

# Centre for Sustainable Healthcare

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Impact Report 2021

INSPIRE EMPOWER TRANSFORM

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# About the Centre for Sustainable Healthcare

INSPIRE | EMPOWER | TRANSFORM

Since 2008, the Centre for Sustainable Healthcare (CSH) has engaged healthcare professionals, patients and the wider community to understand the connections between health and environment and reduce healthcare's resource footprint.

Our work is guided by the principles of sustainable clinical practice:

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

## Our Vision

Transform healthcare for a sustainable future

## Our Mission

- Make sustainability an integral part of clinical culture and healthcare service provision
- Improve the management and use of NHS land/green space and improve community access to green space

# Message from our Chair

## Gill Manning

Over the past year, the Centre for Sustainable Healthcare (CSH) has grown significantly in staff as well as in the number of courses and programmes offered.



*It has been inspiring to see the Green Space and Clinical teams pursuing new avenues and expanding the reach and impact of their respective programmes.*

It is with great sadness to report that David Doughty, our original and long-standing Chair of the Trustees passed away unexpectedly last October, leaving a huge void in the group. His calm direction and guidance for his fellow Trustees and support for Rachel was unending and he was fiercely proud of everything the CSH does and has achieved. We wish to continue to honour his impact and leadership of the group in every way we can.

We look forward to seeing what 2022 brings and hope you enjoy reading about our successes in 2021.



# Our Impact

1 January 2021 - 31 December 2021

## Clinical Transformation

Inspiring leadership and producing practical changes within the healthcare system

### Sustainable Specialties

We had a busy year in our sustainable specialties programmes, with the launch of the Green Surgery Challenge, a specialty adaptation of our Green Ward Competition.

CSH mentored five fantastic surgical teams from across the UK to transform practice to be more environmentally sustainable. Projects ranged from the use of reusable equipment to the redesign of patient pathways in order to reduce unnecessary testing and admissions.

Showcased at the Green Surgery Conference in November 2021, the initiatives anticipate an annual saving of **133.4 tonnes CO<sub>2</sub>e**, the equivalent of **38 round-trip flights from London to Hong Kong**.



The Challenge was made possible by our funders and sponsors, and it was delivered in partnership with NIHR MedTech Co-operative in Surgical Technologies, Royal College of Surgeons England, Royal College of Surgeons Edinburgh, the Sustainable Healthcare Coalition, Brighton and Sussex Medical School and the Association for Perioperative Practice. It expanded upon Chantelle Rizan's three-year Sustainable Surgery Fellowship, which concluded in July. Her research has led to multiple publications and has laid the foundations for sustainable surgery going forward.



"It's impressive to see how far these surgical teams have reduced the environmental impact of the care they deliver in just 10 weeks. Healthcare is very resource-intensive, so small changes can make a big difference."

- Dr. Olivia Bush, Programme Lead



## Fellows & Scholars

Also in July, Dr. Chris Allen became the second Fellow to complete the one-year Fellowship in Environmentally Sustainable Anaesthesia, a partnership between CSH, Newcastle-upon-Tyne Hospitals and the Association of Anaesthetists.

Dr. Chris Allen carried forward initiatives to reduce the environmental harms from inhaled anaesthetic agents, including setting up the [Nitrous Oxide project](#) to identify and address gas wastage in collaboration with pharmacist Alifia Chakera and our Welsh Clinical Leadership Fellow, Amarantha Fennell-Wells. Chris handed the fellowship baton to Dr. Jason Ghandi, who continues the work into 2022.

Our second Welsh Scholar in sustainable Ophthalmology, Aijing Wang, funded by Thea Pharmaceuticals completed her scholarship at the end of July. She conducted a carbon footprint analysis of single-use vs disposable tonometers and started a survey on the attitudes of cataract surgeons and scrub nurses to theatre waste.

CSH also welcomed Olga Marangoz, a sustainable Ophthalmology Scholar at Barts Hospital who looked at the environmental impact of using telephone consultations to replace face to face clinics for patients referred for cataract surgery.

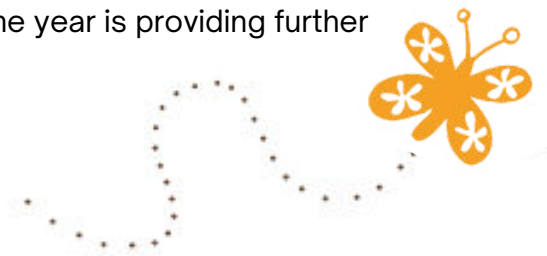
2021 saw the launch of a brand new Sustainable Specialty, **Green Endoscopy** with the appointment in September of Fellow, Dr. Robin Baddeley, as well as the revival of early work in kidney care, with the launch of a national UKKA Sustainable Kidney Care committee.



Another area of exciting developments has been in Wales. CSH partnered with the Cardiff and Vale Health Board (C&V) to support annual Welsh Clinical Leadership Fellows in Sustainable Healthcare. Working with the first Fellow, Amarantha Fennell-Wells, in 2020-21, CSH supported the creation of the Green Health Wales network and hosted their dynamic and engaging launch event in June.

Taking over from Amarantha Fennell-Wells in September, Dr Stacey Harris is a whirlwind of activity, connecting local and national action on everything from medical education and inhaler prescribing to governance and reporting. The launch of CSH & C&V's group sustainability scholars programme (SFERIC) at the end of the year is providing further support for decarbonisation and SusQI in Wales.

## Connecting Q Locally



CSH was awarded funding through Q by the Health Foundation, NHS England, and NHS Improvement to host a series of four virtual events on "hot topics" in sustainable healthcare. The series launched in November 2020 with the event 'Remote Consultations: what is their role in sustainable healthcare?'.

In 2021, we held the second event in the series which focused on translating green social prescribing from policy to practice. Drawing in 146 attendees, our panelists discussed what is green social prescribing, how it fits with social prescribing, and ways it is being implemented in the UK.



*"With green walking, a lot of the richness people would observe was experiential. Staff would use words like 'transformed' and 'unbelievable' - there were very real qualitative experiences."*

*- Dr. Jacob Krzanowski, Specialist Registrar in General Adult Psychiatry  
at the South London and Maudsley NHS Foundation Trust*

Following the events, learning and discussion resources, as well as bite-sized video clips, were made available on our website. We will continue this work into 2022, with the final two events focusing on how embedding environmental and social sustainability into quality improvement education, training, and practice can help healthcare professionals contribute to the NHS's commitment to a Net Zero health system.

## Sustainability in Quality Improvement (SusQI)

Following our work over the past couple of years to demonstrate how clinical sustainability and quality improvement can be brought together, it has been exciting to see ‘SusQI’ is becoming embedded in Trusts – including in Newcastle and Dorset. The Institute for Healthcare Improvement (IHI) also showed interest in the approach, inviting Dr. Frances Mortimer and Dr. Olivia Bush from CSH to partake in an expert meeting on climate action in care delivery and to present at the December IHI Forum.



*"SusQI is brilliant because it offers practical tools for change and can be applied to any clinical setting by anyone from students to senior leaders; and because it makes sustainability core to providing good healthcare."*

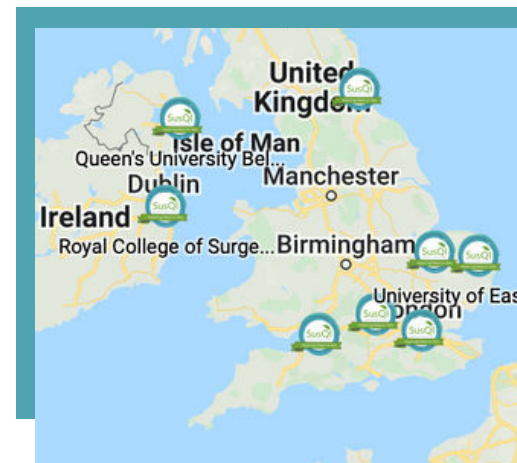
*- Dr. Frances Mortimer, Medical Director*



The SusQI Education Project, funded by Health Education England, the Health Foundation and Kings College London, is going from strength to strength as it enters its third year. The project has continued to benefit from the tremendous energy, insight and creativity of our QI Education Fellows, Dr. Rosie Spooner (2020-21) and Dr. Victoria Stanford (2021-22).

In the first two years, the project ran pilots in undergraduate and postgraduate education in medicine, nursing and dentistry across England, Wales, Northern Ireland, and the Republic of Ireland to demonstrate that sustainable healthcare principles can be included in QI teaching.

Detailed evaluation has found that the inclusion of sustainability enhances students’ motivation for QI and develops confidence and skills for improving sustainability in practice. The project is now transitioning to a spread phase, providing high-quality open access resources, supported by online courses for QI practitioners and educators, with more hands-on support available through our “beacon site” programme.





# Carbon Modelling

Analysing the direct and indirect greenhouse gas emissions of organisations, products and services

## Digital Transformation

CSH's carbon modelling team in collaboration with PD Transformation and with funding from Q by the Health Foundation and NHS England and NHS Improvement, developed a step-by-step guide and carbon calculator to estimate the greenhouse gas emission savings of (avoided) patient travel due to switching from in-person outpatient or GP appointments to remote consultations. The guide was developed for health professionals, quality improvement leads and estates, sustainability and practice managers at hospitals and GP practices. The carbon modelling team also provided a comparative carbon footprint analysis of a digital healthcare solution during its feasibility phase.

## Carbon Footprint of NHS Sight Tests

CSH was commissioned by NHS England and NHS Improvement to analyse the annual carbon footprint of NHS sight test services provided by five Optometry practices in the North West of England. The study is scheduled to be published in 2022, and it is the first carbon footprint analysis of NHS optometrist services that we are aware of.



## Sustainability in Veterinary Practice

CSH has been working closely with the Royal College of Veterinary Surgeons (RCVS) Standards Group on embedding sustainability into the RCVS's Practice Standards Scheme (PSS). The PSS's sustainability module will help veterinary practices to monitor and reduce their environmental impact.

## Discharge to Assess

In South Warwickshire, CSH has been working closely with NHS partners to measure the impact of the Covid-19 changes to Discharge to Assess on work patterns, travel and resource use, alongside clinical and social outcomes. Discharge to Assess is an innovative approach which sees health and social care professionals work together to help people return home or to care homes sooner from hospital.

# Green Space for Health

Addressing the interface between green space and health in ground-level projects and national-level strategy, policy and research

In 2021 the Green Space for Health programme received a major grant from the Government's [Green Recovery Challenge Fund](#). This has allowed us to ramp up NHS Forest tree planting and to take the programme in new and exciting directions.

## Nature Recovery Rangers

This year saw the start of a completely new NHS Forest initiative with the appointment of three [Nature Recovery Rangers](#) at NHS sites in Bristol, Liverpool and London. The rangers have worked to improve biodiversity while engaging patients, healthcare workers, and community members. An early win was the promotion of Plantlife's national No Mow May campaign, which led to the creation of extensive wildflower meadow areas at all of their sites, and was rewarded at [Liverpool's Broadgreen Hospital](#) with the unexpected appearance of bee orchids, marsh orchids and pyramidal orchids (the latter a first record for Liverpool). Activities have included wildlife-friendly gardening, food growing, nature walks, wildlife home construction and ecological surveys.

Project highlights include:

- ▶ Resurrecting a wildlife garden at Broadgreen Hospital in Liverpool with school-age children and their staff
- ▶ Creating a therapeutic space for neuropsychology patients at Southmead Hospital in Bristol
- ▶ Refurbishing a [garden](#) for oncology patients with a specially designed wooden shelter at Mount Vernon Cancer Centre in London
- ▶ Initiating a [site-wide gardening competition](#), involving more than 100 staff in nurturing and bringing to life green patches close to their work areas



*"We have been excited by the success of the ranger project in engaging staff and delivering biodiversity improvements on the ground, as well as moving green space and nature higher up the agenda at hospital sites."*

*- Carey Newson, Green Space for Health Programme Director*



## Tree Planting

We distributed 4,474 free saplings to NHS sites across the UK in 2020/21. With sustained promotion and funding from the Green Recovery Challenge Fund, we were able to distribute a further 15,721 NHS Forest trees for planting in the 2021/22 season. We have been impressed by the diversity of our sites' planting plans, which reflect the full range of tree planting benefits, from flood prevention to the creation of wildlife corridors and support for exercise and relaxation.

Highlights of the year include:

- ▶ Planting 1,000 trees across four mental health and learning disability hospitals in the North of England by Cumbria, Northumberland, Tyne and Wear NHS Foundation Trust, to connect different planting areas, create greener walking routes and support the wellbeing of service users and staff
- ▶ Planting a 'Tiny Forest' at Littlemore Hospital, a small, dense, fast-growing woodland
- ▶ Supporting staff at Great Ormond Street Hospital for Children in London with the donation of a Japanese maple to celebrate their London to Glasgow cycle relay for the COP26 Climate Summit



## Outdoor Wellbeing for Healthcare Staff

Our 2020 research, Space to Breathe, supported by the Health Foundation, explored health staff's experience of green space at their sites, and its influence on wellbeing, and we were keen to build further on its insights. Our grant from the Green Recovery Challenge Fund enabled us to commission the social enterprise Natural Academy to deliver a short programme of wellbeing in nature sessions at five healthcare sites.

Fifty-two health staff took part in these sessions and a further ten staff – two at each site – received training to provide sessions themselves, ensuring the project's long-term legacy. The sessions and training have both been enthusiastically received by health staff and we are currently evaluating both this and the Nature Recovery Ranger project, in collaboration with our academic partner at the University of Suffolk.



## The NHS Forest Conference

In October we held our first online [NHS Forest Conference](#), with the theme of **'an equitable recovery for people and nature'**, attracting 350 delegates, including healthcare staff, outdoor space charities, researchers and artists. In her keynote address, Judy Ling Wong, Honorary President of the Black Environment Network, told us:

*"I propose that we can be stimulated and supported in our search for a 21st century context for wellbeing through looking at different cultural visions of nature, and be inspired to creatively retrieve what is missing in our lives in the green spaces that the NHS Forest provides to staff and to the public."*

The conference showcased innovative green space work at a wide variety of health sites, from a food growing project in South London to a rooftop farm in Boston, and culminated with our [NHS Forest Awards](#) which celebrated five of our sites for their impressive work. Throughout the course of the year our team visited 12 health sites across the country, facilitating information gathering and consultation for the development and launch of our new, redesigned NHS Forest website in early 2022. This will help us support the development of green space at many more health sites.



## Communities Programme

### Green Health Routes

Our Communities Programme was very active in 2021. With support from the Postcode Local Trust, we took our Green Health Routes Project to Botley, Oxford, where work with residents, a social prescribing link worker, and Vale of White Horse District Council supported use of green space on the doorstep. This included the co-design of a walking map; wildlife walks led by local specialists; and work with volunteers to establish a walking group for residents, which now meets on a weekly basis to explore local green spaces.

Our Health Routes project also piloted a new approach in Wales where we worked with partners at Plantlife to set up a ‘Meadows Health and Wellbeing Route’ as part of the Magnificent Meadows Cymru project, funded by the Welsh Government. In collaboration with the hospital, Ysbyty Gwynedd, in Bangor, and the North Wales Wildlife Trust, we established a signed route connecting this health site to beautiful local meadows at nearby Eithinog Nature Reserve.

### Families Active, Sporting Together (FAST)

Throughout 2021 we continued to work with Cherwell District Council to support the FAST programme. This innovative initiative works to encourage children, parents and others to enjoy sports as a family and become more physically active. It includes access to free indoor and outdoor Youth Activator sessions and affordable access to local leisure centres and clubs.

CSH evaluation activities are focused on the collection of qualitative data to help understand the experiences of participating families.

As of December 2021, over **6,900 individuals (1,900 families)** had signed up for the FAST card, and of the families currently engaging with the programme, **22%** live in the **30%** most deprived wards in the district. Prior to starting the programme, only **15%** of participating families reported being active together five or more times a month, compared to **52%** of participating families responding at the time of our follow up survey.

# Education

Training health professionals and organisations in sustainable healthcare and planetary health

## Online Short Courses

This year we added five new courses, including specialty-specific introductory courses. Over 1000 clinicians, managers and researchers passed through our courses since we first launched in June 2020, and the feedback has been heartwarming:

***"A knowledgeable faculty provide real-life examples of how sustainability projects can improve the NHS for patients and the environment"***

### Foundation-level courses

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

### Technical courses

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

## Board Level Training

In response to requests from Trusts and CCGs we introduced bespoke, interactive [Net Zero Leadership training](#) for executive-level staff. A 20-minute pre-reading pack followed by a two-hour workshop outlines the expectations of the NHS Net Zero Plan, highlights what is unique about leadership for sustainability and identifies local opportunities to inspire people and measure change. A follow-up mentoring session can also be scheduled to support progress.



"As a workshop facilitator, I love meeting such passionate and committed people from a wide variety of backgrounds, ranging from experts by experience to nurses and allied health professionals to professors and commissioners."

- Dr. Hayley Pinto, Education and Training Lead

## Free Online Modules

CSH partnered with Health Education England's e-Learning for Healthcare to create 30 minute free e-learning modules for all staff groups:

- ▶ 'Building a Net Zero NHS' raises awareness about the demands and opportunities of a sustainable healthcare system, using short, animated films, interactive activities that reinforce key information and case studies of successful projects.
- ▶ 'Sustainability in Quality Improvement' will empower staff to integrate financial, social, and environmental measures into their QI projects. *Due February 2022*

## Curriculum Consultations

CSH supported Sahlgrenska University in Sweden to integrate the UN Sustainable Development Goals into their medical, nursing and AHP curricula, using the priority learning outcomes, the principles of sustainable healthcare, and the sustainability in quality improvement framework. We are also co-designing an MSc level module on Sustainable Healthcare for Trinity College Dublin in 2023.

We hope to continue working with universities around the world to embed sustainability into medicine, nursing and the allied health professions curricula.

## Volunteers and Elective Students

We continue to receive applications from clinicians and students to learn more about sustainable healthcare by volunteering or interning with us. We now offer a standardised induction training and ask for a six-month part time commitment or one-month full time commitment. In 2021 there were 21 part time volunteers and 12 elective students.



# Research

Increasing awareness of the relationship between health and the environment

## Publications



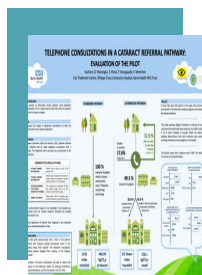
In partnership with IAPB CAWG, CSH co-produced the Guide for Environmentally Sustainable Practices in the Eye Health Sector. Highlighting the need for climate action within eye health, it provides practical recommendations and resources to support organisations in this sector towards mitigating their own climate impacts.

In collaboration with PD Transformation and funded through Q by the Health Foundation and NHS England and NHS Improvement, we developed a guide and carbon calculator which provides step-by-step guidance on how to calculate the greenhouse gas emission savings of (avoided) patient travel due to switching from in-person outpatient or GP appointments to remote consultations.



Dr. Frances Mortimer, Medical Director of CSH, joined colleagues to publish an article in the BMJ, Net zero healthcare: a call for clinician action. The article emphasised that health professionals are well positioned to effect change by reshaping individual practice, influencing healthcare organisations, and setting clinical standards.

Stefi Barna, CSH's Education Director, collaborated with colleagues to publish the AMEE Consensus Statement on planetary health and education for sustainable healthcare. The purpose of the statement is to inform national and global accreditation standards, institutional planning and action, and to highlight the role of individuals in transforming health professions education.

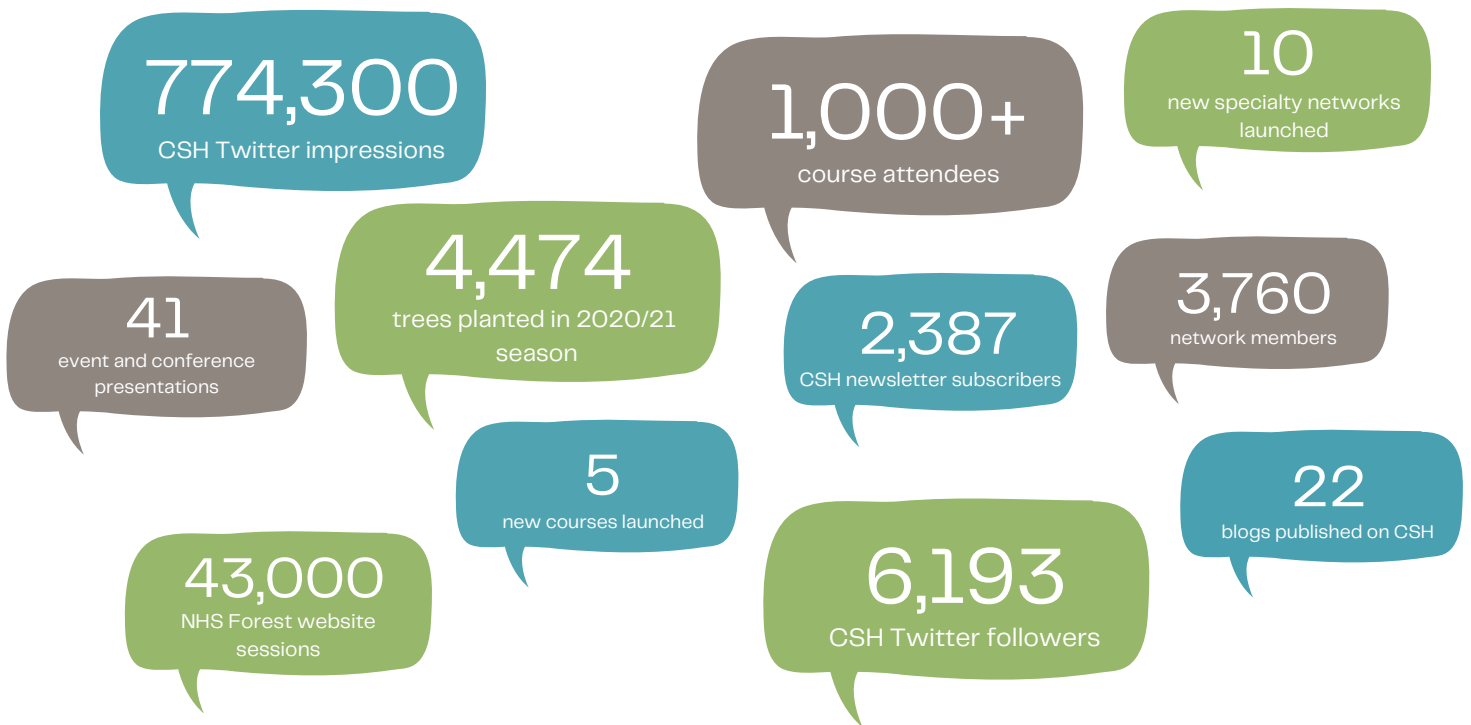
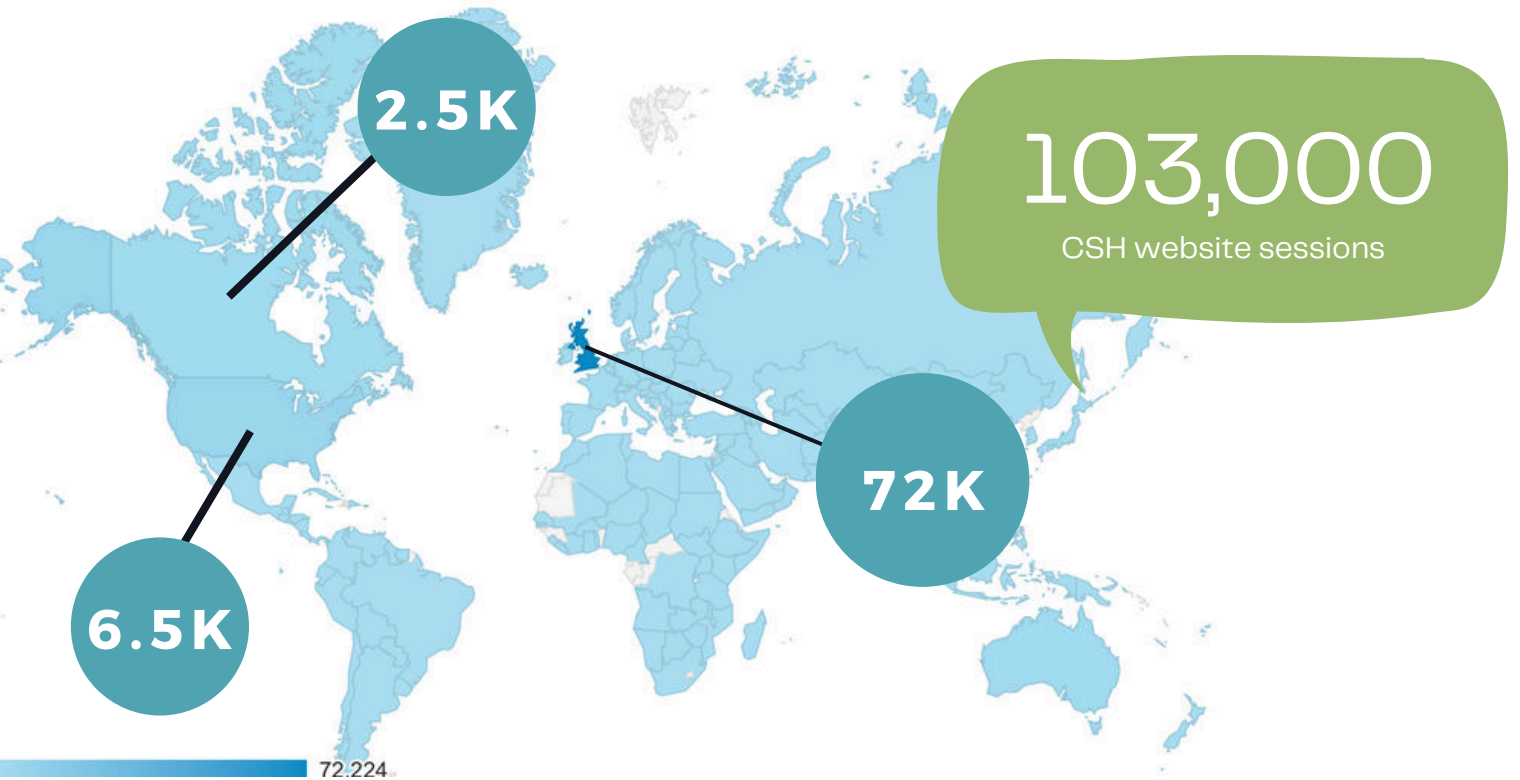


CSH collaborated with colleagues at Barts Health NHS Trust to publish a poster on Telephone Consultations in a Cataract Referral Pathway. The poster was displayed at the 2021 Greener Anaesthesia and Sustainability Project (GASP) Conference.



# Impact in Numbers

Communication, outreach and engagement



# Finances

Dec 1st 2020 - Nov 31st 2021

## Income

As a charity, our focus is on the difference we can make to our mission. Charities have different ways of securing the funding they need for their work. At CSH we have a mixed income, from grants, education work including courses and mentoring, consultancy-type work and tree sponsorship and donations. We also benefit from some grants that include contributions for our tree planting and mentoring activities.

Over the course of 2021, we successfully diversified our income streams, building our resilience in uncertain times. We secured an overall income level of £794,959, compared to the previous year's £399,197 – nearly twice our previous income, and more than we have ever secured before.

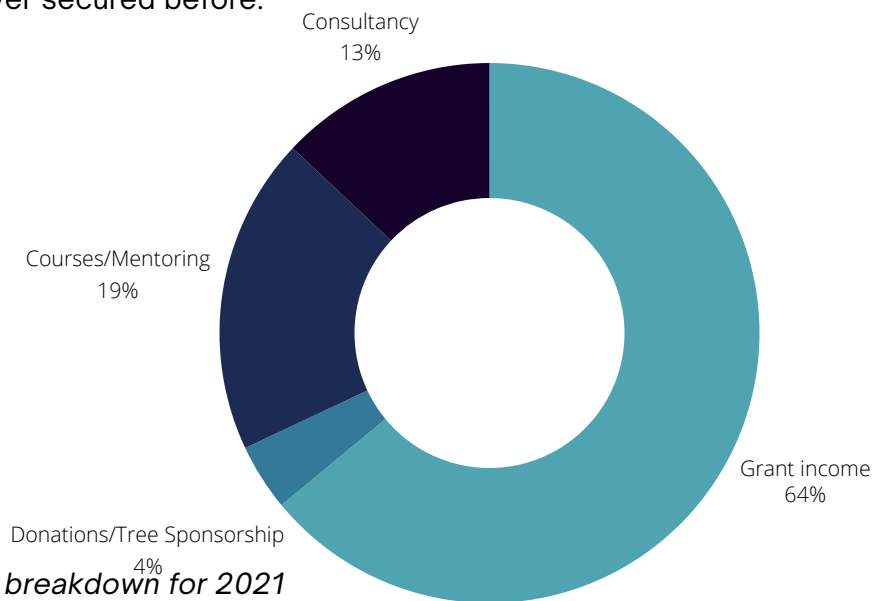


Figure 1: CSH income breakdown for 2021

## Funding & Support

We were awarded funding from the Government's **Green Recovery Challenge Fund** for our Green Space for Health programme. The Green Recovery Challenge Fund was developed by Defra and its Arm's-Length Bodies. It is being delivered by the National Lottery Heritage Fund in partnership with Natural England, the Environment Agency and Forestry Commission.

### Green Recovery Challenge Fund



The National Lottery Heritage Fund



## ANNUAL REVIEW 2021

During 2020-2021, we also benefited from support from the **Postcode Society Trust**, a grant-giving charity funded entirely by players of People's Postcode Lottery.

**RSK** entered into a new multi-year sponsorship agreement with CSH in 2021, involving an annual financial donation and strategic pro bono work to support the NHS Forest and our Nature Recovery Rangers.

CSH was named one of **Fisher & Paykel Healthcare's** CARE charities of the year, and the organisation held a number of fundraising events throughout 2021, including a cycle from Land's End to John O'Groats.

The **SusQI Education Project** was funded and supported by Health Education England, the Health Foundation and Kings College London.

The **Green Surgery Challenge 2021** was supported by Gold Funders and Sponsors NIHR MedTech Co-operative in Surgical Technologies and Elemental Healthcare, Silver Sponsors Royal College of Surgeons England and Royal College of Surgeons Edinburgh, Bronze Sponsors the AHSN Network, Vanguard Medical Remanufacturing, and Bowa Medical UK. The challenge was created and delivered through collaboration with a group of supportive partners including NIHR MedTech Co-operative in Surgical Technologies, Royal College of Surgeons England, Royal College of Surgeons Edinburgh, the Sustainable Healthcare Coalition, Brighton and Sussex Medical School and the Association for Perioperative Practice.

The **Connecting Q Locally Project** was funded through Q by the Health Foundation and NHS England and NHS Improvement.



The AHSN Network



The **NHS Forest** benefited from corporate sponsorship, including support from the Great Outdoor Gym Company, which sponsored 300 trees in 2021, and Assura, which sponsored one tree in the NHS Forest for each of the 625 healthcare sites they look after. Individual tree sponsors also contributed generously by sponsoring trees through our website.



## Expenditure

A large proportion of CSH’s 2020/21 expenditure of £699,687 covers the cost of our staff. We seek to influence and support the NHS – one of the largest organisations in the world.

Our programme staff include Fellows and Scholars, who work to effect changes within clinical specialties. It also includes our Green Space and Health team, who help the NHS to ‘green’ their services across their substantial estate, and involve many communities, patients and staff in their activities. 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. Consequently, we need a range of staff in our growing team to implement our activities, as mirrored in our expenditure.

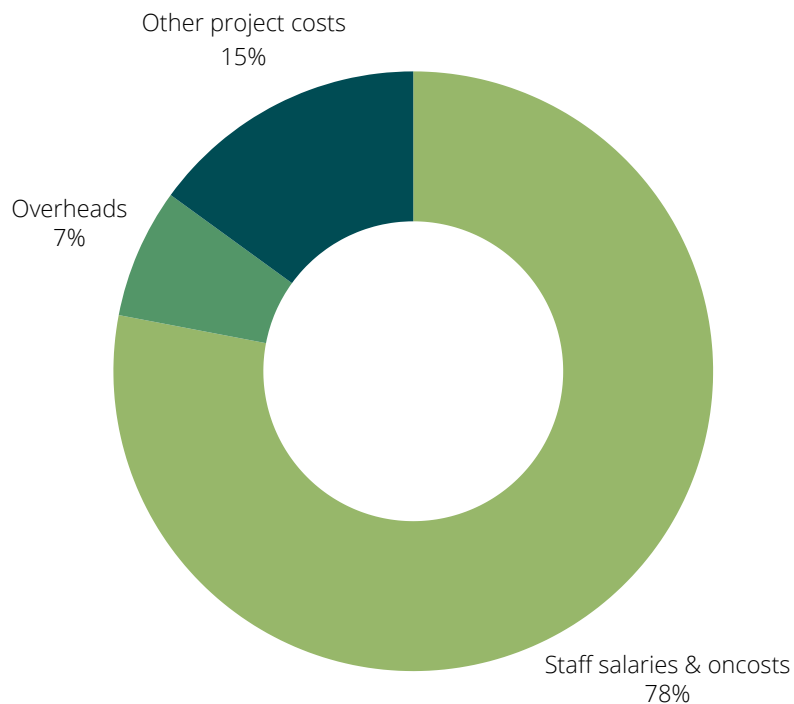


Figure 2: CSH expenditure breakdown for 2021

# Team Growth

## Clinical Transformation

Our clinical team also expanded with the addition of three new team members. Dr. Hayley Pinto joined our team as our Education and Training Lead, bringing with her almost 30 years of experience working for the NHS and publicly funded services. Natalie Oman joined our team as our Education Programmes Administrator, supporting the expansion and coordination of our courses. This year has seen an increase in interest and engagement within specialties, and we were delighted to welcome Catherine Floyd as our Clinical Specialties Lead, who has a background in nursing, public health, and clinical governance.

## Green Space for Health

At the start of 2021 we were sad to say goodbye to Sarah Dandy, founder of the NHS Forest, who has now returned to teaching. Carey Newson became the Green Space Director, leading an expanded team. Andriale Madison, became our Communities Lead, overseeing our Health Routes project, Magnificent Meadows Cymru and the FAST programme. We welcomed our Communications and Engagement Officer, Vicki Brown, who leads on developing the NHS Forest website and Conference; our Outreach Officer, Miriam Dobson, who co-ordinates the NHS Forest network, including tree planting; and our Partnerships Project Manager, Athene Reiss, who manages the rangers and oversaw delivery of the wellbeing in nature sessions. In April we were joined by our Nature Recovery Rangers, Karen MacKelvie, Fiona Megarrell and Phoebe Webster, and in the autumn the first of our interns, Asia Pryjda and Daisy Tickner started work. Throughout the year we were grateful for the support of our volunteer walk leaders, Rachel Griffiths, Inga Williams and Janet Hemingway.





# Looking Forward: 2022

## Clinical Transformation

For our clinical work in 2022, we will continue to expand the team to enable us to build on emerging opportunities to:

- Enhance new and existing partnerships to secure Sustainability Fellowships and Scholarships
- Promote the Green Ward Competition programme and bring this closer together with the SusQI work in Trusts and education
- Develop and support our Specialty Networks
- Look at opportunities that come with the Greener NHS expansion, including supporting NHS Trusts to develop Green Plans
- Increase the number of courses we offer
- Work with education partners to embed sustainability in training
- Build international relationships with key partners that can extend the reach of our work

Our communications officer will help us to develop strong messaging and to design powerful campaigns which will increase our reach and impact. Core funding for CSH is being sought from several grant making foundations.

## Green Space for Health

For our Green Space for Health Programme, the activities planned for 2022 continue to focus on larger projects. We have applied for a three-year Trees Call to Action Fund grant to expand our programme and enable us to plant an additional 21,000 trees at NHS sites across England, ensuring CSH's continued impact in this increasingly prominent field. Working in the national arena ensures CSH's continued impact in this increasingly prominent field. In 2022 we will prioritise:

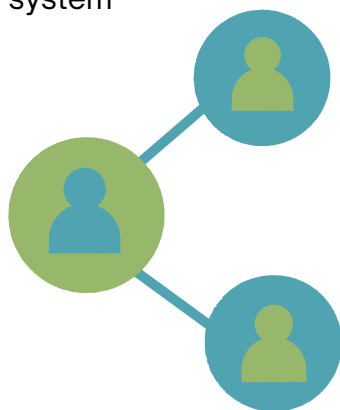
- Launch of our new NHS Forest website and evidence database
- Developing a more extensive programme of green health routes
- Engagement of sites through annual NHS Forest conference, NHS Sustainability Day and tree planting opportunities
- Expansion of the Nature Recovery Rangers Programme
- Including green prescribing in social prescribing to maximise the potential for green space to address health inequalities

# Join in

Everyone has a role to play

- ▶ 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 a [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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