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Transcript

January 31, 2024, 12:33PM

Sian Evans (Public Health Wales - No. 2 Capital Quarter) 0:15

Good afternoon, I am just going to remind you of the housekeeping. The webinar is being recorded and it will be made available both on our Primary Care One website and on the Public Health Network Cymru website after the session. We will be taking some screenshots so if you have your cameras on and don't particularly want to be seen in any screenshots we use for any comms, maybe you might want to turn the cameras off or alternatively might want to go and put some lipstick on or brush your hair so that will be something that we wanted to let you know. And finally, if you experience any difficulties to the technology, please let us know through the chat and the team will contact you.

Now we've had a few technical difficulties this morning in other meetings, so if I go off camera or I pause, we have a plan B so just to let you know that we've all had a few technical difficulties with Teams over the last couple of days across NHS Wales.

So we'll try and manage it and hopefully it won't happen for the next 90 minutes. So I am going to move us swiftly on, and I am going to welcome Jim our not so new Director so you can introduce yourself, Jim, and the floor is yours. Thank you for joining us today.

Jim McManus (Public Health Wales - No. 2 Capital Quarter) 1:11

Thank you, Sian. I would have brushed my hair, but that presents slight problems for me. Prynawn da pawb, good afternoon, everybody, Jim McManus dw i. I am Jim McManus. Croeso i'r gweminar, welcome to the webinar. Cyfarwyddwr cenedlaethol iechyd a lles dw i Iechyd Cyhoeddus Cymru. I am National Director of Health and Well-being at Public Health Wales, and it is lovely to see you here. I have been here four months now or is this my fifth month. Wales is wonderful and I am going to blow your trumpet because actually one of the really exciting things about this program is I think it has international significance, not just national significance for Wales.

Why do I say that? Because I have been blown away by the work that primary care colleagues have done on sustainability and on greener primary care, I mean really seriously, some of the stuff you have done is amazing on top of your busy, clinical times and your organisational times. So the first thing I would like to do is say to every single practice in primary care of whatever kind in Wales that is working on this, a massive thank you. The second thing is I'd like to say a massive thank you to my fabulous team in Public Health Wales for all their work on this and Zoe's team and you know and I want to say that you should all be very proud of yourselves, every one of you, throughout Wales who's working on this, because I'm really proud of you and the third thing I want to say is why is this important? And once I have shut up, you will be pleased to know I am going to sit and listen

in the background until I have to go to my next thing after 1:00 o'clock, but I can think of the following reasons. One is because if we do not become sustainable, then human health will suffer and the health of the planet will suffer, and it will just turn into a vicious cycle.

So that is the first reason why this is important. The second reason this is important is that quite often what we do on climate change or sustainability is we talk and we describe rather than do, and I think the things that you folk are doing is demonstrating commitment by action and that's where I think other nations have an opportunity to learn from you and from Wales in general that you're doing stuff and that will make a genuine difference. And I was going to pick out when I was rereading the reports yesterday some of the practices, but I am not going to, because actually, everything you look at, there's people doing really good stuff.

And I think the third thing is that the relaunch and the recommitment of this shared program and ambition for us all, I think shows that we are serious about this in Wales and that it will bring not just benefits from being sustainable, but it will bring health benefits and it'll bring financial benefits and I'm thinking of those practices that have, you know, made changes to their energy consumption, for example, and reduced their bills and are beginning to see that. And there is a bit of a leap of trust there that that will happen because it is sometimes takes a wee while to pay off the investment, but the commitment in the energy that you folks have shown is amazing.

I am not going to say anything else; I am just going to say thank you, keep going. What you do is really vital and important, and I am not the only one who appreciates what you do, because everybody I have spoken to about the work that primary care is doing and that my team is doing actually really appreciates it. So I just want you to give yourselves a round of applause, frankly and I am going to hand back to Sian, and I am going to listen and possibly find a hairbrush.

Sian Evans (Public Health Wales - No. 2 Capital Quarter) 5:40

SE

Thank you, Jim. That is fantastic and it is lovely to have your support both internally and externally for this work, and I know you take every opportunity which we are really grateful of highlighting and showcasing, not necessarily what we are doing in the team, but what the practices out there are doing.

And for us, that is the most important bit. You know, it is actually action at the cold face. So fantastic, thank you very much. I know you cannot stay for all of it, but we are really grateful of your time for the bit that you can stay so thank you.

I am going to move us on to Natalie, who has been on this journey with us from probably the very beginning. It is fair to say, Natalie, I will let you introduce yourself, Natalie, because I can never get your title right. But Natalie is particularly the owner for some of the initiatives in the decarbonisation plan. So there is a real vested interest in some of this. So the floor is yours, Natalie. Thank you for joining us today.

Proctor, Natalie (HSS - Primary Care & Mental Health) 6:32

PN

Ah, thank you, Sian. Prynhawn da, good afternoon, everybody. Yes thank you for the

invitation to join you today for the relaunch of the Public Health Wales Greener Primary Care Framework and Award Scheme and similar to Jim I wanted to thank everybody who's participated in the scheme so far, but also I wanted to congratulate Angharad and Sian and the team at Public Health Wales for organising not only this event but for all of the fantastic work to date on the framework and award scheme. We're going to be hearing a lot about the scheme as we progress throughout today, so I won't steal their thunder but on behalf of the Welsh Government, I would just like to note particular thanks to both Angharad and Sian for the way that they continue to be such passionate champions for this work and for inspiring you all to be here today. Say thank you.

So for those who I have not met before, my name is Natalie Proctor, and I am Head of Pharmacy and Subscribing for the Welsh Government and Decarbonisation Lead for the Primary and Community Care Division. So like Sian said, I am sort of responsible for a number of initiatives in the NHS Wales decarbonisation strategic delivery plan. And I will talk a little bit about that later on as well. So in addition to being a civil servant for the Welsh Government, I am also a pharmacist, I am a step-mum, I am an avid runner and an occasional triathlete when weather permits. So there is many reasons why climate change and decarbonisation mean a lot to me. I feel very privileged to be contributing to this agenda from a professional policy angle. But it is also really rewarding to know that I am making a difference from a personal perspective as well.

So climate change and why is that important? The evidence is now well established, and the science is unequivocal. So to quote an article published in The Lancet in 2021, a global increase in temperature of 1.5 degrees Celsius above the pre-industrial average, and the continued loss of biodiversity risk catastrophic harm to health that will be impossible to reverse. I think I say this in every presentation I give, but it is really worth restating that the climate emergency is a health emergency. The World Health Organization have predicted an additional 250,000 deaths per year that will be the result of climate change. That might be through heat waves, storms, floods, disruption of food systems, increases in zoonoses, food, water, vector borne diseases and mental health issues.

And the impact of climate change on health and health systems, I think sometimes gets lost in all the science when we are talking about CO2 equivalence, kilojoules of this and footprints of that, but health is what we do.

Proctor, Natalie (HSS - Primary Care & Mental Health) 9:13

PN

Climate change will affect us as professionals as well as people. It affects the health of our patients, of our friends, of our neighbours, of our families. If we do not act now and we remain on our current trajectory for global temperature increase, we could run out of fresh drinking water by 2045. By mid-century, as many as 30% to 50% of the total animal and plant species on earth could be extinct. And by 2050 around 10% of our hospitals in Wales could be underwater.

So there was a slide on policy context, Martin if you could just move on to the next one, perfect thank you.

So this draws out some of the key legislative and policy drivers for climate change. I cannot

take credit for pulling this together. This is thanks to Yasmina Hamdaoui. So Yasmina is a pharmacist in Betsi Cadwaladr Health Board, so diolch Yasmina, and the Welsh was very helpfully provided by translation colleagues in Welsh Government. Dw i'n dysgu Cymraeg and my Welsh is definitely not good enough at this time to translate the legislation, but I just wanted to highlight some of the key milestones really on this timeline. One of those being the Paris Agreement leading 2015. So this is a legally binding international treaty that sets an ambitious target for keeping global warming below that 1.5 degrees Celsius and commits 193 parties to reduce their emissions and work together to adapt to the impacts of climate change.

Specifically in Wales then we also have the Environment Act and the Well-being of Future Generations Act as our key legislative drivers. In April 2019, with cross-party support, the Senedd was the first parliament in the world to declare a climate emergency. And there's now unprecedented political recognition everywhere of a global climate emergency. In May 2021, the Welsh Government created a new Climate Change Ministry that is currently led by our Climate Minister Julie James. So Welsh ministers have set the ambition for Wales to be net zero by 2050 and the public sector to be collective net zero by 2030.

The Well-being of Future Generations Act ensures that the climate is considered at everyday decision-making levels in everything that we do. And NHS Wales has a duty under that act to work together to achieve a prosperous, resilient, more equal Wales, a Wales of cohesive communities, vibrant culture and thriving Welsh language. But especially important for the context of today's event, the Well-being of Future Generations Act, requires us deliver a healthier and globally responsible Wales. And as the largest public sector organisation in Wales, the NHS has a critical role to play in the decarbonisation agenda. And as I said then, that in 2021 the NHS Wales Decarbonisation Strategic Delivery Plan was published.

So what does that mean for you? Well, firstly, primary care delivers approximately 90% of the healthcare contacts in NHS Wales. That is a lot of activity, that could potentially be done in a slightly more sustainable way. And secondly, as healthcare professionals, you are trusted members of society. It is within your gift to engage the people you care for in shared decision making, but also sustainable decision making. So this is your opportunity to assess both your professional and personal contributions to the climate change agenda and the Public Health Wales Framework and award scheme is a fantastic place to start that journey. Diolch Sian.

Sian Evans (Public Health Wales - No. 2 Capital Quarter) 12:46

SE

Thank you very much. Like we say, we are going to do a couple of presentations and then we are going to pause for questions. So if there are any questions, I notice there is something around banks and hopefully you are answering the questions amongst yourselves, but we will pick them up when we do the question bit.

So I am going to move us on to our lovely Angharad, who's part of our team who is actually going to talk about the scheme itself. So if there are people on the call who are part of the scheme this might be a little bit of a revision for you. Although there are a few bits for year three and for those of you who are just newly joining us for the first time, then listen with

ears pricked cause hopefully it will encourage you to go away and join us. So Angharad it is all yours.

AW

Angharad Wooldridge (Public Health Wales - No. 2 Capital Quarter) 13:23

Thanks, Sian. So my name's Angharad Wooldridge. I am a Senior Public Health Practitioner in the Primary Care Division in Public Health Wales, and I am part of the team that has been working on the scheme since it started in 2022. So for the next 10 minutes, I am just going to take you through a couple of slides on the Greener Primary Care Wales Framework and Award Scheme.

But before you move into the slides, I just want to play you a short animation that we commissioned last year. It provides a really brief overview of the scheme and I hope it is going to sum everything up quite neatly. So the video is going to be in English. However, there is also a Welsh version available on our web pages on PC One.

So Martin, can we play the video now please?

MN

Martin Naughton (Public Health Wales - No. 2 Capital Quarter) 14:08

(Animation)

The Greener Primary Care Wales Framework and award scheme was designed to help primary care reduce its environmental impact.

In 2019, Wales was the first parliament in the world to announce a climate emergency. At that time NHS Wales produced over one million tonnes of CO2 equivalent every year, the highest in the public sector. Our climate in Wales is already changing. This affects us all and can negatively impact on patient and population health and well-being. It can also make it difficult to deliver primary and community healthcare services. We can all help by acting now. To do this, we need to work together to collectively reach the net zero Wales ambition.

We are inviting teams from across general practices, community pharmacies, primary care dental surgeries and optometry practices to join others who are already taking action to reduce their carbon footprint by registering with the Greener Primary Care Wales Framework and Award Scheme. The framework contains a variety of actions to choose from to suit your interests and is tailored to your practice's circumstances. Suggestions and resources on how to start combating climate change are provided.

Getting involved is easy. It is free, available online, and open to all members of staff. Just register as a team.

Select which actions you want to work towards and upload evidence to prove that you have completed them. This evidence will then be used to recognise your achievements with an award. You and your team may even be thinking about or doing some of these actions already as part of your personal, professional, and organisational duties. In taking part, you will be leading away for your profession, making small but significant changes to create a larger cumulative effect. Visit Greener Primary Care Wales to find out more and register using the registration code 44247. The Greener Primary Care Wales Framework and Award

Scheme, helping you to take action to reduce the harmful effects of climate change in Wales.

Angharad Wooldridge (Public Health Wales - No. 2 Capital Quarter) 16:33

AW

Thank you. And can we move on to the next slide please. Lovely, thanks Martin. So hopefully that is given a nice overview of this scheme and I am just going to use the next few slides to go into a bit more detail. So the first thing that I wanted to highlight was the partnership that we have with SOS UK Green impact. The Primary Care division has commissioned SOS UK as our charitable partner, and we have been working together since the framework was developed. Our main contact within the organisation is Celine Clark. Unfortunately, Celine was going to join us today, but she sends her apologies as she is not feeling very well today. But if there are any technical questions that come up in the Q&A or in the chat bar about the framework, then we can certainly make a note of them and pass them on to her via email after today.

So the role of a SOS UK is to help us manage the framework, to troubleshoot any IT issues and importantly, they provide training to university students to become student auditors for us at the end of each year. And this helps ensure an impartial and robust audit and awarding process for participating teams.

Next slide. Thank you.

OK, so a little bit more now about the scheme itself.

Natalie mentioned earlier the NHS Wales Decarbonisation Strategic Delivery Plan. This was published by the Welsh Government in 2021 and has been a really helpful document for us to align some of the actions in our scheme to. When developing the actions we also wanted to ensure that they aligned with other key legislation and policy Wales, such as the Well-being of future Generations Act, Prudent Healthcare Principles and also the UN Sustainable Development Principles.

The scheme itself consists of over fifty actions across a broad range of categories, and some of the actions are generic, meaning that any contractor could complete them, whereas others are more set in specific and clinical. And I will be showing some examples on the next slide. With regards to the awarding part of the scheme, each action that a team completes equates to one point and then as the number of points increases, so does the level of award. Here we can see the number of points required to obtain a bronze, a silver, and a gold award, and these are determined at the end of the year during those virtual audits. And that is usually around November time.

Ok, next slide.

Here are just a few examples of the actions within the framework. So we have got some around procurement and the example here is about developing and introducing a stocktaking system to ensure low wastage. There is also a number of actions relating into buildings and estates, such as regularly monitoring energy usage and making progress to reduce it. I have also included one set in specific example for GP practices around auditing the prescribing of reliever inhalers. So the full list of actions for 2024 will be on our website

by the end of the week, but obviously if you are a team or individual and you are registering, then they are all currently available on the framework for you to have a little look through.

OK, next slide.

As Sian said, today marks the start of year three of this scheme, which I've put a big green star next to, but hopefully from what you can see from this slide is that there is an annual cycle or a pattern to what we do, and this year is no different. So we started off back in 2022 with a small-scale pilot and national launch, and this was accompanied by myself and a colleague call Vicki being accepted onto cohort seven of the Bevan exemplar program. At the end of that first year, teams were audited and awarded. We met with our expert group and reviewed the framework together, and then we relaunched for year two in 2023. So that's sort of our annual cycle of how things work. But the expert group, they form a really important part of that cycle.

They help us to review the actions within the framework and provide steer from profession specific perspectives. They are also a key mechanism in helping us to cascade communications to primary care practices. We are really grateful to have a few of our members on the call today and delivering some of the presentation. So thank you for coming along.

Next slide.

So, I mentioned to you in the last slide that we review the framework on an annual basis and there are many reasons for doing this, such as ensuring that the information accompanying each action is up to date, checking that the documents we signpost to are all still relevant, correcting errors, considering whether any actions need to be removed and also considering what new actions should be added to keep the framework challenging to teams who have participated in previous years. So this year we have added three additional adaptation actions, which are noted on this slide and three other new actions which will be on the next slide.

The adaptation actions include things like developing a business continuity plan to be used in the event of adverse weather conditions, undertaking a practice based risk assessment to understand the impact climate change could have on the practice, and putting a system in place to inform and alert patients about access to the practice in the event of extreme weather.

Next slide please.

The other new actions for 2024 include identifying a named lead within the practice to champion the work, preferentially buying rechargeable batteries as opposed to single use, and implementing a repeat prescribing system to reduce patient travel and medicines waste and further information on all of these can be found on the framework website.

OK next slide. Lovely.

So I hope by now you have hopefully heard enough to convince you to register if you are new to the scheme this year. And if that is the case, then here are the next few steps for you. So first of all you need to register on the framework and the link will be posted in the chat bar and is always available on our web pages on Primary Care One. You will need to

create yourself an individual account, and this only takes 2 minutes. If you are the first person joining from your team, then you will need to set up your team, which again is a quick process. Any other team members registering after this can simply join the team that you made. If you participated in the scheme last year, then you can simply log back in using your old details, you do not need to do anything different.

Next is to read through the list of actions on the framework. Double check if you are doing any of the actions already which most practices are, and you can claim a point for those. Then decide as a team which other actions you would like to implement over the year. You can choose as many or as little as you want, and you can do them in any order to suit you. So now the most important part is the doing. So start implementing a plan for these actions that you want to do and gather some evidence as you go. So this evidence does not need to be much. It could be photos, minutes from a meeting, screenshot of something, a short document, or it could simply be just some commentary to explain what you have done as a practice. And then at the end of the year, around October, the framework closes, you submit the work that you have done, and then usually in November, we conduct those virtual audits for teams going for an award level and we will confirm the exact dates for these soon on our website.

Next slide.

So really, if there is only one thing to take away from today, it would probably be the messages on this slide. If you are a new team who has not taken part in this scheme before, please go away and register after this webinar. Try to get your whole team on board. Check through the actions before making a start, and then choose a few actions to get the momentum building. If you have already participated in the scheme and you are returning for a second or a third year, then please log back in using your old details and have a look through the actions to see what has been added. Consider which actions you are still doing from last year, and which new ones you would like to try this year. And do not forget, we do have a few innovation actions whereby you can showcase any great sustainability work that you are doing that is not listed as an action already in the scheme.

Next slide.

So if after today's webinar you do have any questions or you need any help, please do not hesitate to email us at the address shown on screen.

Angharad Wooldridge (Public Health Wales - No. 2 Capital Quarter) 25:12

AW

You could also look at our website on Primary Care One to read our FAQs or the case studies contained within last year's yearbook. We also send registered teams a monthly e-bulletin, which contains hints and tips, and we host an optional monthly virtual drop-in session which you can come along to, to ask us and SOS UK any questions you might have.

Next slide.

So I think that should be it from me and I believe I am handing over to Zoe now for a short Q&A session.

Thank you.



Zoe Wallace (Public Health Wales - No. 2 Capital Quarter) 25:51

Thanks, Angharad, and hopefully colleagues have got a really good overview now of the framework itself and how to register and how to progress through the framework and award scheme. Just before we move into questions, I am going to invite Sian in just to say a little bit about the Greener Primary Care Champions that have recently come into post as a pilot initiative, and we have got Cath Floyd with us on the call today who is one of the Champions. But Sian can tell you a little bit more about their work and pick up the work that Ollie did in Swansea, and we have just featured the press release there as well. So, Sian, over to you. Thank you.



Sian Evans (Public Health Wales - No. 2 Capital Quarter) 26:27

Thank you folks. So this is where we are going off-piste with the agenda now. So we, you know, we have got time for question and answers. So if anything comes up, please put them in the chat and we will pick them up. But because we have got time. I have got a reflection piece, which I am going to do a little bit later on, but it does not cover this.

So we were lucky enough to get a small fund from Welsh Government in October and we basically appointed somebody in each Health Board to be our eyes, ears, and feet on the ground to be going out to practices supporting them and helping them, engaging, participating, doing some actions, and getting part of the scheme. So I have got Catherine Floyd on the call and Catherine is one of our champions based in an Aneurin Bevan. I do not think there is anybody else in from the Champions that are on the call today. So Catherine, I do not know if you want to put your camera on and give us a wave.



Zoe Wallace (Public Health Wales - No. 2 Capital Quarter) 27:18

Sian, we have got Ollie with us as well.



Sian Evans (Public Health Wales - No. 2 Capital Quarter) 27:19

Oh, Ollie, fantastic. So we have got Ollie from Swansea Bay as well, so that that has been a model that has been very interesting. So if there are practices on the call, you may have been approached by either of these lovely individuals, and if you have not then we need to make that connection because you are obviously interested and they are obviously there to help. We have posted in the chat a Facebook Comms piece, Ollie that we picked up last night with regard to some of the work that you've been doing, which features one of our gold medallist award winners, for want of a better term, Doctor Thomas, who's on the call today, which is lovely to hear. And I am going to also do a call out for Andrew Evans based in Newport, who is probably quite modest shy and quiet, even though when I describe you like that, Andrew, people say the same Andrew, which you will hear from when Elen does her bit around community pharmacy.

So the Champions model is intended to support you locally. So we would really encourage people to engage with the Champions if approached and what we will do for the Champions on the call, we will share any details of people who have expressed an interest by being involved today so you can follow that up. We will be writing it up at the end of March and then we will be deciding what we do next with regard to that model. So cannot thank them enough. Is there anything Catherine or Ollie you would like to add, and I am putting you on

the spot here, but you want to express or ask the group?

No, I am so glad you can join us today.

There are seven different disciplines, different backgrounds, and I think it has been really interesting in working with different people from different backgrounds, bringing different perspectives. So Catherine is a Public Health Consultant, whereas Ollie works for Swansea Bay Health Board in a different role. And equally have very interesting strengths to bring to the table. So we are learning from that approach.

That is it in a nutshell. So I am going to move on to Elen, because I know Elen's had technical difficulties and you are here with us, so I am hoping you will stay with us for a bit. If there is any problems, Elen, we will pause it, move on until you come back in, if that is OK. So thank you very much, Elen, for joining us.

EJ **Elen Jones 29:33**

Brilliant. Thank you, Sian.

I was very nervous there for a minute. Thought I was going to miss my slot.

But, diolch and Prynawn da a diolch yn fawr am y cyfle i fod y anghanol sesiwn heddiw i siarad rhan y Gymdeithas Fferyllol Frenhinol a Fferylllyll ehangach.

So myself and colleagues at the Royal Pharmaceutical Society have been delighted to work with Sian, Angharad and the team since the beginning of this work and it aligned really nicely to the beginning of our journey as an organisation in thinking about our role in the climate crisis and what we wanted to be doing, including declaring the climate and ecological emergency our ourselves. We have now fully divested as an organisation from any association with fossil fuels and we are a part of the UK Health Alliance on Climate Change, which helps to coordinate action and provide leadership across the UK and be that voice on behalf of healthcare professionals on climate action.

But it has been really great, closer to home to have this work that has been funnelled through Public Health Wales but has really brought a lot of engagement and excitement around the wider work through healthcare and primary care. So I am delighted that we have got a video that shows the work of one of our members and Andy Evans has been doing a fantastic job with his community pharmacy. So I am hoping that we can play the video for you now of what Andy's been doing.

MN **Martin Naughton (Public Health Wales - No. 2 Capital Quarter) 31:14 (Animation)**

The Greener Primary Care Wales Framework and award scheme, led by Public Health Wales, was launched nationally in June 2022. The first of its kind in Wales, the scheme supports the four independent primary care contractors, general practice, community pharmacy, primary care dental, primary care optometry to build climate friendly actions into their day-to-day practices. There are currently 710 community pharmacists in Wales, which form a pivotal part of the healthcare system.

This video has been specifically developed to look at the great examples of the framework

actions that have been implemented within community pharmacy with a specific focus on the JDS Evans Pharmacy, an independent community pharmacy in Newport, South Wales.

This pharmacy, a gold award winner in 2022, has sought to improve the carbon profile across all the different framework actions, offering sustainable dispensing choices and services. Andy Evans, who runs JDS Evans Pharmacy, is committed to a green future for the pharmacy and was an early mover, installing the 7.5 kilowatt solar panel system in 2015 to reduce electricity bills, which are now approximately £2000 in total annually. Electric vehicle charging point has recently been installed to enable vehicles that deliver medicines to the pharmacy to charge. An electric air conditioning system provides heating and cooling for the building, which is regulated using programmable thermostats.

The pharmacy has also gone through a programme and converting store lighting with LED alternatives. The pharmacy has double glazed windows with good seals. The loft of the pharmacy is lined with high performance insulation made from 100% post-consumer recycled content with the recycled material coming from ocean bound plastic. The outside of the pharmacy is well maintained with a series of potted plants creating a green space, optimising the biodiversity of the area. An area to lock up bikes has also been created to encourage staff and patients to cycle to the pharmacy. On average, the pharmacy dispenses 3500 prescriptions per week.

The pharmacy prioritised the purchase of medicines manufactured by companies committed to the environment, for example those that have unit dose presentation with QR code, that use recyclable packaging, generate less waste, or have a record of the carbon footprint of the medicines they manufacture. Prescriptions are only just dispensed in bags which are 100% recyclable or compostable, made from 100% recycled content, manufactured with water-based things. The pharmacy participates in the Novo Nordisk, PenCycle Recycling initiative for prefilled injection pens. This initiative is designed to address the challenge of recycling injection pen devices used by people living with diabetes and other medical conditions, which would otherwise end up in landfill or incinerated. Users are able to recycle their empty pens by returning them to the pharmacy.

Extending the open hours of a pharmacy is not always financially viable and also creates an additional carbon footprint. JDS Evans Pharmacy recently installed a 24/7 automated prescription collection system. The collection system provides a simple and secure way to make the dispensing process more efficient whilst giving patients the best possible experience. This enables patients to pick up their medicines whenever it is most convenient for them. For the pharmacy, this has meant no more queues or wasted journeys by patients to check if their medicines are ready.

Patients typically collect prescriptions when the pharmacy is closed, which has significantly reduced congestion on the road, which the pharmacy is located. Pharmacy staff have taken an active role in optimising respiratory care to reduce the carbon footprint related to inhalers. With patient consultation and consent this has involved switching metered dose inhalers, MDRs to dry powder inhalers, DPIs. MDRs contain hydrofluorocarbon propellants which are more than one thousand times more potent than CO₂ as a greenhouse gas. So switching just one patient to a dry powder inhaler can save up to half a ton of carbon

annually. This is a great example of how pharmacists and patients can work together on climate change.

The whole team of JDS Evans Pharmacy are passionate about sustainability. Success has been down to Andy championing change and enthusing others to get involved. Some of the other actions implemented at the pharmacy include the installation of an energy efficient pharmacy fridge with energy saving controls, the recycling of different waste streams with specific recycle bins available for cardboard, plastics, and food waste. The pharmacy also recycles hard to recycle materials and has a collection point for unused or unwanted medicines. The whole team have fully bought into these simple but far-reaching activities.

JDS Evans Pharmacy is the first net carbon zero community pharmacy in Wales.

In addition to approving the carbon profile across the different framework actions, the pharmacy has also committed to planting trees to offset the carbon emissions that cannot be reduced by practice changes. In 2022 this was circa four tons of carbon, the equivalent of planting four trees. The pharmacy has the ambition to do more, for example, Andy Evans is looking to concentrate his orders to one supplier rather than the current profile of using a main wholesaler and six smaller suppliers. While this is likely to be more expensive, the resulting benefit is a reduction in scope three emissions. Andy is also looking at options to install batteries to the existing solar panel system to store the electricity generated when the pharmacy is closed to then be used at a later date.

Sian Evans (Public Health Wales - No. 2 Capital Quarter) 37:45

SE

OK folks. Thank you very much. I am not sure whether Elen is still on the call or whether she is having technical difficulties, but we will give her a few minutes to see if we can call her back in for her to just run through some of the slides that she is prepared.

What I wanted to reflect on that video is the scale of the work that Andy's taken on board, the simple things and all those small steps and to just reinforce the fact that you know, there has been a lot of PR around Andy being one of the net zero pharmacies. So well done and I know you are on the call today, Andy. So really appreciate your help in helping us encourage others and access to your practice so that we can showcase the work you have done to inspire this to do more, so fantastic and thank you very much.

So has Elen joined us? Are we still having problems with Elen?

Angharad Wooldridge (Public Health Wales - No. 2 Capital Quarter) 38:35

AW

I do not think I can see her at the moment, Sian.

Sian Evans (Public Health Wales - No. 2 Capital Quarter) 38:38

SE

No, I think we are still struggling a little bit with IT, so forgive us. What we will do is I am going to move on at this stage, and I am going to do some of my reflections. And then when Elen joins us, we will get to hear from her from the Royal Pharmaceutical Society and Pharmacy point of view, if that is OK. So if we can continue to try on behind the scenes to try and get Elen back with this, that would be really helpful.

OK, so I have just got a few slides here to reflect on the first two years because I thought it is

important to see how far we have come as a system and as a community with this agenda. So next slide please, Martin.

This is the figure that we're quoting at the moment, which we're all really proud of. So when we've looked back of the last two years, these are the climate friendly actions the practices have reported to have done with us, so where Angharad talked about the audit work that's where this figure has coming from. And you know, we were really surprised with the number. So there is well over 2300 actions that practices have done out there and that is not including the actions that we know people are doing, but they have not participated in the scheme, or they have not provided evidence as part of the framework. So you know, this is really the tip of the iceberg. There is a huge amount of other things going on out there, so you know big congratulations to everybody really for doing that.

What I have done is I have split the actions into the years. So when we first started in 2022, we had 638 actions and then we had roughly about the same last year, but what we didn't figure was the fact that we've had a really good partnership arrangement with Boots, which it took us a little while and I know we've got a number of Boots colleagues on the call today. So there was a whole chunk of actions that Head Office had been doing on behalf of all the ninety-nine stores in Wales and we had honoured them a bronze corporate award, so we have included those into the figures. So, you know, I think we should be proud of ourselves because that is, you know, no mean feat. So well done, all of us. So I am going to move on to the next slide if I may.

And I have just given you some breakdown of information for those of you who like facts and figures. So, you know, compared to year one and year two, you know the figures are not far off. And in fact, in one respect, we have probably had less teams, but what we have done is the teams that we have got are doing more actions. And then I have included the Boots figures in there. Next slide then please.

I am not going to dwell on the figures and that gives us a flavour of the awards. Like I say, we have got more gold award practices, a number of who we have also got on the call today. We have got Dr Richard Thomas, who I think got gold. If you have not, you definitely should be Richard, because I know you are doing loads of stuff out there. So, you know, we have got some real champions in that space and that has really been recognised not just by us locally, by the strategic programme of primary care. So when I am a bit kind of, oh gosh, you know, spread and scale, we have not quite got there yet. People say do not forget the ones who are really doing some fantastic things. So you know those early adopters, is really important to us. So you know, that is really important.

And I just wanted to draw attention to the fact that there are some practices that are doing a phenomenal amounts. If we look at the most actions one team have done, that is thirty-nine for 2023 and the next slide I will be able to demonstrate who that was if we move on.

So this year SOS UK introduced some sort of special awards, so this has got nothing to do with the numbers of actions or what they are doing. And practices were asked to nominate themselves or individuals within the practice and that is who received the awards. So we have got Kingsway surgery from Swansea. So there we go, Doctor Thomas, your name is in

lights there. But we have got a number of others. So Flo King is from Cardiff, I cannot remember, the exact title. I think it is like dental implant, forgive me because I have not got the title. We have got Greenacre Orthodontics up in Connahs Quay and then we have got Pearce and Blackmore Opticians based in Cardiff. So you know, well done to all of those as well. Next slide please.

This is just a flavour of the type of things that people are doing and you know we have tried to keep things really simple. So, you know, we are talking about, we have got some lovely optician practice that uses an ink pen. We have got people who are recycling glasses cases, of course there's the whole inhaler agenda, so there is lots and lots of examples going on out there, many of which are featured in the framework, but some which people are just doing as part of the innovation action. So basically, you know, anything would fit into that.

These were written up as case studies. So we have a yearbook which is available on our website, and they have been written by the practices with some real top tips on how to do the same. So anybody that is interested in doing any of those actions, I would really urge you to go and have a look at the yearbook because it makes a really nice read. But also it might give you ideas of how to tackle some of the things back at base yourself. Next slide please.

OK, this was from the most recent round of audits, so green impact SOS UK has given us again bringing things to life of flavour of the type of things that people are doing out there. This agenda is broad. It is massive, there's loads of things that people are doing, but that just gives you a taste for some of the work that is happening across the system in Wales. So next slide please.

This is one of our lovely opticians based in Canton in Cardiff. Bethan, we went to visit her because she was one of our pilot sites when we first started this work and I keep coming back to what she told us at the time and what she said is we do not need a few people doing it perfectly, we need millions of people doing it imperfectly. And I think that really demonstrates what we are trying to achieve with this. I work for Public Health Wales, so we are all-around population health. It is all about, yes, but does it make a difference? Those small little things, individuals? I think it does and that is the basis of which the framework is based on. So I have got a feeling I have got one more slide left.

Yes. So there is some noise in the background. Forgive me, I cannot help that, that is outside. So there is further work going on. We are working with a provider called local partnerships who is looking at what are the drivers? What are the enablers and what are the barriers for our primary care practices to engage with this agenda and with this scheme. They are developing a survey that will be coming out next week, so we will hopefully be sending that out to you all and asking you to cascade amongst your networks because we are really interested in why the people who have come on board have come on board. But how do we get more people on board, and we can break down some of those barriers to help people.

The picture on the top right-hand side is one of our other champions based in North Wales. He is an optician called Tim and he visits practices with a little gift, which is the Fairtrade tea

and coffee, which you probably can't see very well. And he talked to them around the fact that, you know, these are the simple changes. So by giving them the Fairtrade tea and coffee, they have ticked one box already if they continue to do it. So he is using it as a bit of an incentive. That is something he developed himself, which he is finding working very well. So he sent us that picture only two days ago, very proud of himself as you can see outside one of the GP surgeries he is visiting. And then finally one of the things that we are looking at this year is we are looking at all the actions in our framework and trying to model and put some carbon calculations against them. So hopefully with time we will be able to tell you which actions are the ones that really make a difference, which ones might be a cost implication to practices, which ones are cost savings. So we can actually tailor it then. So if people are really, really interested and I am only going to do two or three, but the ones I want to do, I want to make a massive difference, we will be able to have that intelligence to tell you. Hopefully, that will be in the spring when we will have that information to hand.

I have got a feeling that is the end of my slide show, so I am going to hand back to Elen, and we are going to go back, so forgive us, to your RPS slides, if that is OK, Elen.
Thank you.

Elen Jones 46:48

EJ

Thank you, Sian.

Sian Evans (Public Health Wales - No. 2 Capital Quarter) 46:48

SE

We managed to play the video in your absence.

Elen Jones 46:50

EJ

Brilliant. I was pleased that we could at least show the video before my internet connection failed. So in the video with Andy we saw some great initiatives and the way that he and the team have been working to become the first net zero pharmacy in Wales. And we wanted just to touch really on some of the wider initiatives that we think pharmacy can really spearhead on behalf of this work and much of it is included in the framework. Next slide, please.

There are four key areas that align with our policy work at the Royal Pharmaceutical Society and the first area is improving, prescribing and medicines use. We saw a great example from the video with Andy based on inhalers and we think if you take that person centred approach working with the patients that we can make some real differences. So where there are two medicines that have the same clinical impact, that we can choose the medicine that is better for the environment. We can really consider that impact with a wide range of medicines and there is a lot of work going on throughout the UK in looking at those greener formularies, so that it is easier to make those decisions when you are prescribing or dispensing medicines.

We want to think about our role in promoting medicine reviews, making sure that people are having their medication reviewed, and if they are not using those medicines that they are telling us that they cannot use them and that we are putting something else in place. We know that some medicines have got a higher impact on the environment than others and obviously makes sense for us to prioritise more time and effort there. And that's why

inhalers are one of the key areas that we are looking at and a huge amount of work going on leading the way really in Wales, which is great to see. Next slide please.

The second key area that we are looking at is tackling medicines waste. We know the financial impact of tackling medicines waste is significant on the NHS, over 300,000,000 estimated a year, but obviously there is an impact on the health of the individuals that are not using their medicines as prescribed, but also the wider impact on the environment of those medicines that are not being used appropriately and are having to be incinerated. A lot of recycling schemes are being looked at with greater success than others. But it is something that we are putting a significant amount of work into thinking about which recycling schemes can happen and could be scaled up.

We want to increase public awareness around the prudent use of medicines and make sure that they understand to tell us when they cannot use that medicine, highlight whether return medicines schemes do exist and what can be returned to the pharmacy for safe disposal. We can also use a lot of education and training here, helping patients to make sure that they fully understand how to use their medicines, including inhalers and counselling them, for example, to use the complete course of antibiotics, because we know antimicrobial resistant, have has a huge impact on the environment as well.

In pharmacy we do sadly use a lot of single use plastic, but we want to see that reducing. Things like spoons and syringes and things like that that are given out and only give them out where need be and look for reusable alternatives where we can. Next slide please.

The third area, and probably actually the most important area, is preventing ill health in the first place. So we want to make sure that our pharmacies and particularly community pharmacies that we are supporting the public to stay well and avoiding the use of medication in the first place. So that really does involve making sure that we make every contact count and we do have a lot of opportunistic opportunities to have those discussions with the public because they do come into pharmacies when they are well as well as when they are unwell. We want to raise awareness of infection prevention and also think more about social prescribing interventions, talking therapies and things that are not medicines related specifically. Next slide please.

The fourth and final area that we have been focusing on at the RPS with regards to our policy development, we have heard a lot about the work Andy has done, is infrastructure and ways of working. And then I think the toolkit is a really great way to help practitioners to think about what more they can be doing with their practice considering the use of energy within the practice, things like solar panels, just changing the lights to be more energy efficient, thinking about public transport both for pharmacy staff and for those that are coming to use the pharmacy and digital innovation as well to help progress and move things forward. Next slide please.

I just wanted to highlight really the way that Andy and colleagues that are members of the RPS have been helping us with our advocacy work around environmental sustainability. And we were delighted at the end of last year to be at the Senedd again alongside colleagues at the ABPI to talk to members of the Senedd about the impact of medicines on the

environment from the making of the medicines right through to where pharmacists are providing those medicines to patients and even for them being returned to the pharmacy.

So it has been great for us to be able to use the example of Andy's work, but also Yasmina, one of our members who works in a hospital setting, and Mina who does a lot of UK wide work for us at the RPS on environmental sustainability. To bring those stories of how they have really engaged their teams in being more proactive about helping us reduce the impact of medicines on the planet. And I just wanted to finish off really by reiterating Natalie's words at the beginning about climate change being a health crisis. We do need to be more actively involved in ensuring that the changes we make help to combat climate change within health care. So diolch yn fawr. Thank you everyone for listening.

SE **Sian Evans (Public Health Wales - No. 2 Capital Quarter) 53:52**
Hooray and you managed to get through that without disappearing. So that is fantastic, well done. Thank you ever so much, Elen.

EJ **Elen Jones 53:57**
Diolch Sian.

SE **Sian Evans (Public Health Wales - No. 2 Capital Quarter) 53:58**
And you know, you have always been a real supporter of this agenda and you know, opened doors for us. So we do really welcome that and I think it does really help when we have got the professional bodies on board and what I think.....

AW **Angharad Wooldridge (Public Health Wales - No. 2 Capital Quarter) 54:16**
Not sure if Sian's internet may have dropped out there. It is not a good day for it, is it? I am not sure what Sian was going to say there, but I do know what the next agenda item is. So Martin, shall we move on to the video from general practice and perhaps Sian can rejoin in that time?

But Elen in case I forget, thank you very much for coming along and presenting. Diolch yn fawr, it is great to hear from you. So let us play the video from general practice and hopefully Sian can rejoin in that time.

MN **Martin Naughton (Public Health Wales - No. 2 Capital Quarter) 54:53**
(Animation)

The Greener Primary Care Wales Framework and Awards Scheme, led by Public Health Wales, was launched nationally in June 2022. A first of its kind in Wales, the scheme supports the four independent primary care contractors, general practice, community pharmacy, primary care dental and primary care optometry, to build climate friendly actions into their day-to-day practices. This video has been specifically developed to look at the great examples of the framework actions that have been implemented within general practice, with a specific focus on the Hereford Road Surgery in Abergavenny.

This practice, a bronze award winner in 2022, has been actively taking steps to reduce its carbon footprint across all the different framework actions. The practice already benefits

from double glazed windows with good seals. As part of the framework the practice is focused on actions designed to reduce energy demand and the regular monitoring of energy use. Transport is a primary contributor to the greenhouse gas emissions of GP practices. This practice has a dispensary on site, which means that the GP surgery dispenses prescriptions for some eligible patients. Having this facility eliminates the need for further patient car journeys, which is the current profile for many GP practices in Wales. Where possible the dispensary prioritises the purchase of medicines manufactured by companies committed to the environment, that use recyclable packaging, generate less waste or have a record of the carbon footprint of the medicines they manufacture. The prescriptions are only dispensed in bags which are 100% recyclable and biodegradable.

The whole team of the practice are passionate about sustainability. Some of the other actions implemented at the practice include the recycling of different waste streams such as cardboard and plastics, separating packaging received from suppliers in practice and returning when a suitable amount has been collected, turning off electronics instead of living on standby. The whole team have fully bought into these simple but far-reaching activities. The practice reviews and takes action to increase the proportion of dry powder inhalers and soft mist inhalers prescribed compared to metered dose inhalers where clinically appropriate. Doctor Sarah Williams, who co-founded Greener Practice Wales in 2022 runs regular meetings with GPs and some wider primary care staff throughout Wales.

The Hereford Road practice is also linked with the Green Inhalers Initiative. Incorrect disposal of inhalers also has a negative environmental impact. Patients are encouraged to return their finish inhalers to either the dispensary or the GP surgery. For many years, Parkrun events have linked with GP practices. This initiative aims to raise awareness of Parkrun amongst GPs and practice staff, encourage them to take part in Parkrun and signpost patients and carers to Parkrun events, support the growth of social prescribing and help build integrated and supportive local communities centred on Wellness.

Hereford Road Surgery is proud to be a partner in practice and is linked with the Pontypool Parkrun events. The outside of the practice is well maintained with a series of trees at the front and rear of the premises, creating a welcoming green space. An area to look at bikes has also been created to encourage staff and patients to cycle to the practice. The practice actively, socially prescribes where appropriate, and refers patients to social prescribers, care navigators and/or community connectors to identify the most appropriate nonclinical intervention to meet that need. Social prescribing allows individuals to access non-clinical support in a personalised and flexible manner to promote self-management as well as encouraging working across the local community, healthcare setting and the third sector.

The practice has several initiatives that it is looking to take forward in the future in relation to social prescribing. The practice is also aiming to implement a larger change to the way the practice operates, focusing on patient communications.



Sian Evans (Public Health Wales - No. 2 Capital Quarter) 59:35

OK. Thank you. Can you hear me?

AW Angharad Wooldridge (Public Health Wales - No. 2 Capital Quarter) 59:38

Yes.

SE Sian Evans (Public Health Wales - No. 2 Capital Quarter) 59:39

OK, before we move on to the question and answers, I just wanted to sort of thank Doctor Sarah in her absence because you know again it was access to her practice to get that video taken. And for those of you who may have noticed, there was a prescription bag with medicines there, and that is because the Hereford Road Surgery is a dispensing practice. So they also dispense prescriptions, so they have that element to their practice as well.

And again, before we move into question and answers, hopefully what today has demonstrated is the breadth of things in the framework and we kind of describe it as where you work, so it's all the things around the building and the environment, physical environment and outside environment within which you work, how you work, things like your transport, what you eat and drink while you're in work. But then I actually think the role of primary care is huge and how we influence others.

So what people are saying to their patients, picking up on all the things that Elen talked about around medicines management, you know, using less of things and using things properly. So this all fits together with a lot of things that we have been doing for years. We are just looking at it through a slightly different lens. So you know, I'm hoping people on the call don't see it as additional and this should be something in those fifty or so actions that all of you can recognise you've either done, doing or something you're planning to do so before we move into question and answers, that's all I wanted to say. So, over to you, Zoe, if I may.

Zoe Wallace (Public Health Wales - No. 2 Capital Quarter) 1:01:09

Thank you, Sian. And we have only had two questions in the chat which have partly been answered as we have been going along. So Dr Richard Thomas has asked around ethical green banking. So there has been some information provided there.

We'll pull this together in the notes of the meeting, and if there is anything further, we can share around green banking options, we will do so through the notes that we send out.

And then there was a second question from Dr Thomas, specifically around dossette boxes, the weekly ones, and the opportunity for recycling those. And obviously, Sian, you have obviously put a query about the mixed foil and plastic in those. But again, Elen, Sian, anything further you want to bring in on that one at this point in time.

SE Sian Evans (Public Health Wales - No. 2 Capital Quarter) 1:01:57

I was going to see if Elen has got anything to add Elen? And if not, we can go away and look at it because I think it is a really interesting area because that is quite big, isn't it?

EJ Elen Jones 1:02:00

Yes, I think, Sian, it is something we could look into more. I guess there is a wide range of different types of boxes used. So are reusable ones and the same patient will bring back the same box. Others are single use and are more problematic because as you say Sian they've got the foil coating, they stick down, they're going to be really difficult to recycle, those

particular ones but maybe that is something that we could put on our agenda to look into a bit more and maybe make some recommendations.

SE

Sian Evans (Public Health Wales - No. 2 Capital Quarter) 1:02:39

Lovely. We will take that away. Something to explore next year. Thank you very much, this forthcoming year.



Zoe Wallace (Public Health Wales - No. 2 Capital Quarter) 1:02:47

Thanks, Sian. And again, if anybody's got any last minute questions, please do drop them in the chat and we can pick them up across the team and there's been a nice note from Russell de'Ath, who's from Natural Resources Wales who's on the call today and he's going to promote the excellent work that we've showcased today across NWR you know, and Natural Resources Wales is one of those key partners around our Public Service Board tables, and again, it's how can we use opportunities through our statutory partnerships and public service boards, regional partnership boards etc. to get our wider public sector thinking about any sort of green climate opportunities that they can undertake to support the climate emergency.

So thanks for that.

SE

Sian Evans (Public Health Wales - No. 2 Capital Quarter) 1:03:33

OK. Can we move on to the last slide? OK. So we are going to upload some information onto our webpages in the next day or so. That information will have the list of actions, so you don't actually have to register because there's a little bit of putting your information in before you can see what we're offering.

So that will be available and I'd urge you anybody to have a look at that, because hopefully there'll be stuff in there that you can think you know what this isn't as difficult as I thought, and we've removed that barrier as a starting point.

All the videos are available on the webpages and all the registration links and everything, so that is how you access it but essentially, if you just go to Primary Care One in Google and then you look at the topics area, there's a green page, so that should be relatively easy to find. Or if you put in greener primary care into Google, it does come up as one of the top hitters. So all the information on the website should be able to direct you to where you need to go.

But we are here, and we are very, very happy to take questions via email. So if anybody needs to contact us, then please do, whether it is relating to this work or any other bright ideas you have, because this agenda is evolving and we are just happy to work with you as individual practices, health boards, whatever it takes. So I am not going to keep people any longer than we need to. We did plan for this to be about 90 minutes. I think we are kind of ahead of ourselves, but you are all very busy people and if you were planning to take out your 90 minutes, I would say go and have a quick look at our website if I finish early and it might inspire you to come on board.

So, and that is all we have got time for today then. So I just want to thank the presenters for today, I know we have had a few technical difficulties, but we have got there in the end, and I appreciate everybody's patience in doing that. You have got the details of how to contact

us and how to find information on this slide. I want to thank everybody that has joined us because I know it is difficult and it is busy out there in practices so to take the time out to even come and listen today, we are really, really grateful of it.

And I also wanted to thank Public Health Network Cymru for helping host and get this up and running and I've been asked by Public Health Network Cymru to remind people that there is a quick evaluation in the chat, an evaluation form that they might ask you to fill in, but also they'll be forwarding that to people after the event to just get some feedback on the event itself. And then finally, if you have got any topics that you would like Public Health Network Cymru to consider for future webinars, if you can contact the team directly, they would be really interested to know your views. So it just leaves me to say thank you all very much, keep up the good work and do not be a stranger. You know where we are, and even if you thinking, I am not sure if this is for me, come and talk to us and we will try and find a way. So thank you everybody. Hope you have a lovely afternoon. The weather is improving so I will catch you all again. Take care all. Bye bye.