

GREENER PRACTICE GLOUCESTERSHIRE

SUPPORT FOR SUSTAINABLE PRACTICE & PRESCRIBING

*Hello and welcome to the summer edition of our bulletin packed with information, examples of **green practice** and links to help you reduce your carbon footprint and environmental impact at home and in the workplace....*

CHURCHDOWN SURGERY GREEN WEEK

Please see this [link](#) as an inspiring example of spreading awareness of sustainability and all things green within and beyond the surgery boundaries. *Good for you, good for the planet!*



DO YOU USE YOUR GREEN SPACE?

There is a huge amount of evidence to support alternatives to medication for physical and mental well-being. One of those is nature-based prescribing and the use of green spaces; see what **Churchdown Surgery** have achieved:

https://www.churchdownsurgery.co.uk/practice_news/down-to-earth-allotment/

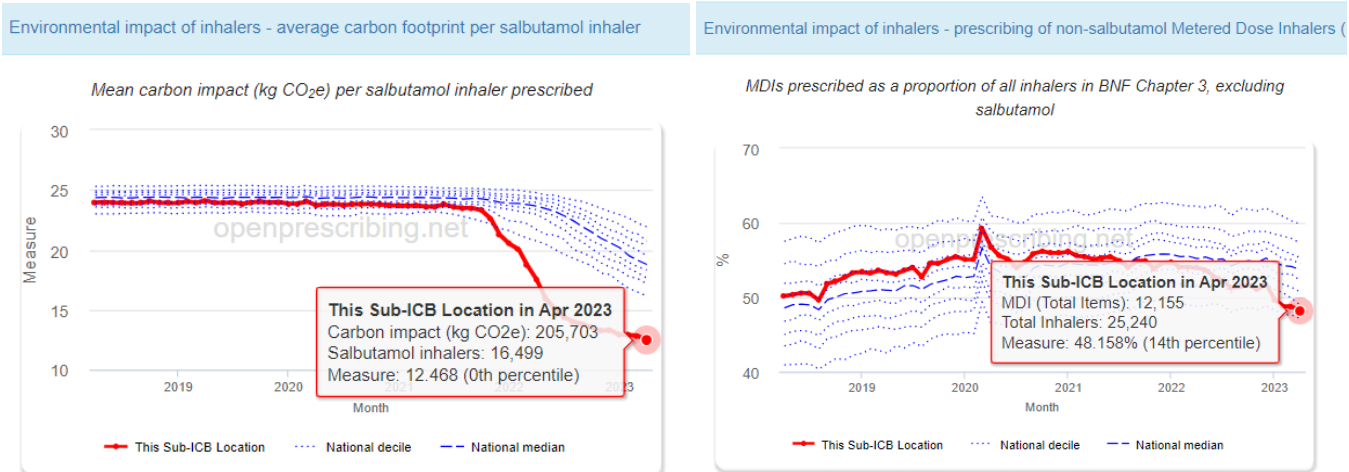
https://www.churchdownsurgery.co.uk/practice_news/planting-of-the-commemorative-orchard-at-churchdown-surgery/

and for other examples, funding and a toolkit see [Green Social Prescribing - National Academy for Social Prescribing | NASP \(socialprescribingacademy.org.uk\)](#)

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INHALER PRESCRIBING

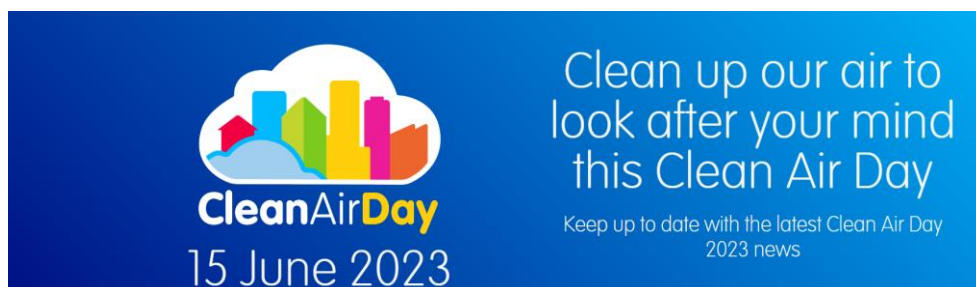


Gloucestershire remains the top ICS in England for reduction in carbon footprint of salbutamol inhalers & with a noticeable increase in the proportion of dry powder inhalers prescribed as shown in the [open prescribing](https://openprescribing.net) graphs above. PLEASE keep up this progress; promises of a lower CF propellant do not take away from the fact that a recent review illustrated that the majority of people are able to use a Dry Powder Inhaler effectively see [Full article: High inhaler resistance does not limit successful inspiratory maneuver among patients with asthma or COPD \(tandfonline.com\)](https://www.tandfonline.com) This continues to be an important area for focus to reduce carbon footprint – and if we reduced air pollution there would be even less need for inhalers (see Clean Air Day information below).



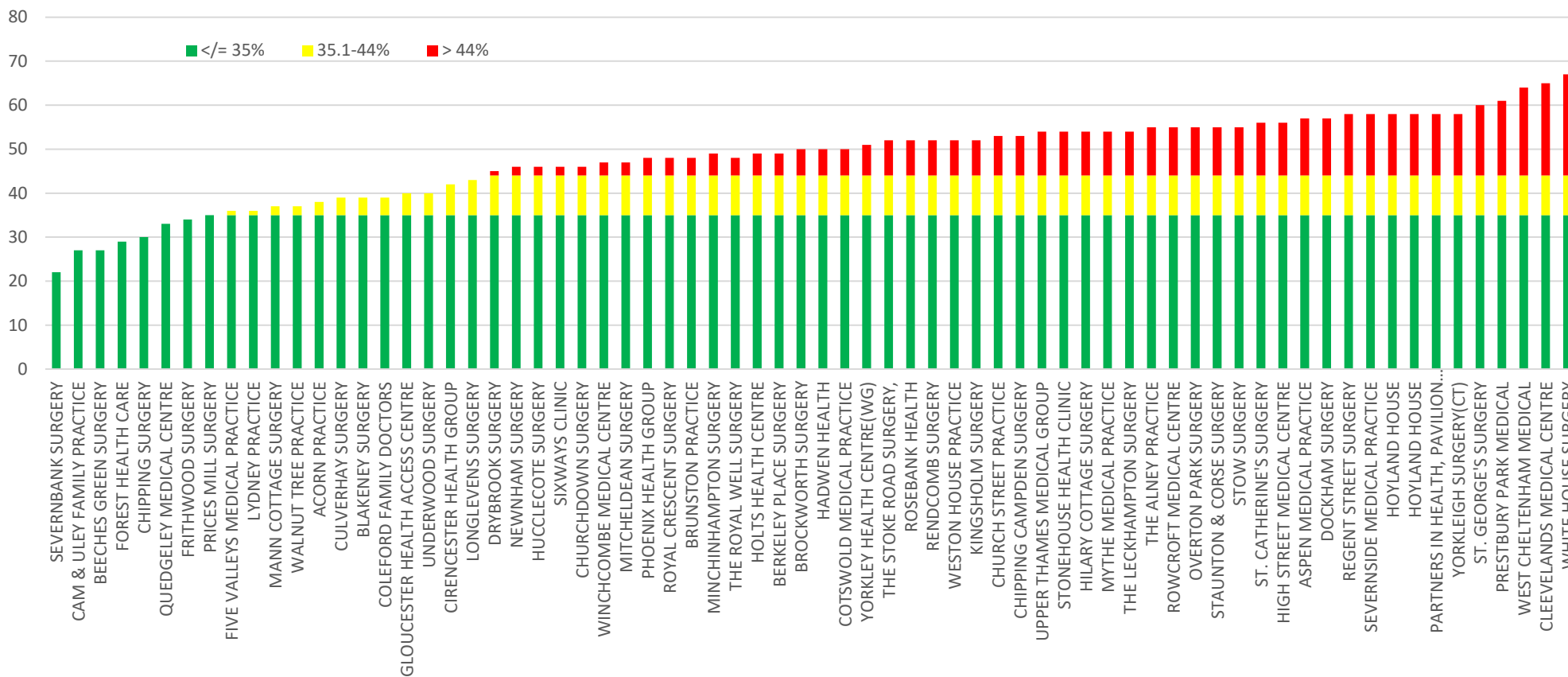
CLEAN AIR DAY

This was on the 15th June but these [Clean Air Day | Action for Clean Air](#) resources can be used at any time to raise awareness of this **single biggest environmental threat to human health**, causing and worsening asthma, stroke, heart disease and cancer. In the UK alone over **36,000** people a year die from air pollution related illness.



FIND OUT THE AIR POLLUTION LEVEL WHERE YOU LIVE/WORK addresspollution.org

% MDI prescribed (excluding salbutamol) to 1st April 2023





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Sustainability Quality Improvement Initiative for 2023-2024.

Gloucestershire ICB is unique in funding such an initiative for ALL PCNs and GP practices

Practices can choose from a [menu](#) of CO2 saving initiatives for which they will receive payments from the ICB. There is a [toolkit](#) to support choice & implementation.

Your PCN has received funding to hold facilitated workshops for practices to brainstorm and share ideas on how to design and implement quality improvement programmes to suit their needs. *Is yours scheduled yet?*

These initiatives will not only reduce your emissions, but they will also save you money, save you appointments, save you time, save your patients from unnecessary trips to the GP and save the NHS money.

[Returns](#) for initiatives chosen and workshop feedback is required by the end of December to glicb.primarycare@nhs.net which is also the contact email for any queries you may have.

THE GREEN IMPACT FOR HEALTH TOOLKIT – update

A fantastic 60% (43 practices) of Gloucestershire ICB practices have signed up to the toolkit. Sign up is easy at [Green Impact for Health Toolkit](#) & is a great way to chart your sustainability and decarbonisation journey. There are several practices awaiting assessment. If you want any help with implementation Cornwall Greener Practice run monthly Toolkit Tuesday sessions which are open to everyone. See [Trello](#) for invitation and sign up. There is still time to submit your information for the next assessment due in September.

Awards to date:

Gold award	Church Street Medical Practice, Cam & Uley Family Practice, Chipping Surgery, Prestbury Park & Prices Mill
Silver award	Berkeley Place, Churchdown, Leckhampton, Rosebank, Royal Crescent
Bronze award	Acorn Practice, Aspen, Cirencester, Frithwood, Gloucester Health Access Centre, Stoke Road, Walnut Tree, The Mythe*

***Apologies to The Mythe who were omitted from the list in the last bulletin.**

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NOVO NORDISK PENCYCLE SCHEME

This scheme has now been extended nationwide to participating pharmacies and dispensing practices – but begs the question **why are we not prescribing more reusable pens??**



Why PenCycle?

At **Novo Nordisk**, we're committed to environmental change. We have ambitious targets as part of our "**Circular for Zero**" initiative, including:



Using **100%** renewable energy across our global production (which we have already achieved)



Re-designing both our existing and future products to reduce our waste



Working together with our supply partners to make our processes more environmentally friendly

And now, we want to make an even bigger difference by including your empty pens.

Every year in the UK, your pens are among **23 million** medical pens that end up incinerated or sent to landfill as, until now, there has not been a viable recycling alternative. This is not sustainable. At **Novo Nordisk**, as the people who make the pens you use, we want to play our part in fixing this.

circular
FOR **zero**



We have developed a **new, innovative process** that lets us recycle our pre-filled pens after use.

Your pre-filled pen contains important medicine and is with you wherever you go. Because of this, it is made from high-quality, long-lasting materials which are too good to waste. By finding new ways to reuse them, we can help put an end to the unsustainable use of earth's natural resources.

But we can't do this without you.

You return it, we recycle it.

Link for patients [How can I PenCycle? | PenCycle \(pen-cycle.co.uk\)](https://www.pen-cycle.co.uk)

Link for community pharmacies [How can I PenCycle? | PenCycle \(pen-cycle.co.uk\)](https://www.pen-cycle.co.uk)

Link for materials [Introductory-leaflet-for-people-on-diabetes-or-weight-management-treatment.pdf \(pen-cycle.co.uk\)](https://www.pen-cycle.co.uk)

Participating Gloucestershire pharmacies and dispensing GP practices:.....

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STROUD ROAD PHARMACY	STROUD ROAD PHARMACY PAVILION FAMILY DOCTORS 153A STROUD ROAD, GLOUCESTER	GL1 5JJ
BOOTS UK LIMITED	70-72 Parsonage St Dursley Gloucestershire GL11 4AA	GL11 4AA
BOOTS UK LIMITED	16B Chapel Street Cam Dursley Gloucestershire GL11 5NU	GL11 5NU
BOOTS UK LIMITED	9-11 Market St Cinderford Gloucestershire GL14 2RT	GL14 2RT
YORKLEY HEALTH CENTRE	BAILEY HILL YORKLEY, LYDNEY	GL15 4RS
BOOTS UK LIMITED	1 High Street Bream Lydney Gloucestershire GL15 6JS	GL15 6JS
COLEFORD HEALTH CENTRE	COLEFORD HEALTH CENTRE RAILWAY DRIVE COLEFORD	GL16 8RH
STAUNTON CORSE SURGERY	STAUNTON CORSE SURGERY CORSE GLOUCESTER	GL19 3RB
BOOTS UK LIMITED	Units 3-6 Quedgeley Retail Park Quedgeley Gloucester Gloucestershire GL2 4NF	GL2 4NF
BOOTS UK LIMITED	92 High St Tewkesbury Gloucestershire GL20 5JZ	GL20 5JZ
BREDON HILL SURGERY	BREDON HILL SURGERY MAIN ROAD BREDON, TEWKESBURY	GL20 7QN
BOOTS UK LIMITED	57 High Street Stroud Gloucestershire GL5 1AS	GL5 1AS
BOOTS UK LIMITED	197-199 High Street And 12-15 North Stre Winchcombe Cheltenham Gloucestershire GL50 1	GL50 1DB
BOOTS UK LIMITED	Gallagher Retail Pk Cheltenham Gloucestershire GL51 9RR	GL51 9RR
BADHAM PHARMACY LTD, UNIT 2, THE VILLAGE SQU	T/A BADHAM PHARMACY LTD, UNIT 2, THE VILLAGE SQUARE VICTORY FIELD, UPPER RISSING	GL54 2QB
BOOTS UK LIMITED	37 Tanglewood Way Chalford Stroud Gloucestershire GL6 8DE	GL6 8DE
BOOTS UK LIMITED	West End Minchinhampton Stroud Gloucestershire GL6 9JA	GL6 9JA
BOOTS UK LIMITED	39-43 Cricklade St Cirencester Gloucestershire GL7 1HY	GL7 1HY
BOOTS UK LIMITED	Market PI Fairford Gloucestershire GL7 4AB	GL7 4AB

SOUTH WEST GREENER PRACTICE BULLETIN



Reduce emissions.

Reduce admissions.

South West Greener NHS Bulletin - July 2023

Welcome to the tenth edition of the South West Greener NHS Bulletin. In this monthly newsletter we bring you the latest green activities and good news stories from across the region.

[Go to this Sway](#)



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BATTERY DISPOSAL

You may have seen this in a recent primary care bulletin – **what about using the traditional mercury-free sphygmometer which requires NO batteries?**

‘Recycling batteries used in medical devices

GP practices use a lot of batteries in BP machines etc., and Valpak offer free battery recycling in boxes which they provide; they keen to get GP practices on board with this. They take household batteries (AA, AAA etc.) and can take 15kg.

To sign up, email: Recycle.More@valpak.co.uk with a contact number, and email address, a full delivery address and how many you would like.

Once the box is filled, the collections company Ecobat will come and collect waste batteries and either return the box or replace it if it is damaged. This is also free.’

RECORD BREAKING HIGH TEMPERATURES

Record breaking high temperatures are being experienced across the globe, including the [UK](#) which will lead to excess deaths – last year this was estimated as **60,000** in Europe alone.

UK Health Security Agency (UKSA) Heat Health Alert . From the 1st June 2023 UKSA in collaboration with the Met Office is issuing RAG [Heat Health Alerts](#) in England. See also [Hot weather and health: supporting vulnerable people - GOV.UK \(www.gov.uk\)](#)

This and previous bulletins can be found on

<https://www.greenerpractice.co.uk/join-our-network/local-groups/gloucestershire/>

Please send any items for inclusion in the next quarterly newsletter and consider joining the Greener Practice group; we have WhatsApp groups and bimonthly evening meetings & welcome new members. Next general meeting TBC Contact

greenerpracticeglos@gmail.com