



# Centre for Sustainable Healthcare

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Impact Report 2023

INSPIRE EMPOWER TRANSFORM

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# About the Centre for Sustainable Healthcare

## INSPIRE | EMPOWER | TRANSFORM

Since 2008, our organisation has been dedicated to engaging healthcare professionals, patients, and communities to better understand the vital connections between health and the environment.

We aim to reduce healthcare's resource footprint and support the sector to lead the way in modelling climate action. This includes rapid decarbonisation of the health system and developing climate-resilient health services with improved connections to green space.

We have two primary programmes, Clinical Transformation and Green Space for Health, which are both guided by the [principles of sustainable clinical practice](#):

- Prevention
- Patient empowerment and self-care
- Lean systems
- Low carbon alternatives

## Our Vision and Mission

- All people in the health system are able to shape and deliver sustainable healthcare which supports our communities and our natural world.
- To inspire and empower people with the knowledge, skills and tools to play their part in the transformation to sustainable healthcare.

# Message from our Chair

## Gill Manning

I am delighted to present our annual review and celebrate not just a year of remarkable achievements of the Centre for Sustainable Healthcare but also our 15-year anniversary of advancing clinical practice and influencing positive change within the field.

In 2023, we achieved significant growth and progress across our programmes and initiatives, with a number of new team members leading the ambitious project schedule.

Looking ahead, we are excited to have been successful in a European Horizon project, part of our ambition to cultivate more partnerships within and outside the UK.



*We have achieved much over the last 15 years, but there is still a lot to do, and we will be working even harder to leverage our networks, push more boundaries, and improve the chance of a sustainable future in healthcare. All driven by collaboration and innovation.*

Thank you for your support and commitment to sustainable healthcare, and we hope you enjoy reading about our successes and growth in 2023.

# Message from our CEO and Founder

**Rachel Stancliffe**



Welcome to all of you! 2023 has been another incredibly busy and fulfilling year. We have continued to build the team with some exceptional people and are also increasing our capacity to deliver by strengthening our systems, supporting each member of the team, and developing a more resilient and diverse team and board. We are hugely grateful for the support of volunteers who help us with many important pieces of work and for partners with whom we collaborate, as well as funders who make our work possible.

15 years seems like a long time ago. When we started in 2008, most people didn't ever think about environmental sustainability and didn't understand the concept of carbon emissions. We had to do a lot of persuading that our work was really needed and relevant for health.

I'm very encouraged that, despite having an enormous task still ahead of us, so many people are now on board with the need and benefit of integrating sustainability into healthcare and that our version of 'HOW TO do it' is now welcomed by so many - as seen by the numbers of people taking our courses, joining our Sustainability in Quality Improvement (SusQI) Academy, and participating in Green Team competitions. An important UKRI grant this year has supported our SusQI model to be more commercial, and a four-year European research grant as part of a consortium to share what we have learned in the UK with other countries will help to extend the impact of this work. Our vibrant networks are central to this rapidly growing community and had a revamp this year to make it easier to share questions, resources, and ideas, and the network co-leads are doing a fantastic job.

15 years ago, our NHS Forest was seen as quite a whacky concept – what do trees have to do with health? – but now the idea that nature and health are intertwined is widely accepted, and this year our Nature Rangers at NHS sites have made that connection very visible. Our team also received an exciting Forestry Commission grant to work with NHS sites to plant 150,000 more trees in the NHS Forest, which enables that connection to spread and grow in different ways at so many places.

So, lots of progress and plenty of paths still ahead. We look forward to the next 15 years of work with many partners to transform healthcare for a sustainable future.

# Our Impact

1 January 2023 - 31 December 2023

## Clinical Transformation

Integrating sustainability into clinical culture and healthcare service provision.

### Sustainable Specialties

Our [Sustainable Specialties programme](#) has been successful in developing our fellow and scholarship programmes over the past year.

#### Highlights include:

- **2023 saw our large 2022-23 cohort of fellows and scholars complete their projects.** Scholarships and fellowships supported sustainable transformation in SusQI education, surgery, dentistry, oncology, anaesthesia, endoscopy, kidney care, paediatrics and ophthalmology.
- **Launch of the landmark Green Surgery Report** in November by the UK Health Alliance on Climate Change, CSH and Brighton and Sussex Medical School. The report was endorsed by organisations from across the specialty and provides evidence-based recommendations for sustainable practice in surgical care.
- **Welsh scholars** at Cwn Taf Morgannwg Health Board undertook wide-ranging projects from food waste and repurposing recycling to inhalers.



#### Report

[CTM UHB/CSH Intensive Sustainable Innovation Group Scholar Programme - Summary Report 2022/23](#)

- **Five kidney scholars supported by the UK Kidney Association** worked on projects that reduced waste and saved carbon and money in haemodialysis and peritoneal dialysis, while improving patient and staff experience.

**These fellowships have resulted in impactful outputs, such as:**

- ▶ The desflurane decommissioning project
- ▶ Foundation school curricula and dentistry training
- ▶ Launch of the new Women’s Health sustainability network
- ▶ New textbook chapters on sustainability in surgery and generalism
- ▶ Literature on the carbon footprint of pharmaceuticals



- **Sustainability Fellowships:** Seven fellows concluded their fellowships and produced impact reports this year. These reports were focused on areas such as Paediatrics, Oncology, Anaesthetics/ICU, Dental, Clinical Leadership, and Value-based Healthcare. Additionally, two new fellows have started their projects in 2023, which are expected to be completed by the summer of 2024 (Oncology and Paediatrics). Explore further details about our [Fellows and Scholars](#).
- **Sustainability Scholarships:** One scholar completed their project and produced an impact report in 2023, focusing on ophthalmology. Additionally, one new scholar commenced their project in 2023, focusing on cancer care.
- **Group scholars:** In 2023, 6 scholars from Cwm Taf Morgannwg University Health Board (CTM) and 5 scholars from the UK Kidney Care Association group completed their projects. Reports can be downloaded from the [Kidney Care Fellows and Scholars page](#) on the Centre for Sustainable Healthcare website and [the Cwm Taf Morgannwg Health Board Scholars page](#) on the same site.

**Looking Forward: 2024**

**2024 will see the start of the exciting European KitNewCare project in kidney care.** CSH is one of the lead partners in a European consortium which will be working with pilot clinical centres to develop sustainable innovations in kidney care and drive their adoption across Europe. As part of our new Sustainable Specialties three year strategy, KitNewCare will generate a tested model for specialty transformation.

## Sustainability in Quality Improvement (SusQI)

### Small Business Research Institute (SBRI) project funding

For the first 6 months of 2023 our SusQI team received funding and support from the Small Business Research Institute (SBRI) to improve how we market our services and how to increase the patient voice in SusQI. We worked with Glasshouse Health marketing team, and the Health Innovation teams of Oxford and Kent, Surrey and Sussex. This project helped us create a marketing plan and a Public and Patient Involvement and Engagement (PPIE) strategy. Our new public representatives recruited through this process, Georgina and Andrea, will be integral to how we implement this strategy. We will be working with Oxfordshire Local Enterprise (OxLEP) and our own communication team to enact our marketing strategy. It was a steep learning curve for the team, and the support from SBRI and our partners was fantastic, and was topped with the SusQI programme being shortlisted as one of five finalists for the 2023 Innovate Award, Net Zero Innovation category. This was in recognition of SusQI's potential to significantly and positively impact the NHS's ambition to reach Net Zero by 2040.

### Expanding SusQI Academy and Beacon site programmes

Through 2023 our SusQI Academy and Beacon site programmes have seen a growing number and range of member organisations from across the UK, and our first international members in Australia and Canada. Midlands Partnership University NHS Foundation Trust were one of our first healthcare delivery organisations to join the Academy programme, and have worked with the SusQI team throughout 2023 to become an established Beacon site, they have now integrated sustainability throughout their QI training programmes and organisational QI approach, and have said about the programme:



*"We've been extremely well supported by the SusQI team at the Centre for Sustainable Healthcare, the approach has been very flexible and how we got there was up to us... having the Academy network to have conversations with other organisations on the same journey proved extremely useful."*

*- Helen Payne, Head of Continuous Improvement,  
MPFT*



## Annual SusQI Showcase

The fantastic SusQI Showcase held in May 2023 showcased great examples of SusQI in practice from a range of our members and partners.

*“This was a brilliant event showcasing what is possible using case studies...it's beneficial to everyone working in health, not just NHS teams. Because any new project or initiative simply cannot be incorporated into healthcare systems without the green lens. Thank you for putting this event together!”*

- SusQI Showcase 2023 participant

**200+ individuals have been trained in 2023** through our Sustainability in Quality Improvement workshops and bespoke courses and sessions including those with the Nuffield Trust, Florence Nightingale Foundation and Royal College of Nurses. And the SusQI team had the privilege to be a part of the inaugural Net Zero Clinical Care Conference 2023, hosted by the BMJ and UKHACC, and the Our People Our Planet 2023 event offering the opportunity to engage large and varied audiences in SusQI.



## Publications and materials

In July 2023 two CSH elective volunteers, Jonathan De Oliveira and Will Nash, together with Alice Clack, CSH's 2022/2023 SusQI Education Fellow, and Georgia Galloway, a collaborator with experience in the impact of SusQI teaching, published a letter to the editor of Clinical Teacher in response to an article highlighting a unique method of teaching QI and arguing that all new approaches should help reduce the carbon footprint of the NHS to meet its Net Zero commitments.



### Letter

Sustainability in quality improvement: QI fit for the future

In November, ahead of COP28, The World Health Organisation's hosted network Alliance for Transformative Action on Climate and Health (ATACH) launched a new library of case studies. The new library showcases real examples of "first wins" achieved by health systems in building climate resilience and/or low carbon sustainability with the aim to support countries in implementing the Operational Framework for Building Climate Resilient and Low Carbon Health Systems.



### Case Study

Sustainability in Quality Improvement (SusQI) at Health System Level - Technical case study.

The SusQI team provided a Technical case study for the library, presenting the SusQI framework as a proven approach that combines better quality of care with environmental, social and financial benefits.

## Green Team Competition

CSH have collaborated with 5 NHS Trusts and an Integrated Care Board (ICB) in England this year to deliver 6 Green Team Competitions. So far, the outcomes of 3 of them are known with combined savings of £790,000 and 287 tonnes CO<sub>2</sub>e. We are looking forward for the results of the other teams! 35 participating teams from a range of specialties and professional groups have developed case studies to share and spread their impacts and learning.

### Case Studies In Sustainable Healthcare

A key resource to call upon when looking to implement sustainable initiatives into healthcare, case studies are a vital part of transforming knowledge into action and providing a clear record of projects and outcomes. The case studies in our [Resource Library](#) provide a rigorous summary of the carbon, financial and social savings and benefits from each sustainable initiative.



## Events, Competitions, Conferences, and Talks

We are proud to share with you that the Green Team Competition programme and our SusQI Academy has received various accolades throughout the year:



- Rachel McLean, our SusQI Competitions and Specialties Programme Lead, presented at the [London Sustainability Network: Lunch and Learn](#), discussing our SusQI programs and the Green Team Competition.
- Two teams, including the Northampton Greener Personal Protective Equipment project led by Holly Slyne, are named finalists for the [2023 HSJ Towards Net Zero Award](#).
- The [BMJ Net Zero Clinical Care Conference 2023](#) accepted several Green Team initiatives for poster presentations. Lynn Riddell, project lead, presented their project on reducing low-value appointments. Her Green Team Competition case study was initially presented during our [2023 SusQI Showcase webinar](#). The CSH SusQI team also presented at the conference.
- Two Green Team e-posters were featured at the [International Forum on Quality and Safety in Healthcare, Copenhagen 2023](#).
- Sarah Williams and Laura-Marie Baldwin led Gloucester Hospitals FT in investigating sustainable enteral feeding practices. Their presentation at our [SusQI Showcase 2023](#) event highlighted their strategy to reduce the carbon footprint while maintaining patient care.
- Alex Langstaff and Holly Slyne, Green Team project leads, were finalists in [the Royal College of Nursing Awards 2023: Greener Nursing Category](#). Alex Langstaff's project, Treating Mucositis with Photobiomodulation Therapy, was showcased at our [SusQI Showcase 2023](#) event. Angela Hayes, a sustainability program leader, delivered the presentation.
- A SusQI project from one of our Academy members, Telford and Wrekin Community Mental Health Service Depot Clinic, is shortlisted for [the RCPsych awards Psychiatric Team of the Year: Outstanding Commitment to Sustainability/Green Care](#).

### Looking Forward: 2024

We are excited to host new competitions in 2024, including our very first international competition early in 2024 in collaboration with Alberta Health Services, Canada. Due to the success of our Green Team Programme and anticipation of further growth we plan to expand the competition delivery team by skilling up existing staff and recruiting new ones.

## Carbon Modelling

In 2023, CSH's sustainability analysts provided crucial carbon modelling support for various CSH projects. The team supported 15 scholars through the Sustainable Scholars Programme, 6 Green Team Competitions, 10 Carbon Footprinting Courses and CSH's SBRI Phase 1 as well as external consultancy projects.

### Highlights include:

- **Digital transformation:** CSH supported two companies in evaluating the environmental impact of using their digital health technologies to streamline care pathways. CSH continued its collaboration with Ufonia, an AI company, to evaluate the potential environmental impact of using automated conversations for pre and post cataract surgery assessment compared to traditional nurse-led and patient initiated reviews. The pilot phase ended in December, with the final model and report being submitted before the end of 2023. CSH also collaborated with HammondCare to estimate the carbon impact of their HammondCare Virtual Dementia Behaviour Support Clinic (DBSC), a digital App offering carer support for dementia patients experiencing Behaviour and Psychological Symptoms of Dementia (BPSD).
- **Supporting NHS organisations:** CSH supported Gloucestershire ICB, Gloucestershire Primary Care (GP) services and Gloucestershire Health and Care NHS Foundation Trust to estimate a baseline carbon footprint to help monitor the impact of carbon reduction initiatives and progress towards net zero.

- **Sustainable Veterinary care:** CSH continued to collaborate with the Royal College of Veterinary Surgeons (RCVS) to support veterinary practices in implementing the environmental sustainability module of RCVS's accreditation scheme which CSH co-developed last year. A webinar on the new environmental sustainability module was developed, including supporting information and content on how practices can achieve the new accreditation standards. CSH also delivered a 3-hour workshop in March for the marketing team at Dechra, a veterinary pharmaceuticals company. The workshop focused around how Dechra can support veterinary practices to meet their sustainability goals.

CSH delivered 10 carbon footprinting workshops and developed a new **carbon footprinting course tailored for participants based in the United States**. The US course was trialled alongside three of the regular carbon footprinting workshops.



*'The course has been almost life changing for me. It was the final piece in the jigsaw that allowed me to demonstrate real gains in so many areas.'*

*– Carbon footprinting course participant 2023*

### Looking Forward: 2024

In 2023 CSH conducted its first internal carbon footprint analysis. As a supplier to the NHS, CSH is committed to reducing its own emissions. Based on our analysis we will develop and publish a carbon reduction plan in line with NHS's net zero targets and continue to monitor and measure our carbon footprint annually.

## Education and Training

In 2023, CSH continued to develop and expand its range of educational initiatives, in support of its strategic objective to provide healthcare staff with the awareness, skills, confidence and motivation to integrate sustainability into clinical culture and healthcare provision.

### Highlights include:

**Expanding the provision of short courses:** CSH created two new specialty courses: Sustainable Child Health and Sustainable Procurement. The latter is aimed at non-clinical procurement specialists working in healthcare and provides the opportunity for participants to discuss challenges, opportunities, and plan tangible steps to measure and mitigate the environmental impact across the whole procurement chain. CSH Short Courses provide a valuable introduction to the principles of sustainable healthcare and the opportunity for all participants to develop and implement a project to reduce the carbon footprint in their own area of work. A total of **2,580 healthcare professionals have completed CSH Short Courses** since June 2020, and many return for ongoing mentoring and guidance for their local projects in our Sustainable Healthcare Cafés. There were 1,023 attendees on our courses in 2023, an increase of over 36% from 2022; participants booked onto our courses from 21 different countries. Feedback has been overwhelmingly positive with over 95% saying they would recommend Foundation courses to colleagues.



***“The course was engaging and a manageable amount”***

*- Carolyn Botfield*

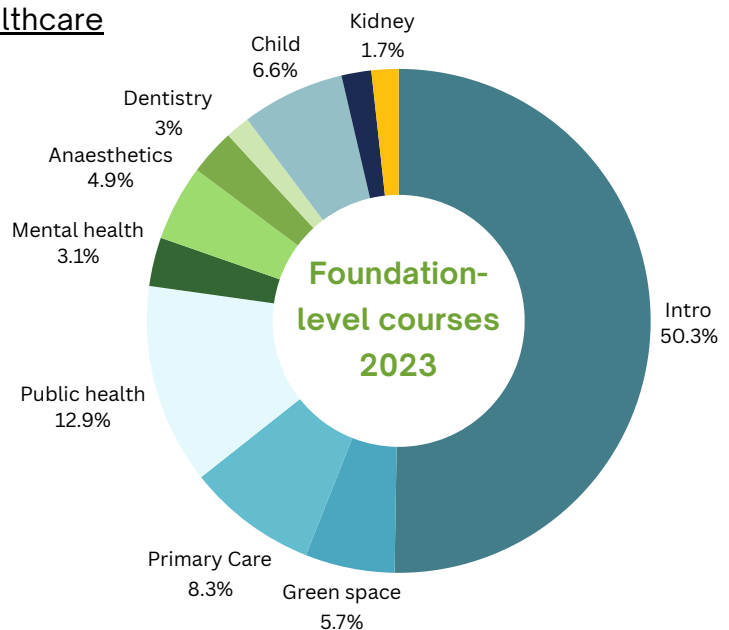


***“Reminder of key facts; strategies for tackling the problem and getting people around me engaged. Good to have local information.”***

*- Carl Edmonds, Deputy Director Programmes*

### Foundation-level courses

- [Introduction to Sustainable Healthcare](#)
- [Green Space and Health](#)
- [Sustainable Primary Care](#)
- [Sustainable Mental Healthcare](#)
- [Sustainable Dentistry](#)
- [Public Health Leadership for Sustainability](#)
- [Sustainable Anaesthetics](#)
- [Sustainable Respiratory Care](#)
- [Sustainable Kidney Care](#)
- [Sustainable Child Health](#)
- [Sustainable Procurement](#)



### Technical courses

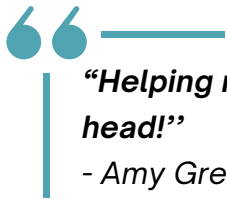
- [Carbon Footprinting for Healthcare](#)
- [Sustainable Quality Improvement](#)
- [Teaching Sustainable Quality Improvement](#)



*“Hayley’s presentation was absolutely superb and possibly the best talk through of the co-benefits to health and the system that I’ve heard (and I’ve heard a few!)”*

- Dr Emma Radcliffe

- **Free e-learning modules:** CSH provides free introductory [e-learning modules](#) to UK residents via Health Education England’s e-Learning for Healthcare (eLfh) platform. In 2023, we launched a third module on Sustainability in Dentistry. These modules are certified by eLfh and provide a useful entry-point to understanding the principles of sustainable healthcare and the opportunities for positive change available to healthcare professionals.



**“Helping me consolidate the ideas which have been whizzing around in my head!”**

- Amy Greengrass, Consultant Anaesthetist, Clinical Lead for Sustainability



**“The message is clear and concise. I hope we can move forward really positively as an organisation”**

- Dr Emma Radcliffe

- **Consultation and Collaboration:** due to the quality and growing reach of our educational programme, the CSH Education team is increasingly invited to advise, participate and collaborate on projects to support sustainable healthcare. In 2023, we were asked to speak at the Clinical Pharmacy Congress, which led to an invitation to advise on the development of the Northern Ireland Medicines Strategy. The team has provided expert advice to the Royal College of Psychiatrists in their Net Zero Mental Health Care guidance and education report. This year also saw CSH Education deliver regular training for the members of the Royal College of Nursing and the Royal College of General Practitioners. We have presented to the South East Clinical Senate on Sustainable Quality Improvement; provided carbon literacy courses to healthcare staff in New South Wales, Australia; run a train-the-trainer programme to allow medical educators in Wales to deliver an introduction to sustainable healthcare; and delivered training on Sustainability in Respiratory Care to physiotherapists in Ireland.

**Practical training in sustainable healthcare:** CSH is supported by a number of committed volunteers hosted by the Education Programme. In 2023, 47 individuals volunteered, some of them alongside a regular job, others intensively during the university holiday months, and some in their retirement.



You can find a few projects and profiles of recent volunteers [here](#).



# Green Space for Health

Improving the management and use of NHS land/green space and community access to green space.

A healthy local natural environment is a key part of sustainable healthcare. It contributes to the prevention of illness by increasing physical and mental wellbeing and offers therapeutic benefits for recovery. Our annual NHS Forest conference this year focused on the benefits of trees and woodlands, demonstrating how they are a valuable healthcare asset that should not be taken for granted. NHS sites need to have a biodiversity plan in place by January 2024, and our work this year has been supporting sites to achieve this goal. Throughout 2023, we have been working to improve biodiversity on the NHS estate, as well as connecting staff, patients and the wider community with green spaces to improve health and wellbeing, recovery and treatment.

## Improving NHS green estate biodiversity

In the 2022-2023 season, we planted 9,659 trees at 43 NHS sites, planting hedgerows and memorial trees, as well as restoring and creating woodlands. During this season, in December 2022, the NHS Forest planted its 100,000th tree! We are grateful for the support of our corporate and individual donors, and the Trees Call to Action Fund for enabling this work to happen.

Over the next two years we will be more than doubling this milestone, as we have secured funding from Defra to plant a further 150,000 trees on NHS land, working with the Forestry Commission. We are delighted to have welcomed two new team members to deliver this exciting project – Harriet White and Neil Ingram.

This Defra funded project is not just about getting trees in the ground, but also providing NHS sites with advice, support and guidance on planting their trees and maintaining them in the years to come. We are also coordinating strategic partnerships to facilitate tree planting, provide support and engage the local community. This project aims to demonstrate the power of trees in creating healthier environments, making healthcare sites places where people can go to be healthy in community. The Defra funding will run alongside our Trees Call to Action funding until March 2025.

This year, we have taken a more strategic approach to tree planting, conducting mapping exercises to identify opportunities to connect trees and woodlands across the NHS estate. We provided ecological advice to 6 NHS sites, supporting them to plan how to make best use of their land for biodiversity. We have also been working to increase the evidence base for the value of trees and woodlands to healthcare institutions in partnership with Forest Research. The report estimated that the financial value of trees and woodlands at four NHS sites in England was a staggering £82,531. Trees are about so much more than money, but putting a financial value on trees can help trusts make more informed decisions about land use and help them see the true value of the green estate.

## Tree Equity

In 2023, we partnered with the Woodland Trust and American Forests to bring a transformative **Tree Equity Score tool to the UK**. The tool, originally developed in the US, determines the tree canopy cover needed in urban areas for everyone to experience equitable access to the health, economic and climate benefits provided by trees. The tool will enable decision makers, including those at healthcare sites, to prioritise tree planting efforts where they are needed most.

## Using the green estate for health

In October 2023, we held our annual NHS Forest conference, this year with a focus on trees and woodlands as a healthcare asset. The conference attracted over 600 sign ups, and recordings of the speakers are available on our website. The conference announced our NHS Forest Awards Winners for 2023, for healthcare sites going above and beyond in promoting biodiversity and connecting people with nature.



***“I am planning on reporting back to the hospital sustainability lead, and taking the resources and evidence which I have gathered to the senior leadership of the Trust, to persuade them to recognise the benefits of green spaces.”***

*- NHS Forest Conference Participant*

**“This has been a fantastic day! Thank you to all the speakers and to CSH, so wonderful to hear about all the work and findings in this sector.🙌**

*- Kathleen Wright*

As part of the conference, we heard inspiring stories of how green spaces can be used effectively for the benefit of staff, patients and the wider community, including from one of our Green Recovery Rangers, Nick White, based in Liverpool.

### Focus on: Nature Recovery Ranger, Liverpool

- ▶ In September, Liverpool University Hospitals NHS Foundation Trust (LUHFT) held its inaugural Sustainability Awards. Nick White, Centre for Sustainable Healthcare Nature Recovery Ranger, together with the Friends of Bluebell Woods, won the Partnership Award. Nicola Daly, Head of Sustainability at LUHFT said: “These awards celebrate the great work being done by staff and volunteers across our hospitals. Bluebell Woods is part of the NHS Forest and is a fantastic asset for Aintree Hospital and the local community. It’s been great to acknowledge all the work Friends of Bluebell Woods have done over several years to help improve the environment. Under the leadership and guidance of the ranger over the past two years they have been able to improve public access and undertake woodland management works which are increasing the biodiversity of the area.”



***“I previously felt that my clinical role did not support direct action in this area, but I now feel empowered to start pushing for action. Thank-you for a great conference - it definitely exceeded my expectations.”***

*- NHS Forest Conference Participant*

***“Big thank you to all the speakers and team behind the conference. Really, really interesting. Looking forward to getting my hands dirty in making some of these ideas come to life... Thank you”***

*- Katie, NHS Forest Conference Participant*



***“Thank you for the interesting talks, very thought provoking and helping me consider how to support patients to engage in green spaces”***

*- Maysie Bye, NHS Forest Conference Participant*

## Voices from the field

In 2023, we carried out an evaluation of our Nature Recovery Ranger programme. We are using this evaluation to re-design and develop the programme to make sure we have the greatest impact on biodiversity on the NHS estate as possible. The Nature Recovery Rangers are well placed to connect staff and patients to green spaces, and through our programme we want to see them flourish across the country.

### Focus on: Nature Recovery Ranger, Mont Vernon

▶ This year, we were also successful in securing further funding for our ranger post at Mount Vernon Cancer Centre in North London.

▶ In January, we welcomed a new Nature Recovery Ranger, Billy Styles, at Mount Vernon Cancer Centre. In April, more than 40 people joined Billy to learn about seed sowing and to put together their own egg box seed trays. Participants learned about sifting compost, how and why to mix in topsoil, the importance of water, how to sow seeds effectively and how to ensure the seeds germinated.

The plants sown included amaranth, edible chrysanthemum, borage and salsify. They were chosen as they lend themselves to regenerative low impact growing and were attractive, insect friendly and drought tolerant. The drop-in sessions provided personalised, hands-on learning, delivered in an informal environment. As the sessions were at lunchtime, they were accessible to a wide range of people. Many participants shared their enjoyment of the activity and the positive impact the connection with nature had on them.





**“Since we started working with the NHS Forest project, there has been fantastic engagement on site. We’ve seen patients walking through our woodland walkway, taking time to sit and look at the environment and that’s been amazing. I’ve also had more staff than ever before suggesting meeting outside which has had a great effect on staff wellbeing and morale. Our hope is to get everyone involved in creating a greener future and making a positive impact on the wellbeing of our communities.”**

*– Ginnie Abubakar, Cancer Support and Information Services Manager at Mount Vernon Cancer Centre*



“Bluebell Woods are part of the NHS Forest and are a fantastic asset for Aintree Hospital and the local community. It’s been great to acknowledge all the work Friends of Bluebell Woods have made over several years to help improve the environment. Under the leadership and guidance of the ranger over the past two year they have been able to improve public access and undertake woodland management works which are increasing the biodiversity of the area.”

*– Nicola Daly, Head of Sustainability at LUHFT*



“You may not realise it, but every Trust needs a Nick! The impact of having a ranger is fantastic.” *– Nicola Daly, Head of Sustainability at LUHFT on Twitter*

We ran our fully booked Green Space for Health training in November, and have plans to update the training to include more information about trees and woodlands ahead of our next training session in February 2024. The training enables NHS staff to learn more about using green spaces for health and wellbeing, while facilitating them to develop projects for their own context.



## News from our team

We are pleased to have welcomed three further new members to the Green Spaces team who haven't already been mentioned: Una Devlin as our Communications, Engagement and Marketing Lead; Sarah Jordan as our Green Space for Health Director; and Daniel Loveard as our Green Space for Health Project Lead.

### Looking Forward: 2024

In 2024, the green space team will continue to provide free trees to NHS sites across England. In the tree planting season 2024-25 we will include fruit trees and standards in our tree offer, along with the tree bundles we have been offering this year. We will continue to provide support with planning, planting and maintenance, providing resources and linking up partners to ensure our trees have the best chance of survival and maturation to benefit generations to come. We will also be launching our new ranger programme, with the aim of building capacity within NHS sites to recover people with nature, and recover nature for people.

### Acknowledgements

The green space team's work is funded by the Trees Call to Action Fund. The fund was developed by Defra in partnership with the Forestry Commission and is being delivered by The National Lottery Heritage Fund.

The NHS Forest is funded by Defra in partnership with the Forestry Commission.

We are grateful to our sponsors, RSK, for their contributions to the NHS Forest, including tree sponsorship and pro bono support.

We are grateful to all of our corporate and individual sponsors who have enabled us to plant trees this year.

# Research

Increasing awareness of the relationship between health and the environment

## Selected publications



### Journal article

[The carbon footprint of Bubble-PAPR™: A novel item of personal protective equipment](#)

### Journal article

[Teaching skills for sustainable health care](#)



### Report

[Green Surgery Report](#)

### Report

[The Climate Resilience Infrastructure Report: A Focus on Nature](#)



### Report

[NHS Trees and Woodland Valuation Pilot Study](#)

### Comment piece

[The four steps boards need to take to achieve net zero](#)



### Blog post

[Solving NHS demand challenges with a sustainability lens: SusQI examples from the Green Team Competition.](#)

### Textbook chapter

[Planetary Health and the Anthropocene in Social Science Perspectives on Global Public Health - Chapter 10](#)  
[Planetary Health and the Anthropocene and Chapter 11](#)  
[The Climate Emergency and Zero-Carbon Healthcare](#)



# Networks

Building a sustainable healthcare community, learning, and collaborating with others and positively fighting the climate crisis.

Our Networks Platform provides a digital space for sharing resources, knowledge, and ideas, and connecting with like-minded individuals from around the world. Our online community is open to everyone interested in making healthcare sustainable, including healthcare professionals, patients, administrators, researchers, students, and more.

We have seen some fantastic growth in our community since the new Networks Platform launched in April this year.



**“CSH networks enabled me to link up with colleagues from different disciplines and NHS Trusts working on a sustainability project that had already been implemented in my Trust. By sharing information on my Trust's project, I was able to help them move forward with theirs and convince their Trust's infection control team that the project was possible”.**

*– Dr Emily Parker, Sustainability Fellow in Paediatric Medicine.*

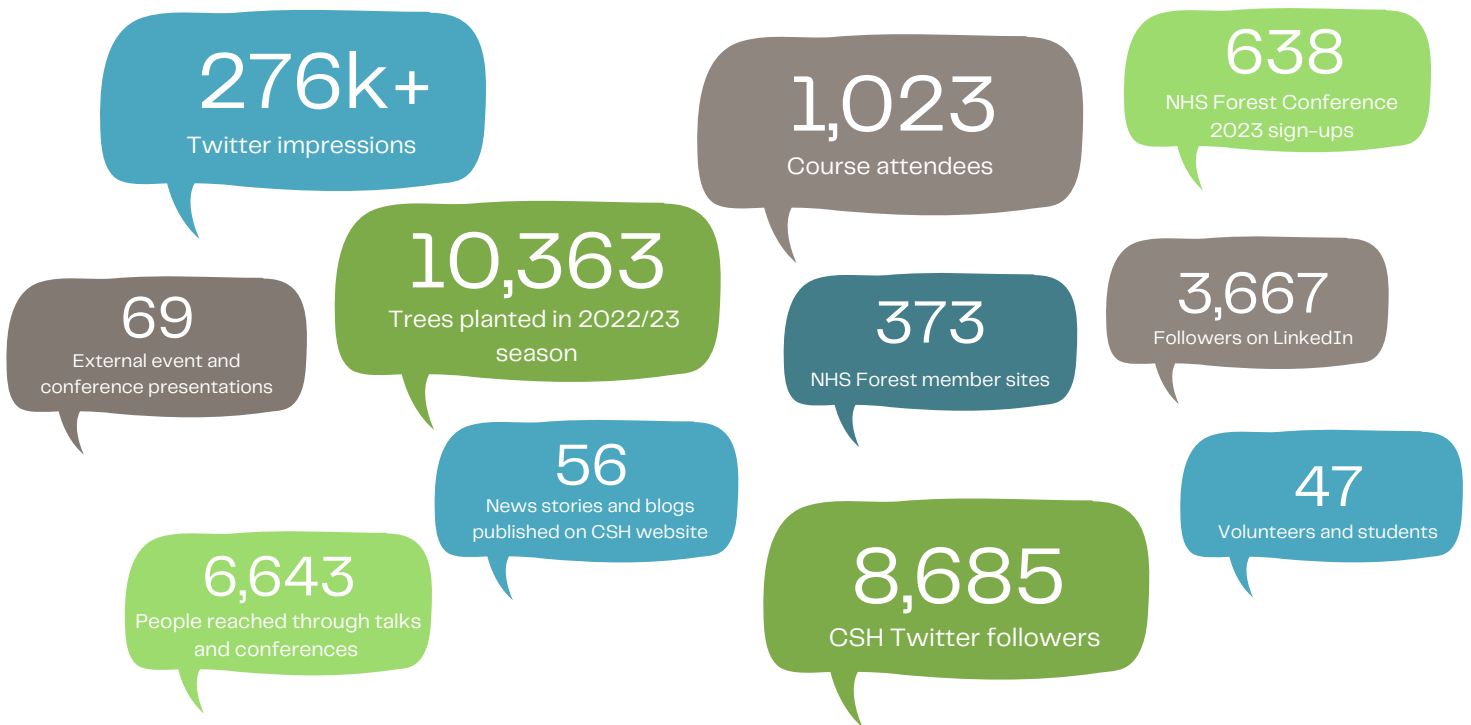
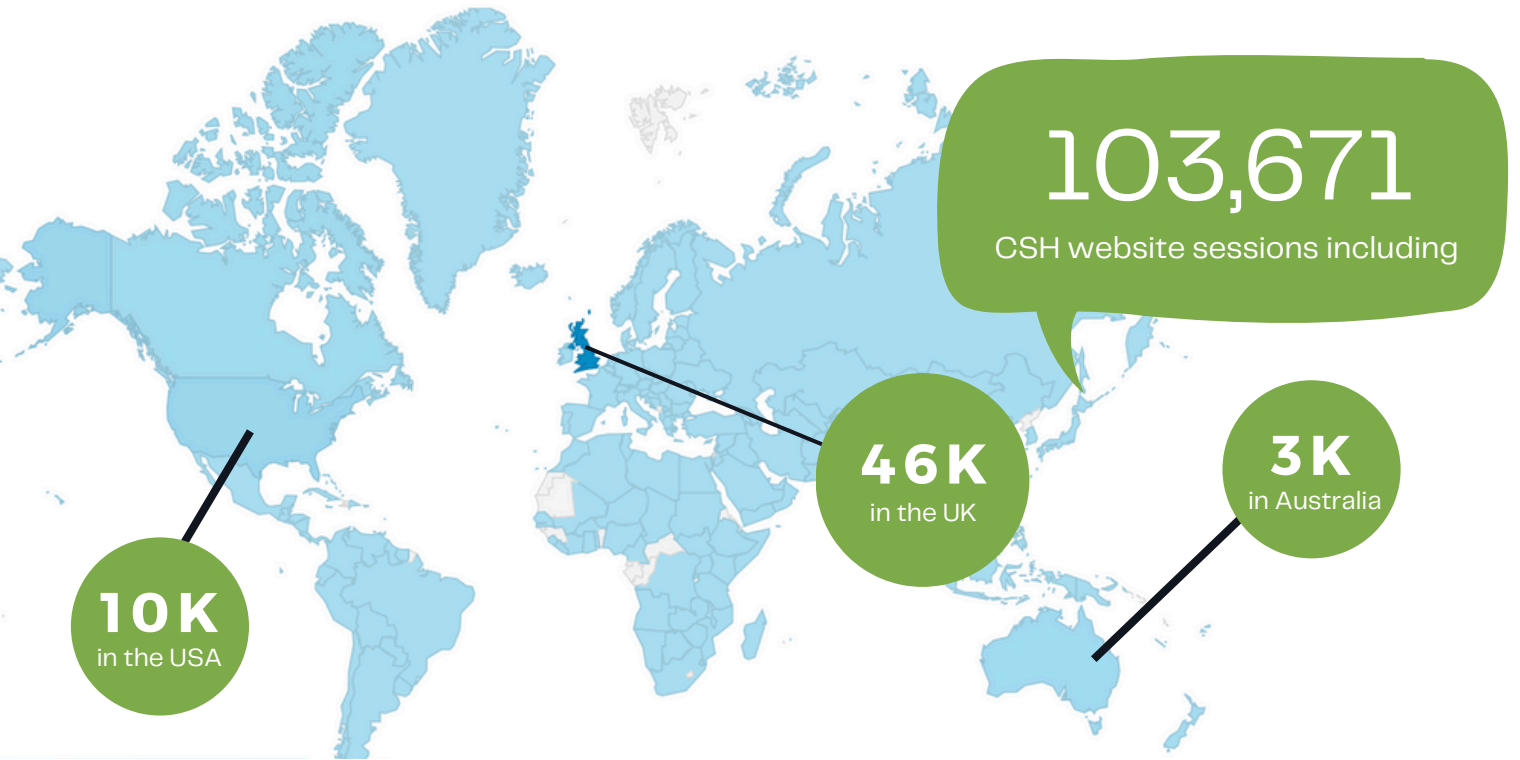
## Looking Forward: 2024

We are excited to continue growing in 2024 and hope that you will join us in making our community of healthcare professionals and sustainability advocates the number one place to go for the latest conversations, collaboration, research, and events in sustainable healthcare worldwide. We plan to step things up next year, with more events, transferable case studies, new partnerships, and engaging content, there is so much to share, celebrate, strengthen, and learn from!



# Impact in Numbers

Communication, outreach and engagement



# Finances

Nov 1st 2022 - Dec 31st 2023

## Income

CSH raises income to fulfil its mission. As in previous years, CSH received income from many different funding sources - grants, education work, including courses and mentoring, commissions, and tree sponsorship and donations. To be in line with the calendar year, CSH extended this financial year to 13 months, from November 2022 to December 2023. Over the course of this financial year, we secured an overall income level of £1.6 million, compared to the previous year's £1.2 million. This increased funding support reflects an increased interest in sustainable healthcare and green space for health and a growing demand for our programmes.

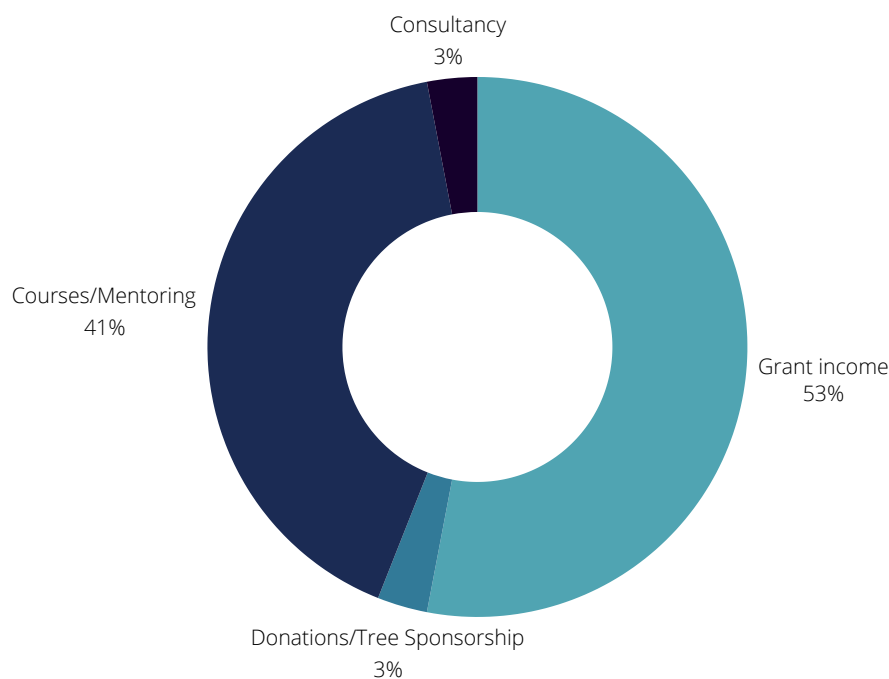


Figure 1: CSH income breakdown for 2023

## Funding & Support

Over 2023, CSH received funding from a range of organisations for the development of educational resources and block booking of its courses, including Health Education & Improvement Wales, and several Integrated Care Boards.

Several NHS Trusts signed up to our Green Team competition and SusQI Academy or supported scholars or fellows as part of our scholar- and fellowship programme. Our SusQI programme was further supported by a grant from SBRI (Small Business Research and Innovation).



We continued to receive funding from the Government's Trees Call to Action Fund for our Green Space for Health programme. This fund was developed by Defra in partnership with the Forestry Commission and is being delivered by The National Lottery Heritage Fund.



We also secured funding allowing us to supply 150,000 trees free of charge to NHS England sites over the 2023/4 and 2024/5 planting seasons. This generous support comes from the Nature for Climate Fund managed by the Department for Environment, Food and Rural Affairs (Defra). The project also benefits from oversight by the Forestry Commission.



RSK group's multi-year sponsorship agreement with CSH includes annual sponsorship for NHS Forest trees to be planted through our Trees Call to Action Fund grant. RSK is a leading integrated environmental, engineering and technical services business, and it is leveraging its expertise and experience, particularly around nature-based solutions, to provide advice and consultancy to guide and support CSH's strategic work. RSK employees also support NHS Forest projects through a volunteering programme.

The NHS Forest also benefited from ongoing corporate sponsorship from a number of businesses, including Tula Energy, who sponsored 100+ trees for the NHS Forest; DSSR Consulting Engineers, who are an award-winning firm specialising in all aspects of building services and sustainability, and who committed to an annual tree donation of 500 trees; IQVIA, a leading global provider of advanced analytics, technology solutions and clinical research services to the life sciences industry, who also contributed trees; TePe, a leading oral health brand who are sponsoring trees throughout the 2023-24 planting season; and Waterplus, who also sponsored trees in 2023. Individual tree sponsors also contributed generously by sponsoring trees through our website.



## Expenditure

The majority (87%) of CSH’s expenditure covers staff delivering education, training, mentoring, and consultancy services. Our method of change means that we catalyse transformation by working in partnership with many large and influential organisations and support individual ‘green champions’ to work within their organisations to the same effect. We therefore need a range of staff in our growing team to implement our impactful activities.

Our programme costs (10%) include expenditure on course facilitators, support for our Tree Call to Action, Woodland Creation project, rangers’ programme, and travel expenses.

Our overheads (3%) account for expenditures on our IT/learning platforms, website, insurance, staff training, and office space.

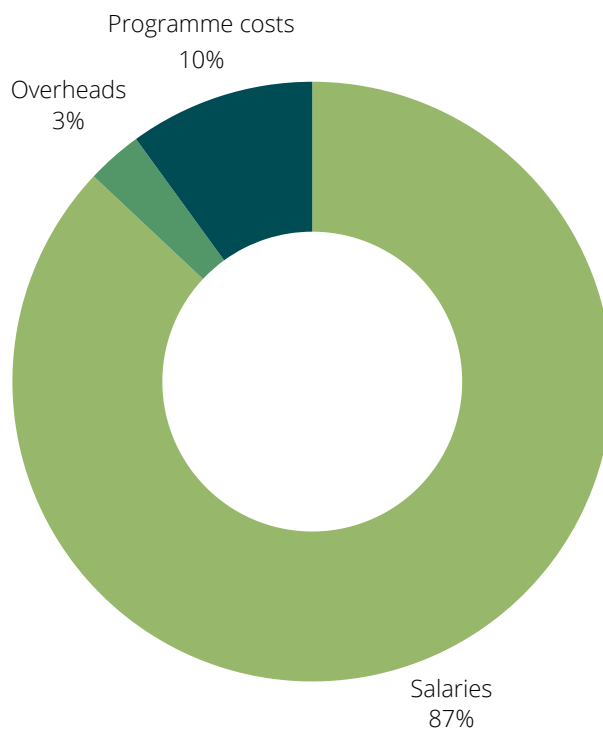


Figure 2: CSH expenditure breakdown for 2023

# Team Growth

In 2023, CSH continued growth in all programmes with eleven new staff members.

In the Green Space Programme, we employed five new staff members, including Sarah Jordan as our new Programme Director, Una Devlin as our Communications, Marketing, and Engagement Lead, and Daniel Loveard as our Green Space for Health Project Lead. In addition to this, Harriet White (Project Manager) and Neil Ingram (Technical Officer) have joined CSH to support our Woodland Creation and Tree Planting Project in partnership with Defra.

In the Clinical Programme, we employed three new staff members: a new Sustainable Networks and Communities Manager, Rachael Ward, a Clinical Transformation Programme Project Officer, Syed Hussain, and a new Fellow in Education, Ayoma Ratnappuli.

In the Education Team, David Cameron joined us as our new Education Director as well as Nuala Hampson as a Pharmacy Lead and Senior Educator.

For the core team, we hired Michael Huxley as our new Communications and Marketing Manager.

CSH continues to benefit from volunteers who have worked on central projects and tasks. In 2023, 47 individuals volunteered 4,714 hours of work to CSH, equivalent to 2.4 full-time employees.

# Looking Forward: 2024

2023 felt like a year of internal work at CSH, along with delivering lots of great projects. We have worked to strengthen our processes as well as completing a new strategy and developing a stronger, more integrated team. This has included a governance review with our Board.

We are very excited because, for the first time, we have a COO starting alongside me in January to support and strengthen our team and our work. We have hired a wonderful person, Helen Sullivan, for this role, and I am very positive about what we can achieve with her.

With that all well underway, we are all very much looking forward to 2024, when we can build on this solid foundation to spread our resources and learning in order to increase our impact. We are looking at working more closely with some strategic partners to help us reach different and larger audiences, and our new strategy includes an international element. We can also look forward to a new website in 2024!

In January 2024, we will hire three new people to work alongside our senior team to deliver the exciting KitNewCare project, which shares and extends our learning in kidney care across Europe. Other clinical work will include more Green Team competitions and the flourishing of the SusQI Academy. The Greenspace team will have lots more trees to give away to NHS sites and is looking for funding to scale up the Nature Ranger and Green Health Routes programmes, which have been so successful.



***“There is lots of work to be done in collaboration with many others, and there is much to look forward to as we develop more sustainable, equitable, and resilient healthcare.”***

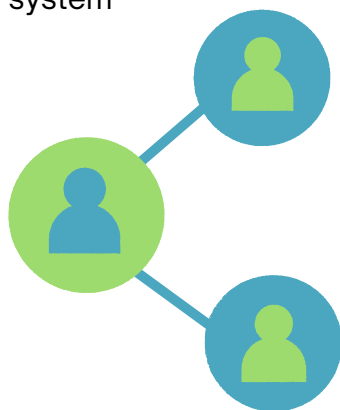
*- Rachel Stancliffe, CSH CEO and Founder*

# Join in

Engage with our programmes, resources and networks

- ▶ Use our [resources](#) to find out about how your organisation or clinical practice can be more environmentally sustainable
- ▶ Royal Colleges and specialty bodies can link with CSH's [Sustainable Scholars and Fellowship programme](#) and [Specialty Networks](#)
- ▶ Organisations can [sponsor our programmes](#) and commission [carbon footprint analyses](#) of their services or products
- ▶ Lend a hand and [volunteer](#) for us! We regularly advertise internships and volunteer opportunities
- ▶ [Donate](#) to help our team build a more sustainable healthcare system
- ▶ NHS Trusts can save money and increase sustainability by partnering on CSH's [Green Ward Competition](#) and joining the [NHS Forest](#)
- ▶ Healthcare professionals, educators, students, and the public can join the CSH [sustainable specialties networks](#) to connect and exchange knowledge
- ▶ Sign up to our [CSH & NHS Forest newsletters](#) to stay up to date on our programmes, events and courses
- ▶ Join our 3-part [short courses](#) in sustainability, health and healthcare

....Share your sustainability ideas and initiatives with us!



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