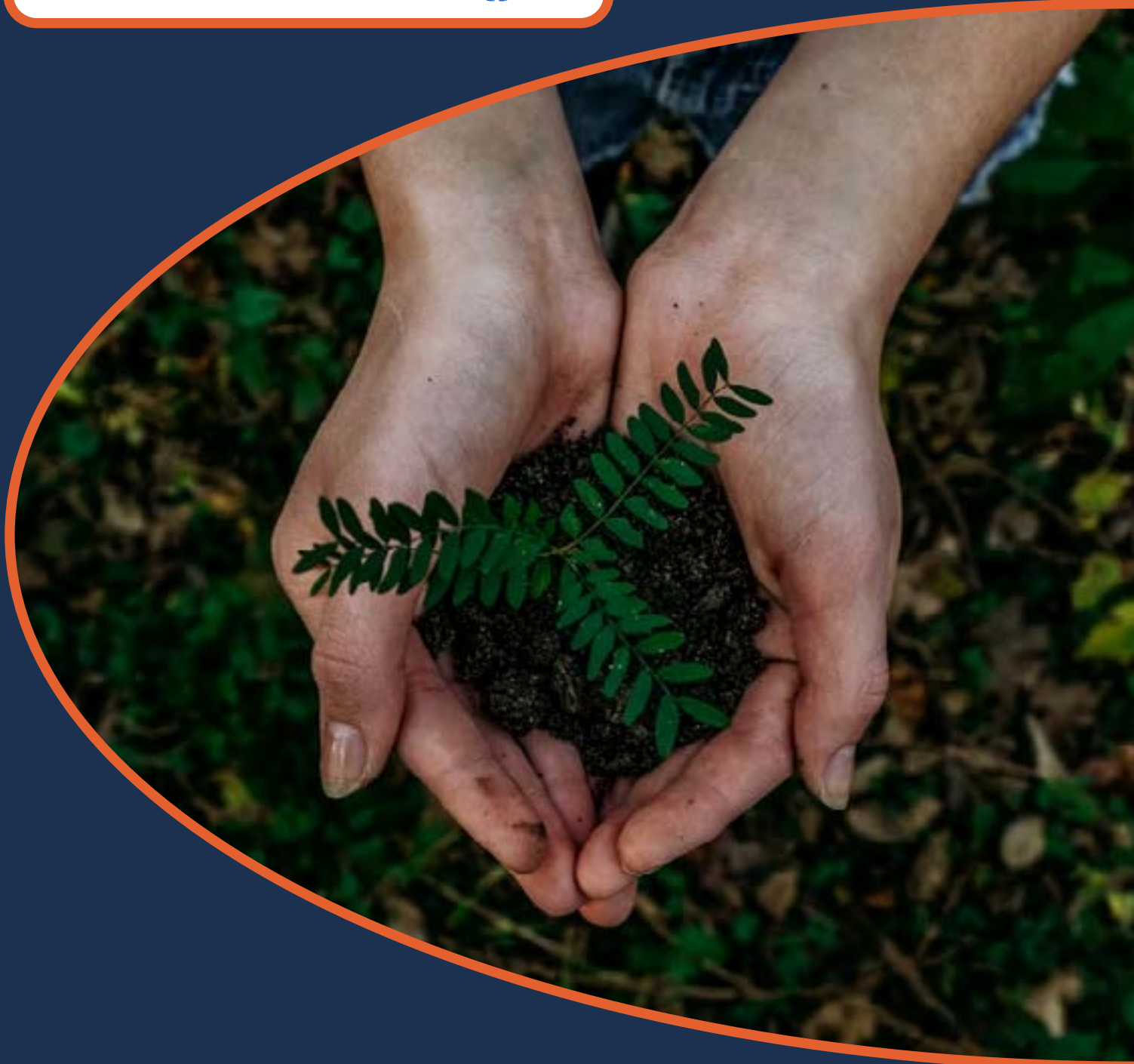


**Rhwydwaith Iechyd  
Cyhoeddus Cymru  
Public Health  
Network Cymru**



**Green NHS  
June 2022**

# Welcome

Welcome to the June edition of the e-bulletin.

Following our recent webinar on Greener Primary Care this e-bulletin includes information on initiatives which focus on the relationship between climate change and healthcare. It outlines some of the practical changes for those working in primary and community care to improve day-to-day practice around environmental sustainability.

We would love to hear about any additional information, case studies or tips to share with the wider public health community in Wales in future e-bulletins and our website so please get in touch with us at [Publichealth.network@wales.nhs.uk](mailto:Publichealth.network@wales.nhs.uk) or find us on twitter [@PHNetworkCymru](https://twitter.com/PHNetworkCymru)

## Contact us

You can contact Public Health Network Cymru in a variety of ways

Email us  
[publichealth.network@wales.nhs.uk](mailto:publichealth.network@wales.nhs.uk)

Write to us  
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Tyndall Street, Cardiff, CF10 4BZ

Social media  
Twitter: [@PHNetworkCymru](https://twitter.com/PHNetworkCymru)  
Facebook: [Publichealthnetworkcymru](https://www.facebook.com/Publichealthnetworkcymru)



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# Headlines

## Green Health Wales

[Green Health Wales](#) is a network of healthcare professionals across Wales who recognise that the climate and ecological emergency is a health emergency.

They aim to Connect, Learn & Transform healthcare services to be climate smart. The vision is sustainable healthcare that protects the health of people and the planet; the two are inextricably linked and recognises that healthcare must play an active role in limiting global temperature rise.

## The Greener Primary Care Wales Framework and Award Scheme

### Authors

Angharad Wooldridge, Senior Public Health Practitioner, Primary Care Division, Public Health Wales

Sian Evans, Consultant in Public Health, Primary Care Division, Public Health Wales



On June 8th, the Minister for Health and Social Services, Eluned Morgan MS, had the pleasure of [launching](#) the [Greener Primary Care Wales Framework](#) and Award Scheme, which has been developed by the Primary Care Hub in Public Health Wales.

To mark the nationwide launch a webinar was hosted in collaboration with Public Health Network Cymru and attended by over 70 network members. Presentations were delivered from the Welsh Government, Royal Pharmaceutical Society, SOS-UK/NUS, several primary care contractors and the Primary Care Hub. If you missed the event but would like to watch the recording, you can do so by clicking [here](#). A further [video](#) of endorsement is also available to watch from the Minister for Climate Change, Julie James MS.

The voluntary scheme is now [live](#) and available free of charge to the 4 independent primary care contractors (general practice, community pharmacy, primary care dental and community optometric practices).

The framework has been developed in collaboration with a broad range of stakeholders via an Expert Group and has the aim of supporting practices to improve the environmental sustainability of their day-to-day practice. Actions are grouped according to a range of categories such as waste, procurement and healthy behaviours, and are a mixture of clinical and non-clinical actions.



Registered practices will have until the end of October to self-select actions from the framework, begin to implement them as a team, and submit evidence to demonstrate progress. In November the evidence will be audited and practices will be recognised with an award level dependent on the number of actions, and therefore points, accrued. Throughout this period the Primary Care Hub will be hosting virtual monthly drop-ins to raise queries, discuss progress and allow practices to share ideas.

If you work within one of the 4 primary care contractor services, please consider [signing up for free](#) today!

Please contact: [greenerprimarycare@wales.nhs.uk](mailto:greenerprimarycare@wales.nhs.uk) for any further queries.

## Bryn y Neuadd Walled Garden project

### **Authors**

*Trystan Lewis, Project Manager, Estates & Facilities, Betsi Cadwaladr University Health Board*



The Bryny Neuadd Hospital's grounds are of huge historical significance in North Wales. The site gardens are listed on the CADW Register of Landscapes Parks and Gardens of Special Historic Interest in Wales. The mansion house and surrounding estate were once owned by the Platt family, founders of what became the largest textile machinery manufacturers in the world. Their wealth enabled the purchase of farmland in Llanfairfechan in the 1850s and to create a magnificent mansion and grounds. The mansion was serviced by a farm that adjoins the grounds, between which a walled garden and glass houses provided an array of exotic fruit and vegetables not only for the estate but also for the surrounding areas.

The walled garden once again has an opportunity to thrive. An area of land is now being restored, from an abandoned field of bramble, into a functional and vibrant gardening facility. This includes an outdoor classroom with benches, greenhouses, raised beds, vegetable and fruit growing areas, and wildflower areas. This has been funded through a range of grants, including a Keep Wales Tidy Food Growing Garden package, and delivered with support from Wild Elements as a third sector partner, who have the experience of developing working community gardens in the area.

This project seeks to increase the provision of facilities available for outdoor activities at Bryn y Neuadd Hospital, which offers on-site services greater options for delivering care to their clients and staff within a beautiful natural environment. Currently participating in the scheme are clients from the Ty Llywelyn Medium Secure Unit and the Brain Injury Service. The clients are given additional opportunities to grow fresh produce, whilst promoting positive mental health and wellbeing, supporting rehabilitation and encouraging physical activity. Whilst participating at the garden, the clients are also able to gain green accreditations as part of their personal development.



This project forms part of the wider Bangor Food Initiative programme, which is seeking to draw together a number of current initiatives with a shared aim of tackling food poverty through innovative food production and food waste schemes. As part of this programme, fresh food produced by a range of groups will help sustain cooking skills workshops and a training café staffed by individuals who are currently living in homeless hostels, or coming through drug and alcohol rehabilitation programmes. Each stage in the cycle provides opportunities to enhance employment prospects through opportunities to volunteer, access vocational training, and gain permanent employment.

Verbal feedback from clients currently engaging in the scheme is very positive and has included individuals gaining a 'sense of purpose', 'feeling more confident in my own abilities', 'enjoying just being outside in the garden, in the sun' and 'listening to the birds is so peaceful'.

The project is unique in that it is embedded within the Health Board, but supports the circular economy strategy, addresses the de-carbonisation agenda, promotes the health and wellbeing of both staff and patients, supports all aspects of the Well-being of Future Generations Act, whilst at the same time tackling a number of key socio-economic factors. Incredibly, the original aim of creating employment and supplying the surrounding areas with fresh produce lives on, adapting a nineteenth century haven into a 21st century project of which the NHS can be proud.

For further information please contact [trystan.lewis@wales.nhs.uk](mailto:trystan.lewis@wales.nhs.uk)

# Investigation of Medical Packaging Waste Arisings, Challenges and Opportunities for Minimisation and Recycling

## *Authors*

*Dario Owens, Doctoral Candidate; Sandra Esteves, Professor of Bioprocess Technology; Joyce Kenkre, Professor of Primary Care, University of South Wales (USW); Dr Tom Powell, Innovation Manager, Cwm Taff Morgannwg University Health Board (CTMUHB).*

The NHS is the largest UK employer and in the last decade has seen a continual increase in the generation of packaging waste. Covid19 has further exacerbated the generation of waste and further increased the use of in-house sterilisation and laundry services. According to [The NHS Net Zero Expert Panel Document](#) (2020), which provided a detailed account of the NHS', two targets emerged for the NHS (emissions NHS controls directly or the ones NHS can influence): net zero by 2040 (80% reductions). A step identified that will enable decarbonisation is by working with their suppliers to ensure that all of them meet or exceed their commitment to net zero emissions before the end of the decade.

A reduction of wastes has also been identified as an important area to enable decarbonisation for the NHS and this is linked to the NHS Plastics Reduction Pledge. Other policies and targets are increasing the pressure for waste packaging reduction such as Extended Producer Responsibility and the UK Plastic Pact. Packaging waste arisings and quantification data of their fate in terms of disposal or recycling strategies are scarce however, and therefore limit the ability to understand how big the problem is and what are the challenges and opportunities for the waste streams.

A PhD Studentship funded by Thermal Compaction Group (TCG) and the European Social Fund via KESS 2 and also in collaboration with CTMUHB is investigating the medical packaging of non-hazardous waste arisings from the NHS and establish the status, challenges and opportunities for waste reduction and recycling.

The project has established gaps in knowledge and data; has initiated the quantification of waste arisings from newly implemented medical waste recycling bins. Observational studies have taken place investigating the disposal/recycling prescribed methodologies, practices, and behaviours within three hospital settings. The quantification and analysis of results displayed evidenced the economic and environmental benefits made by the waste segregation of recyclable waste.

Working further with the innovation team at CTMUHB, the potential for recycling and re-use of various podiatry and respiratory products is being explored. This PhD studentship is also collaborating with European Regional Development Funded projects Beacon and Ser Cymru BioPol4Life. These projects are contributing to characterisation of polymers, life cycle analysis and sterilisation studies for various polymer reuses and recycling options, and evaluations for integrating biopolymers. A Welsh Health Hack funded project has just been launched as a result of these projects aiming to evaluate reuse, recycling and redesign of orthopaedic boots.

These aim to deliver recommendations related to medical plastic waste based on the waste arisings as well as evaluations related to waste segregation and recycling options. The work will deliver important contributions in support of a more sustainable health sector.



# Podcasts

## Listen to our latest podcast

### Healthy Schools

What is the Welsh Network of Healthy School Scheme and Healthy and Sustainable Pre-school Scheme? What is a Whole School/Setting Approach? What does a 'healthy' School or Pre-school look like?

[Listen](#)

## More Podcasts

[Basic Income, Health and Wales](#)[Listen](#)[Valleys Regional Park](#)[Listen](#)[Vaccine Hesitancy in Wales](#)[Listen](#)[See all podcasts](#)

## Contribute to our Podcast?

If you are interested in recording a podcast with us, get in touch via email: [publichealth.network@wales.nhs.uk](mailto:publichealth.network@wales.nhs.uk)

# Videos

## Watch our latest video



### Fair work for health, well-being and equity

In this webinar you will hear experts from a panel discuss what local and regional agencies can do to influence fair work to support health, equity, good business and the wider economy.

[Watch](#)

## More Videos



### Public attitudes and behaviours during the COVID-19 pandemic, a behavioural science approach

The webinar will highlight examples of how behavioural science was used in the response to the COVID-19 pandemic.

[Watch](#)

[See all videos](#)



### Climate and Health in Wales

There is an opportunity for Wales to embed the One Health approach, integrating multiple disciplines across the system and bringing together partners from the human, animal and environmental sectors to work on issues that intersect these domains.

[Watch](#)

# News

01-07-2022

**Resilient communities grant funding**

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[Read](#)

30-06-2022

**Pioneering new tool applies Social Value to improve public health outcomes and value for money**

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[Read](#)

28-06-2022

**Wales pilots Basic Income scheme**

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[Read](#)

28-06-2022

**The public health impact of public bodies refocusing on waste reduction and reuse in Wales**

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[Read](#)

21-06-2022

**Universal Free School Meals Roll-out to Commence in September**

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[Read](#)

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[See all news](#)

# Topics

[See all topics](#)

- A** Accidents and injury prevention  
Adverse Childhood Experiences  
Air Quality  
Alcohol and substance use and misuse  
Approaches and methods in public health practice  
Arts and health
- B** Behaviour change  
Biodiversity and greenspace  
Built environment  
Cancers  
Cardiovascular conditions  
Carers  
Children and young people  
Climate change  
Communicable diseases  
Community  
Community assets  
COVID-19
- D** Debt and benefits  
Diabetes  
Diet and nutrition  
  
Early Years  
Education and training  
Employment  
Environment  
Ethnicity  
Evaluation
- F** Foodborne communicable diseases  
Fuel Poverty  
Further, higher and tertiary education
- G** Good, fair work
- H** Health in all policies  
Health inequalities  
Health related behaviours  
Homelessness  
Housing  
Housing quality  
Human rights and social justice
- I** Income and resources  
Influenza
- L** Learning difficulties  
LGBTQ+
- M** Maternal and new born health  
Men  
Mental health conditions  
Mental ill-health  
Mental wellbeing
- N** Natural environment  
Non-communicable diseases
- O** Offenders  
Older adults  
Oral health
- P** People  
Physical activity  
Planning  
Poverty  
Precarious work  
Preschool (including WNHPSS)  
Prevention in healthcare
- R** Respiratory conditions
- S** School (Including WNHPSS)  
Sexual health  
Sexually Transmitted Infections  
Smoking and vaping  
Social capital  
Spirituality  
Stress, coping and resilience  
Suicide and suicide prevention  
Sustainable development  
Systems thinking in public health
- T** Transport
- U** Unemployment
- W** Water and sanitation  
Wellbeing of Future Generations  
Wider determinants of health  
Women  
Working age adults



# Next Issue

## Workplace Health

For our next e-bulletin we would particularly welcome articles which look at initiatives or evaluations of initiatives which aim to increase participation in fair work. Examples would include initiatives which enable workers to:

- have their say and ensure collective representation
- receive a fair reward for the type of work they do
- have job security and flexibility
- ensure their rights are upheld
- have opportunities for access, growth and progression, and
- work in a safe, healthy, and inclusive environment.

