



Gweminar Rhwydwaith Iechyd Cyhoeddus Cymru – Hwb Iechyd a Chynaliadwyedd

Public Health Network Cymru webinar – Health & Sustainability Hub

5/10/2023



Rhaglen

- Cyflwyniad
- Gweithdy Amgylchedd Iach
- Cyfleoedd hyfforddi newid hinsawdd
- Trafodaeth / C&A

Programme

- Introduction
- Healthy Environment workshop
- Climate change training opportunities
- Discussion / Q&A



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Trosolwg

Mynd i'r afael ag effeithiau iechyd cyhoeddus y newid yn yr hinsawdd

- Cydnabod taw argyfwng hinsawdd yw'r bygythiad iechyd mwyaf sy'n wynebu dynoliaeth.
- Mae ein hiechyd a'n lles yn dibynnu ar iechyd y blaned a'i hecosystemau.
- Mae newid yn yr hinsawdd yn bygwth pob agwedd o fywyd sy'n effeithio ar ein gallu i gyflawni a chynnal iechyd da.
- Angen datgarboneiddio ar frys (lleihau ein hallyriadau) a hefyd addasu i effeithiau.

Overview

Tackling the public health effects of climate change

- Recognising climate emergency is the greatest health threat facing humanity.
- Our health and wellbeing is dependent on the health of the planet and its ecosystems.
- Climate change threatens all areas of life that impact our ability to achieve and maintain good health.
- Urgent need to decarbonise (reduce our emissions) and also adapt to impacts.



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Public Health
Wales

Cynnal Cymru



SIFT – Sustainability
Improvements for Teams

Healthy Environment Workshop



What are we looking at today?

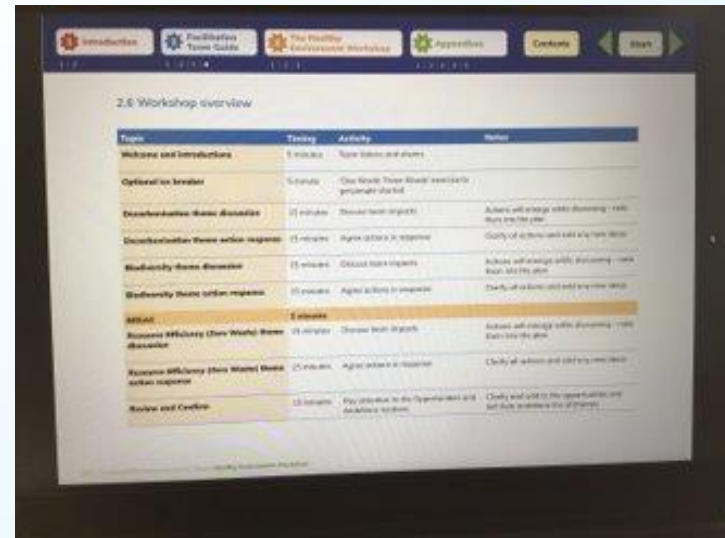
- ▶ What is the Workshop and Toolkit
- ▶ Why Teams should do it?
- ▶ Overview of themes, content and how it embeds Well-being of Future Generations Act and 5 Ways of Working
- ▶ The Action Plan
- ▶ How could I run a workshop for my team?
- ▶ Train the Facilitator Sessions (20 minute presentation)
- ▶ Q and A (20 minutes)
- ▶ Online Feedback (10 minutes)
- ▶ Close

What is it?

- ▶ A free-to-use and user-friendly workshop and toolkit for public sector teams to establish and monitor an Environmental Action plan

This is achieved through:

- ▶ Identifying and analyse how the actions of the team/organisation affect the environment
- ▶ Setting team goals that support whole-organisation targets/policies/strategies on environmental management
- ▶ Setting goals and visions that are consistent with broader national and international goals
- ▶ Developing practical actions to move from where you are now to where you need to be



Why should teams do this?



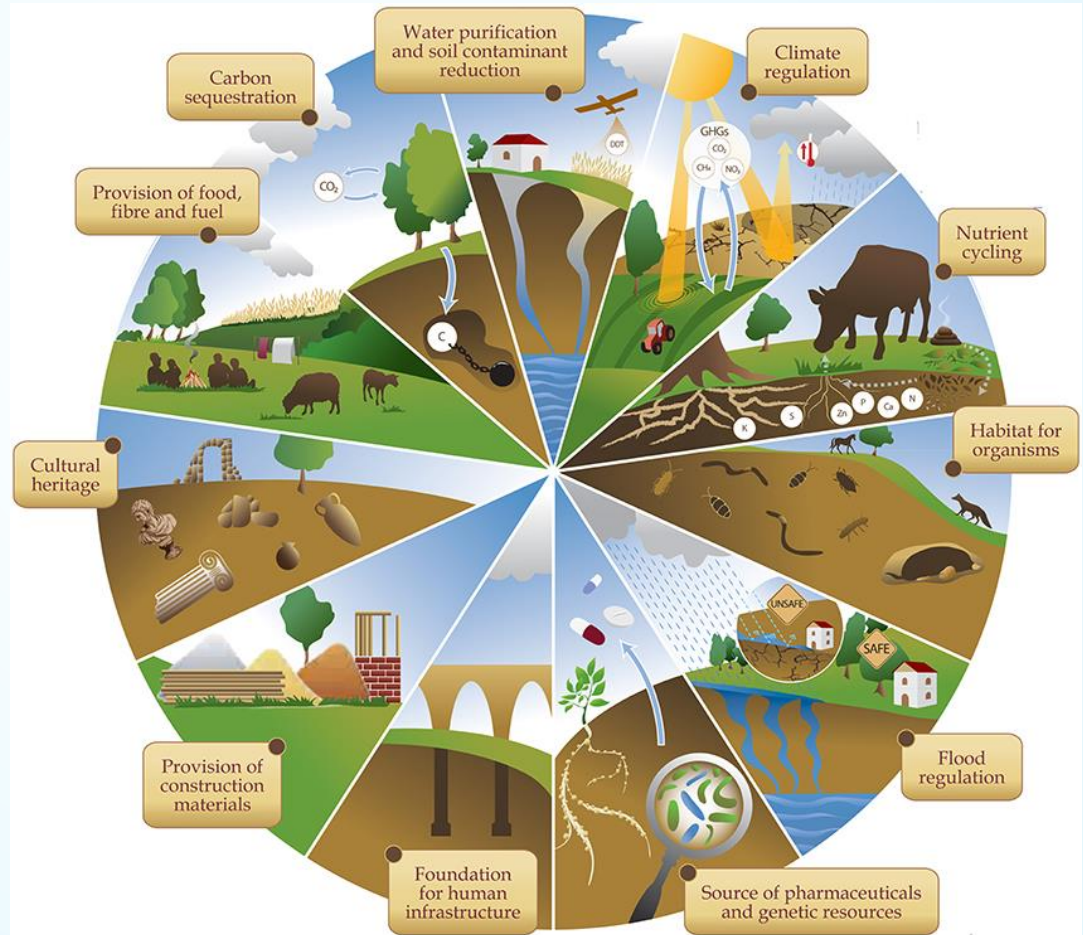
- ▶ We have experienced the effects of the COVID-19 pandemic
- ▶ Specific links between crises and Health
- ▶ We have a climate emergency
- ▶ We have a nature crisis
- ▶ We have a plastic waste emergency
- ▶ Our organisation has a legal obligation
- ▶ We can help ourselves, our families, our employer, our communities, and our planet



What are the themes?

Our relationship with nature and climate is complex. So, the workshop simplifies things by focusing on three key themes:

- Decarbonisation
- Plastic pollution/ Zero waste
- Biodiversity



Why these themes?

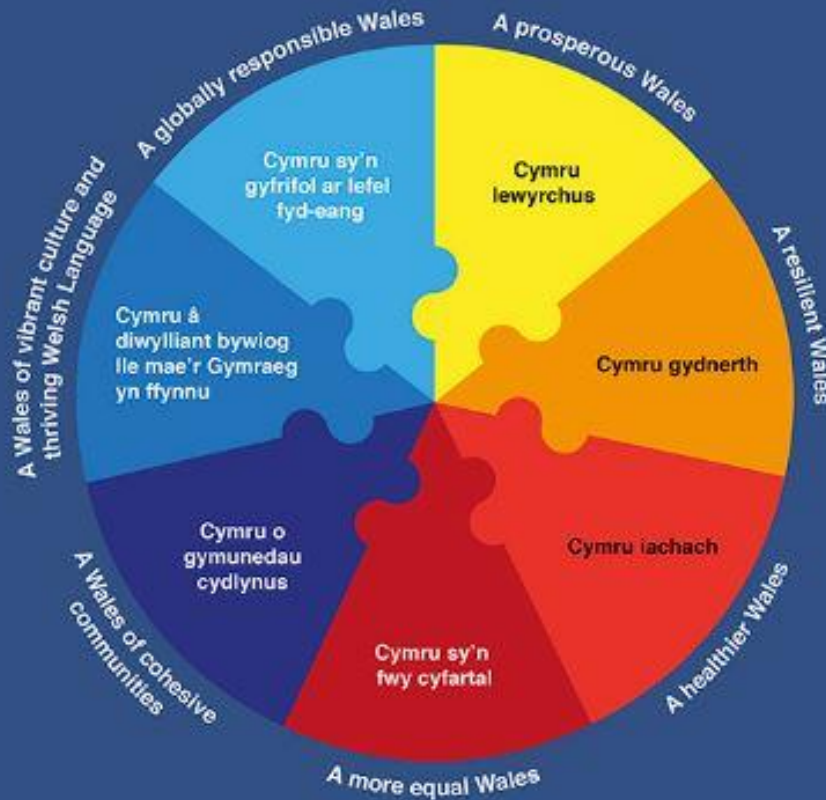
As a nation and a planet we are facing emergencies in each of the three themes.

- These three themes are interlinked
- The Welsh, UK, and European Governments, as well as the United Nations have set bold, large-scale targets for each theme
- There are legal requirements for the Welsh public sector to address each theme



Well-being of Future Generations (Wales) Act 2015

The Act requires 44 public bodies in Wales to deliver seven national well-being goals through five ways of working



Environmental Care and Restoration is a big part of the WFG Act. It recognises that without nature, we cannot thrive.



How will we do this?

We will use the five ways of working to think about our impacts on the three key themes – decarbonisation, biodiversity, resource efficiency



Be mindful of how these themes overlap and support each other

Action Planning

- A template is provided
- Your team will either use or adapt the template, and maintain an ongoing monitoring and reporting system

Theme (and sub theme)	Current Team Impacts (Positive and negative / individual and team) Describe the impacts	Response Action 1 – what you will do now (Provide details on level of responsibility and timescale for action. Who will lead? Add columns later for follow up actions and outcomes)			Opportunities – Less clearly defined than actions but something to explore	Ambitions – Clearly defined goals like “zero carbon by 2050”
Decarbonisation		Action	Lead	Deadline		
Getting to and from work						
Heating home and office						
Source of our electricity						
The food we eat at home and in work						
The stuff we buy at home and in work						
Business travel						
?						
Biodiversity - Reversing the Nature Crisis		Action	Lead	Deadline		
Paper and office consumables – sources and disposal						
The food we eat at home and in work						
Land and office management						
Garden management						
?						
Zero Waste		Action	Lead	Deadline		
Office consumables at home and at work						
Food waste at home and at work						
Procurement practices at home and at work						
?						

WORKSHOP GOAL – SET ACTIONS AND FOLLOW THEM UP!

Ground Rules and Advice

- Be present and engaged
- Be honest
- Be empowered to share your ideas

- Listen constructively and be prepared to think differently to usual
- Share all relevant information
- Be timely and concise in your communications
- Understand how to use the meeting technology (and ask if you're not sure)

- Don't discount any ideas
- Allow equal space for all participants' voices to be heard
- Keep jargon to a minimum



We commit to take action as:

- Individuals, accepting our personal responsibility
- The whole team, providing an example to colleagues
- A core component of our organisation's legal or voluntary compliance practice
- Advocates and innovators, seeking the permission from management to go further than the compliance minimum

Go
further...



Are any of our ideas unique and bold?



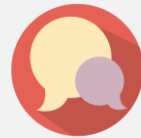
Could we take things further?



Can we influence others?



How do we make sure that we carry out what we have agreed to do?



Who are we going to tell about all of this?

How could I run a workshop?

You will need 3 volunteers to run your own Healthy Environment Workshop

- Facilitator
 - Note taker
 - Time keeper
-
- You will need to schedule 2 hours for the whole team to take part
 - Take a look at the online resource which covers everything you might need to know



How can I prepare myself and others?

- ▶ 3 Video resources to watch in the two weeks leading up to the workshop
 - ▶ [Climate Change: The Facts](#) – 1 hour
 - ▶ [What is Biodiversity?](#) – 3 mins
 - ▶ [How to Save Our Planet](#) – 8 mins
- ▶ If you are playing a facilitation role familiarise yourself with the workshop timings and Action Plan template beforehand
- ▶ Attend a Train the Facilitator workshop to improve confidence or ask any questions
- ▶ Understand the aims and objectives of the workshop



After the Workshop

commit to a long-term process of continuous improvement. This means:

- ▶ adapt the action plan template provided for this workshop to suit your needs
- ▶ monitor, record and celebrate the achievement of actions. We recommend that the plan and its actions are an agenda item at team meetings every two weeks or at least every month
- ▶ Repeat the workshop after six months with the aim of adding to the actions you have already committed to
- ▶ If your organisation has an Environmental Management System and/or a dedicated Environmental/Sustainability Manager, then share the outputs of the workshop with the responsible person(s) and invite them to help you implement the actions you have committed to as well as identifying new ones.



Train the Facilitator Sessions

We will be running 3 Train the Facilitator sessions September - December

- ▶ 2.5 hour sessions
- ▶ Designed to instil confidence in facilitation of the workshop and with using the Toolkit



Sessions

October 17th 09:30 – 12:00

November 22nd 13:00 – 15:30

December 7th 09:30 – 12:00

Presentation End

Q and A and online form

We will now be taking questions or discussion points for 20 minutes



Cyfleoedd Dysgu am ddim

1. Cyflwyniad: Modiwl E-ddysgu

- 000 NHS Wales – Achieving Net Zero in Wales
- 000 NHS Wales – Climate Change and Sustainability
- 000 NHS Wales – Environmental Sustainability in Quality Improvement

2. Gweithdy (2 awr) – sesiynau pwrpasol ar newid yn yr hinsawdd, a chefnogaeth arall (hyfforddiant AI)

3. Am fwy?! AaGIC Hyfforddiant hyrwyddwyr “Climate Smart”, a chysiau eraill ee CSH

Free Learning Opportunities

1. Intro: E-learning modules

- 000 NHS Wales – Achieving Net Zero in Wales
- 000 NHS Wales – Climate Change and Sustainability
- 000 NHS Wales – Environmental Sustainability in Quality Improvement

2. Workshops (2 hrs) – bespoke sessions on climate change, and other support (HE training)

3. Want more?! HEIW Climate Smart champions training, other CSH courses



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Gweithio gyda'n gilydd
i greu Cymru iachach

Working together
for a healthier Wales
