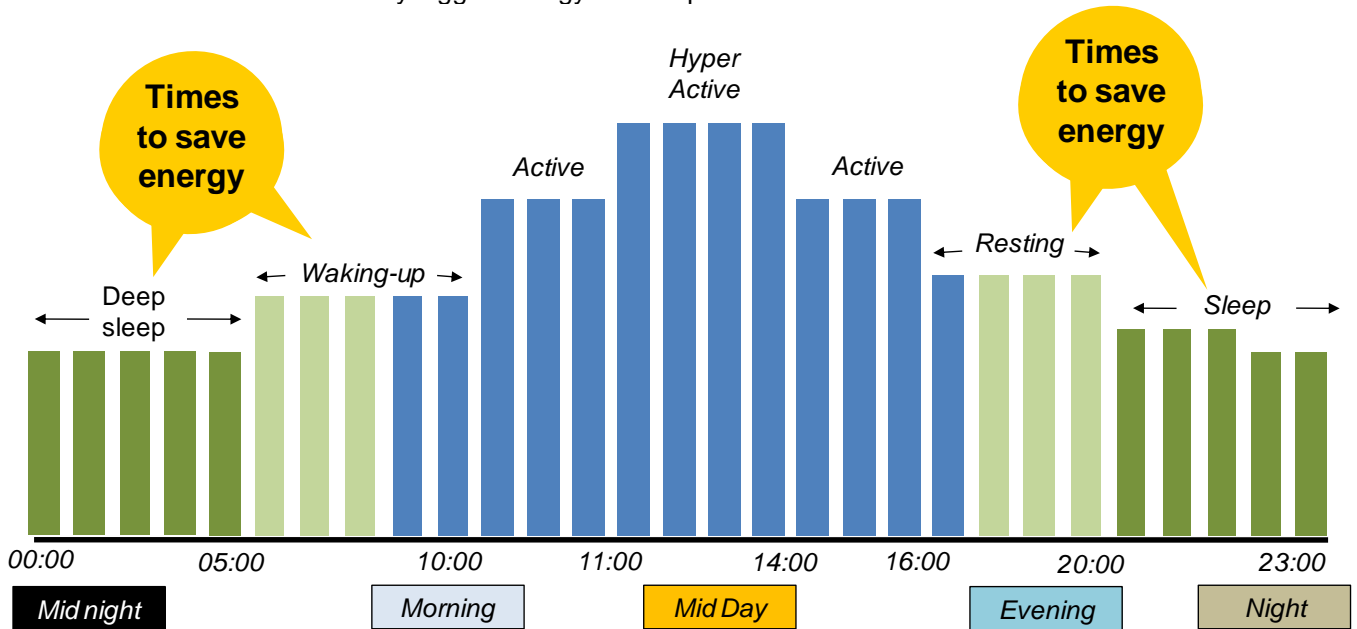
## Free Breakfast and Dr. Bike Sessions

<p><b>BUG Breakfast</b></p>	<p>Free Breakfast for Bicycle User Group members at King George Hospital. This is organised with support from BHRUT Health and Well-being team and London Borough of Redbridge.</p>	
<p><b>28<sup>th</sup> March</b></p>		
<p><b>Dr. Bike Sessions</b></p>	<p>Free Bike Health check-up and repairs by local bike experts at King George Hospital. This is Organised with support from BHRUT Health and Well-being team and London Borough of Redbridge.</p>	
<p><b>28<sup>th</sup> March</b></p>		
<p><b>Bike Marking &amp; Registration</b></p>	<p>Bike Marking and Registration by local police authorities at Queen's Hospital. This is organised by BHRUT Health and Well-being team. (Note: 9th April at King George Hospital)</p>	
<p><b>27<sup>th</sup> March</b></p>		

A **FREE BREAKFAST** session is planned for Bicycle User Group (BUG) members and Green Champions. If you'd like a free breakfast, please register with Dan Shepherd ([daniel.shepherd@bhrhospitals.nhs.uk](mailto:daniel.shepherd@bhrhospitals.nhs.uk)). Breakfast will be served from 07:30 in the restaurant at King George Hospital. If you want to register for BUG please contact: [elizabeth.platt@bhrhospitals.nhs.uk](mailto:elizabeth.platt@bhrhospitals.nhs.uk) in the Health and Well-being team. To become a Green Champion, visit our intranet pages for [more information](#).

## Easter Bank Holidays – Let's our buildings sleep

Take a look below at the half-hourly logged energy consumption:



### Deep sleep

This is when whole operations come to an end (except few emergency cares). This is the best time to **maximize energy savings** by switching-off unnecessary equipments.

### Waking-up

This is when various building operating equipments like heating, ventilation and air-conditioning gets switch-on to bring the building to required comfort levels before it gets occupied for a busy day.

### Active & Hyper Active

This is when business operations starts and moves from an active to hyper active actions due to increased occupations and demands. **Least to compromise on energy saving.**

### Resting

This is when business operations starts coming to an end due to reducing occupancy levels and demands. **Good time to begin energy savings.**

## Sleeping

This is when business operations almost to an end (except few emergency cares). This is the best time to **maximize energy savings** by switching-off unnecessary equipments.

### Did you know?

**Weekends and Bank Holidays** also present us an opportunity to save energy by bringing our buildings into “deep sleep” and/or “Resting” modes.

## What we have to do?

It's simple; we just need to take action. Our buildings have advanced Building Management Systems to control the building centrally. There are actions for all staff, but especially building operating teams and occupants. Some of these are:

### Building operating teams:

- Switch off unnecessary energy intensive equipment like pumps, fans, valves etc.
- Set the heating, ventilation, air-con and lighting as per the occupancy times for all individual business units
- Set the optimisers correctly so that integrated equipment can come on as per space set parameters
- Ensure BMS is programmed and responding to external weather sensors
- Maintain space temperature and thermal comfort
- Maintain hot water at appropriate temperature levels
- Ensure daylight is fully utilised wherever possible
- Ensure lights sensors are programmed and controls are working and many more....

### Staff can help the building operating teams in the following ways:

- Switch off non-clinical **PCs & monitors** when away from your desk for long periods of time
- Switch off non-clinical **monitors** overnight and over weekends
- Switch off all **unnecessary lights** (if controls are not working, please log with Helpdesk)
- Switch off **microwaves** after use
- Switch off **dishwashers** after use
- Spot-check and switch-off **redundant equipment**
- Switch off and **unplug non-essential** medical equipment straight after use
- Avoid use of **shredders** to save energy (Trust pays for confidential waste operations so use provided bins)
- Wear **suitable dress** for weather conditions, 1°C change could have 8% affect on the energy bills
- Give up **additional appliances** like fridges, microwaves, fans, heaters etc

### Did you know?

A PC and Monitor left on every night, costs the Trust around £30 a year; this when multiplied by the number of PCs across the Trust adds up to tens of thousands of pounds.

## Sustainability Team's message

- **Please share** this message with your colleagues and help raise awareness.
- **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 at: [sustainability.BHRUT@bhrhospitals.nhs.uk](mailto: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](mailto:sustainability.BHRUT@bhrhospitals.nhs.uk) Tel. Ext. (79) 6213