



...at The Royal London Hospital

For the 5th year running, Barts Health NHS Trust is celebrating NHS Sustainability Day on the 24th March 2016. As founder of this national day, the sustainability team along with partners and volunteers are hosting events across all Barts Health hospital sites. Here's what will be taking place across The Royal London Hospital and how you can get involved in this #dayforaction

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Global Action Plan is a charity inspiring people to take practical environmental action. They help our Trust run **Operation TLC** which involves turning off equipment, turning lights out and closing doors to save energy and improve patient experience. Why not take this day to change some habits and pledge a sustainable action, here's some examples of what members of staff have already decided to do:

- **Take the stairs instead of the lift**
- **Recycle plastic bottles in our ReVending machines**
- **Print less paper**



(I pledge to help my Trust by getting a battery recycling bin)

You can even download the **free 50K Carbon Challenge app**. This app suggests everyday changes that can add up to a big difference on climate change. <http://www.nhssustainabilityday.co.uk/download-new-app/>

Barts Health also worked with GAP on the **Cleaner air for East London** project to tackle air pollution through many effective ways, such as encouraging staff to leave their car at home. The team will be out in force promoting **cleaner fleets for healthier streets** on the 24th March. They'll be engaging with our hospital drivers, thanking them for not idling their cars or reminding them to do so if the case may be. Remember- if a vehicle is idling its producing unnecessary exhaust emissions which detrimentally affect the quality of the air we all breathe.



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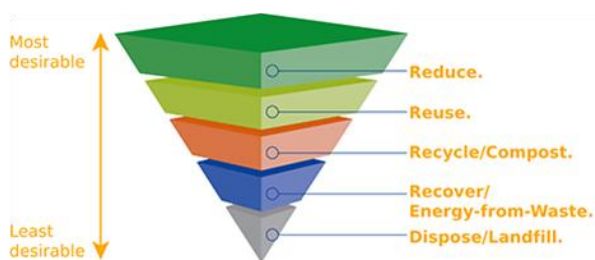
Barts Health have also teamed up with Hubbub to launch Fuelling Connections, a local Facebook community project to provide support and access to a wide range of services for those who are finding it difficult to pay their bills this winter, this can better connect households to expert advice and services in the Poplar and Limehouse Tower Hamlets area. Check them out on Facebook: <https://www.facebook.com/FCPoplarandLimehouse>

The SKANSKA waste team shall be demonstrating the reverse vending machines in the Stepney Way entrance atrium. These machines sort and recycle plastic bottles and cans. You can now donate money to the **London Air Ambulance Charity** every time an item is recycled. In the past year the waste team have extended the use of these machines and have introduced the first of its kind in recycling renal bottles, these are currently being used at Newham Hospital and Whipps Cross Hospital. Visit their stand and find out more.



SUST-N will also attend alongside Skanska. As a hospital we generate waste streams that are very expensive to dispose of due to the hazardous and offensive nature of the waste type, find out how Sust-N work with us to keep waste streams uncontaminated, safe and sustainable.

You can also find out more about how **Globechain** enables the Trust to **reuse** unwanted items. Old furniture that's no longer used by the trust is **reused** instead of **recycled**, **incinerated** or **thrown to landfill**. This is one of the most desirable ways of treating waste (see the **Waste Hierarchy** below.)



Globechain's redistribution of goods to social causes rather than throwing to landfill allowing our Trust to support a global community whilst treating waste in one of the most desirable ways.

The **Tower Hamlets Energy Community Power Team** will be promoting the innovative fuel switching programme. They will also be handing out freebies!



will be on hand to advise how you can fundraise through an active challenge. Regular physical activity is one of the most important things you can do for your health; why not try enter a sponsored run to help not only the health of others but your own!

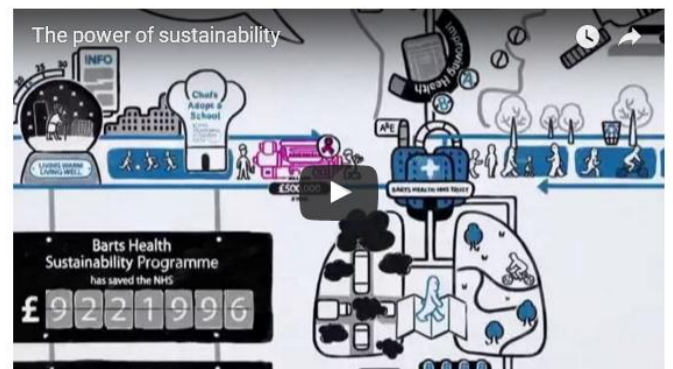


MR SWITCHIT

Will be back again encouraging staff to switch off the lights.

This saves energy and also avoids glaring lights when patients are trying to rest or sleep.

Take a moment to watch our latest videos on sustainability, these will be showing on a TV screen in the Stepney way atrium.



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...at St Bartholomew Hospital

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PINK POWER

Barts Health NHS Trust

The main focus of NHS Sustainability Day at St Bartholomew Hospital this year will be the Big Switch on of the PINK POWER CCHP engine!

If you didn't already know, St Bartholomew's Hospital is the owner of a Pink CCHP (Combined Cooling Heating and Power) named 'Pink Power'. It was installed last year and its **official switch on is to take place this NHS Sustainability day.**

The CCHP technology will help reduce the Trust's energy costs as well as significantly reducing carbon emissions by up to 25%, allowing more spending on patient treatment. Make sure to visit the main entrance in the KGV building where you can find a 3D printed, smaller replica of the engine. **From the 24th March you will be able to watch a video of the CCHP's journey from Austria to the new Energy Centre from the iPad next to the model.**



Although it is currently not possible to visit the model in the Energy center, you will be able to remotely see the engine in its new home from the main entrance stand next to the model.

The purpose of this engine's pink makeover is with its Switch on we aim to **raise £100K for cancer services at Barts Health.**



CANCER RESEARCH UK

As part of our fundraising, we will have a Pink Power raffle. The Pink Power raffle will offer a range of prizes, most with a sustainable edge! You could become the proud new owner of a pink watering can to help you keep your plants healthy, or some pink fitness wear to motivate you for that next run.



One of our Pink power raffle prizes is a Pink Keepcup! The KeepCup team donated one of their cups to our cause. Their mission is to encourage the use of reusable cups and they do this by delivering sustainably made products that are fit for purpose. You can either take a hot drink from home in this glass cup or take it to a coffee shop and ask them to use your reusable Keepcup instead of the disposable paper alternative. Using one of these cups means a step away from a disposal and convenience culture. Make sure to buy a ticket from the KGV main entrance to be in with a chance of winning!



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...at Mile End Hospital

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The Tower Hamlets Energy Community Power Team will be promoting the innovative fuel switching programme in the afternoon. Come along and find out more. They will also be handing out freebies! Find them in the main corridor near the main entrance.



For go-to tips on how to get involved with a variety of sustainability initiatives happening at Barts Health, the Operation TLC team will be on hand at a lunch time stall. They will be accompanied by their trusty pledge tree and will be encouraging staff to write and hang up their one, pledged action to improve the sustainability of the Trust, local community and NHS.



To improve our cycle parking and also improve the local air quality, we will be adding some more of these permanent cycle parking stands for staff, visitors and patients in time for you to hop on your bike this spring.



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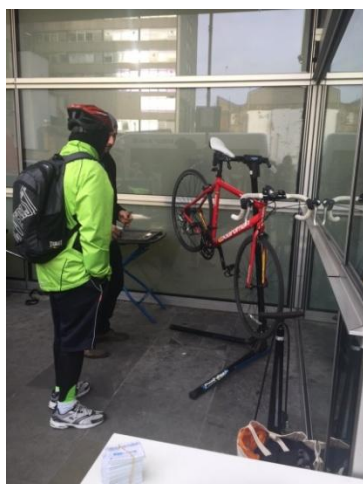
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NipNip the bicycle and repair servicing company will be at Whipps Cross Hospital. You will find them on Hospital road between bus stops L and N, near the secure cycle parking. They'll be there from 7:30am so make sure to drop by with your bike to get it checked over. To ensure you get seen email to book your free service for the 24th March: service@nipnip.co.uk

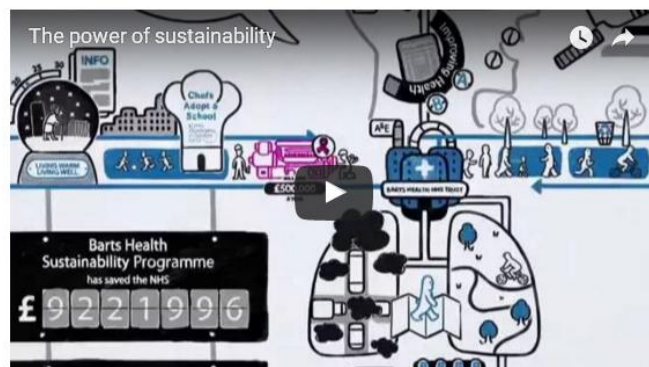


The GAP team will be in the main restaurant and set up under the **Operation TLC television** collecting your sustainable pledges and to celebrate what we have achieved this year.



(Last year's pledge stand)

The television will display our new sustainability videos and pictures for the day so take a moment to watch our latest videos on sustainability whilst eating a sustainable Quorn lunch!



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...at Newham General Hospital

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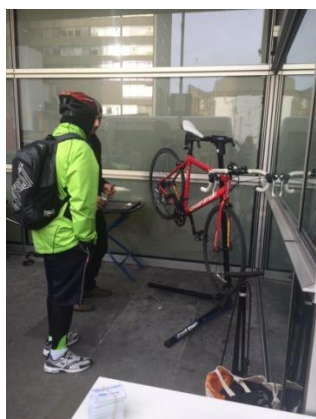


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This year there's a big focus on cycling this NHS Sustainability Day at Newham Hospital...

You will find the NipNip bicycle repair servicing company at the main entrance near the urgent care centre and emergency entrance. They'll be there from 7:30am so make sure to drop by with your bike to get it checked over. To ensure you get seen email to book your free service for the 24th March:
service@nipnip.co.uk



They will also be joined by the **Leigh Day cycle lawyers** who will be offering information regarding our Bespoke project and also handing out free cycle goodies such as reflective bands and sweets! **The Bespoke project which aims to explore, prevent and reduce cycle-related injuries in London have a web-based app, www.collidosco.pe, where cyclists and other road users can log any near misses or cycling crashes.** Reports generated will be sent to the Bespoke Team who can then investigate the story around cycle crashes including who or what was involved, and the location.

Exchanging places- Come along and experience what a lorry driver can (and cannot) see by sitting in their seat



Free cycle marking- Security marking and registration onto BikeRegister's online database. Registering your bike helps police and retailers identify and verify the legitimate owner of bikes that have been stolen or are being resold.

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