



Care Without Carbon

Shaping a lower carbon NHS in Sussex

Susie Vernon
Associate Director, Care Without Carbon, Sussex Community NHS Foundation Trust

Care Without Carbon:

What or who are we and
what do we do?

The Team

Team of NHS sustainability specialists supporting trusts locally and further afield through CWC – aiming to:

- Maximise impact of the programme
- Share our learning, and the specialist expertise of our team – and avoid duplication
- Deliver joint projects that bring impact and efficiencies of scale
- Use our influence to effect greater change
- Show strength and leadership in the sector by setting joint commitments - and delivering on them
- Communicate as one voice on sustainability to our patient community



Within Sussex working as sustainability specialists for NHS Sussex, SPFT, SCFT, ESHT and SASH. Plus working outside of Sussex for First Community, Royal Surrey, Solent...

Also significant operational remit within SCFT and other trusts – energy and waste.

Carbon and energy services

- Energy bureau (operational)
- Carbon footprinting data and reporting
- Carbon reduction projects



Waste management

- Contractor management
- Technical issues and queries
- Projects



Sustainability

- Running Trust sustainability programmes
- Sustainability projects
- Clinical sustainability
- Staff engagement
- Research and Innovation



The Framework

Developed in 2014 at Sussex Community
– CWC is also an award winning
**framework for delivering more
sustainable healthcare.**

Centred around the goal of reducing
pollution from healthcare as fast as
possible and as a result improve health
for all.



care
WITHOUT
CARBON

How do we continue to deliver on our vision to **provide excellent care in the heart of the community** – in the context of **climate change**?

Our approach: Care Without Carbon (SCFT example)

Care Without Carbon vision: Together we lead the way in Net Zero healthcare, protecting the environment on which our health depends.

Our strategic goals at SCFT: A great place to work Reducing service inequalities Continuous improvement Digital leader Sustainability

Our three aims

- 01 Reducing environmental impact**
Delivering care that is Net Zero carbon, minimising our impact on the environment and respecting natural resources.
- 02 Improving wellbeing**
Supporting the health and wellbeing of our patients, staff and communities.
- 03 Investing in the future**
Maintaining long term financial stability through sustainable decision making.

Collaboration in practice: some examples...

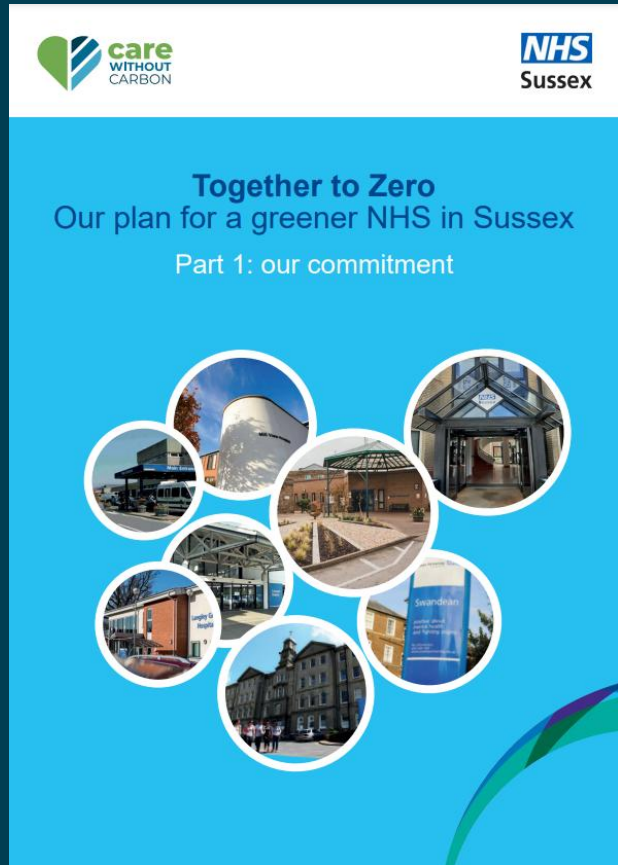


Our Green Plans in Sussex

Alignment of objectives across Sussex using the Care Without Carbon framework.

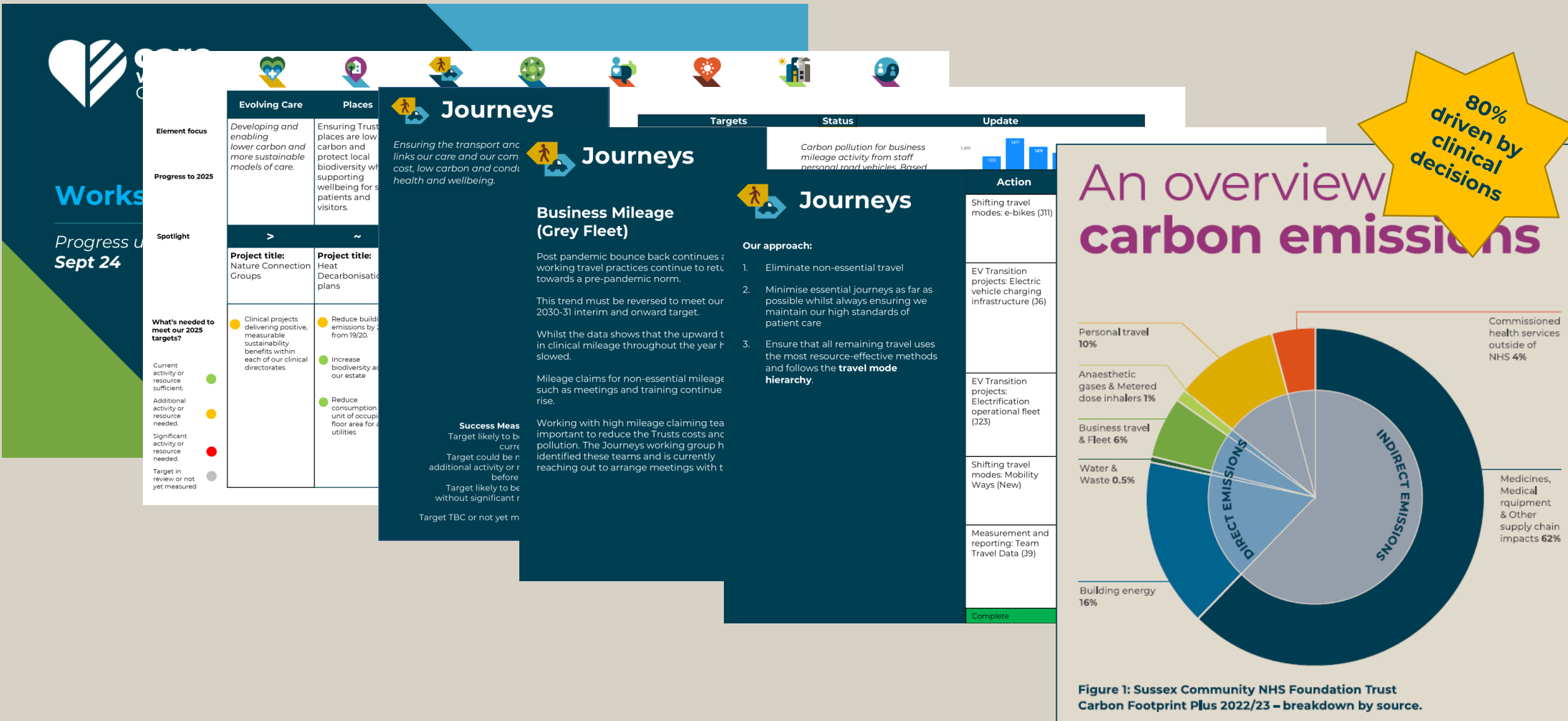
Variety of different organisations – Acute, Community, Mental Health

Plus learning and working with others outside of our region



Governance, data and reporting

Shared approach and methodology



CWC Sustainable Healthcare Impact Assessment

Integrating into core business



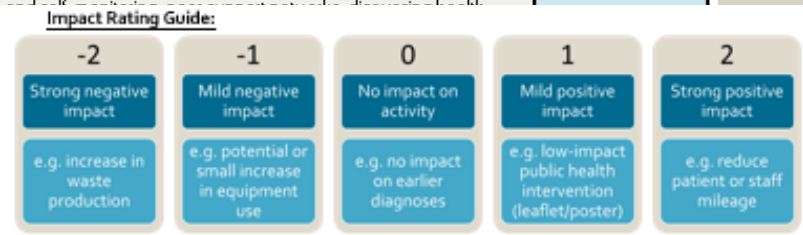
Working with QI teams at SCFT, we have developed a tool to enable users to understand the sustainability impact of their project, and calculate a high level carbon footprint analysis of the project.

Provide a project 'score' and breakdown of the top 3 environmental risks and benefits.

Used to support decision making on projects, develop mitigation strategies etc.

Now developing into an online tool through an SBRI funding grant.

Project:		Date (Orig):
Project Manager:		Next Review Date:
Sustainable Healthcare Principle	Green Activity	Impact Rating (select each box and then click on arrow to choose from drop down)
S T A F P A T I E N T S	Staff health and wellbeing: health and safety at work, healthy behaviours, mental wellbeing, green spaces, workload, break times, improved workplace, opportunities for staff consultation and feedback, promote equality and diversity	Please select
	Health improvement: promoting healthy behaviours, sustainable diet, mental wellbeing, reduce social isolation, interventions personalised to patient/demographic and their needs	Please select
	Secondary prevention: improving disease management, targeting risk factors for disease complications, interventions personalised to patient/demographic and their needs	Please select
	Earlier diagnosis or treatment: getting it right the first time, timely referrals	Please select
	Patient/carer education and empowerment: supported self-care and beliefs/concerns/preferences, shared decision making	Please select
H E A L T H I E R L I V E S	Improving care pathway to better meet patients' needs: using data	Please select
	Reducing avoidable hospital admissions or permanent admissions	Please select



Case Study: Decarbonisation

Joint LCSF bid

In 2023, NHS Sussex (the Integrated Care Board in Sussex) and CWC jointly applied for almost **£750k funding** from phase 4 of the national Low Carbon Skills Fund to support decarbonisation of NHS trust buildings across the area.

The successful bid covered a total of **52 building across 4 Trusts** (ESHT, SPFT, SCFT, QVH), with the funding used to develop detailed Heat Decarbonisation Plans (HDPs) for each site – and to include climate adaptation measures.

The HDP works were completed at the end of 2023.

Next steps: several trusts have since gone on to apply for LCSF phase 5 to support further development of detailed designs for specific, priority sites. For example, SCFT was successfully awarded £517k from this latest round of grant funding.



Case study: Prioritising our resources through departmental carbon footprinting

DRAFT data from carbon footprinting exercise at SCFT (travel & procurement only).

Department	Total tCO2e
Management and Administration	3,089.12
Reablement	2,437.72
IT and Performance	1,438.94
Estates Services	1,173.63
Primary Care Networks	713.82
ICU	705.33
MIU	646.25
Vaccination and Immunisation	449.48
Podiatry	339.99
Healthy Child Programme	301.77
Urgent Community Response	258.28
Dental	213.65
MSK	173.80
Chailey	142.20
Child Dev & Disab	118.55
Bladder and Bowel	112.64
Diabetes	107.73
Community Child Nursing	106.53
Community Therapy Team	88.01
Lymphoedema	82.62
IV Nurses	81.36
Wellbeing	74.13
Virtual Ward	72.32
Radiology	67.37
Comm Neurological Rehab	56.56
COPD	49.34

Teams	Total score
Community Nursing	5
Urgent Community Response	5
Community Neurorehab	4
Healthy Child Programme	4
Community Therapy Team	3
Podiatry	3
Child Development & Disability	3
Diabetes	3
Reablement	2
Intermediate Care Units	2
Minor Injury Units / Urgent Treatment Centres	3
MSK	3
Chailey	2
Pulmonary Rehab	3
Vaccination & Immunisation	1
Dental	1
Bladder and bowel	1
Community Child Nursing	1
PT Adults	1
Homeless Health Team	1
IPC	1
Training & Development	1
Long term disease programme	1

Services with the highest carbon footprint at SCFT

Services that look after patients vulnerable to the effects of climate change

Services with existing change programmes or enthusiasm

Services that have high business mileage and in areas with unhealthy levels of air pollution

Services with high use of medicines (a cause of water pollution)

Services with greatest opportunity for prevention

Care Without Carbon website: sustainable healthcare resources for Sussex

Visit the Care Without Carbon website:
www.carewithoutcarbon.org

The screenshot shows the top navigation bar with the Care Without Carbon logo, 'TOGETHER TO ZERO', and links for 'About', 'Get involved', 'Zero Heroes', 'Resources', and 'What's new'. A search icon and the NHS logo are also present. The main heading is 'Zero Heroes', followed by a paragraph: 'Our Zero Heroes are real change makers - improving patient care, reducing carbon emissions, tackling waste and creating a greener place to work.' Below this is a call to action: 'If you know a Zero Hero nominate them now and help us bring their Net Zero Carbon story to life.' A large image of a superhero woman in a blue and red suit is featured. A decorative ribbon graphic is positioned below the text.

The 'What's new' section features a dark blue header with the text 'What's new' and 'Let's get walking'. A circular icon with a right-pointing arrow is labeled 'Read the full story'. To the right is a graphic of a calendar with a green tab that says 'May is National Walking Month!'. Below this is a pagination bar showing '1 2 3 4 5 6'. The section contains two article cards: 'It's National Gardening Week!' (dated 01 May 2024) with an image of hands in gloves planting a purple flower, and 'No Mow May' (dated 01 May 2024) with an image of a field of colorful wildflowers.

The 'Resources' section has a yellow and purple geometric graphic on the right. The text reads: 'Delivering Net Zero isn't easy! We've pulled together a range of resources to help.' Below this is a navigation bar with tabs for 'Graphics & Videos', 'Toolkits', 'Green Plans', 'Reports & Research' (which is selected), and 'Envoys'. A paragraph states: 'There have been many reports on the impacts of climate change on human health, as well as the impact that healthcare can have on the environment. The reports below will help further your understanding of the need for sustainable healthcare.' The section is divided into three columns: 'The global position' with three article cards (WHO report, Lancet Countdown, and Health Care Without Harm), 'The UK position' with three article cards (Delivering a 'Net Zero' National Health Service, UK Chief Medical Officer's annual report, and Lancet Countdown UK Policy Brief), and a 'Read the factsheets' link.

Some other examples

Working collaboratively across trusts and with NHS Sussex (and beyond), we can:

- Maximise impact of the programme
- Share our learning, and the specialist expertise of our team – and avoid duplication
- Deliver joint projects that bring impact and efficiencies of scale
- Use our influence to effect greater change
- Show strength and leadership in the sector by setting joint commitments - and delivering on them
- Communicate as one voice on sustainability to our patient community

- Chief Sustainability Officer's Clinical Fellow
- **Joined up approach** to some key areas of work, for example:
 - Collaborative waste tender
 - System level Delivery Plan for NZ
 - Prioritisation methodology for Green Plan actions
 - EV charging
 - Climate risk
 - Climate adaptation
- **Research and Innovation:** secured external funding/resource for range of projects including:
 - Patient research around key sustainability initiatives
 - Original pilot for GIA
 - CWC website development & TTZ launch
 - Student projects looking at local patient impact of heatwaves within mental health and community setting; impact of green space on recovery times
- **Engagement:** a shared approach for sustainability champions (CWC Envoys); working towards a CWC Envoy hub to link Envoys from different trusts across Sussex



our health | our environment | our commitment
carewithoutcarbon.org

Susie Vernon
Associate Director Sustainability
susie.vernon@nhs.net