

E12 Medical Centre

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Net Zero, Environmental, and Carbon Neutral Policy

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1	27 March 2025	Lakshimi	Sharif Islam	

1. Introduction

E12 Medical Centre is committed to achieving carbon neutrality in line with NHS England's sustainability guidelines and the broader goal of reducing the carbon footprint across the NHS. This policy sets out the commitment, actions, and goals to achieve carbon neutrality, reduce emissions, and promote sustainability in our practice.

This aligns with the NHS's carbon reduction strategy and the **NHS Carbon Footprint** guidelines, focusing on reducing the carbon emissions from energy use, travel, procurement, and waste disposal.

2. Objectives

The primary objectives of this policy are to:

- Achieve a carbon-neutral status by 2028.
- Reduce carbon emissions from our operations and contribute to national targets set by NHS England.
- Promote sustainable healthcare practices, both within the surgery and across our wider healthcare community.
- Implement energy-efficient practices, reduce waste, and promote environmentally friendly travel options.

3. Governance and Accountability

The implementation of this policy will be overseen by the **Sustainability Committee**. This committee (The Principal GP, Practice Management team and a member of the PPG) will be responsible for:

- Monitoring and reporting on progress towards carbon neutrality.
- Ensuring that actions are aligned with NHS England's sustainability standards and regulations.
- Engaging staff, patients, and stakeholders to promote awareness and ensure active participation in sustainability initiatives.

The **Sustainability Lead** will be appointed to coordinate the day-to-day efforts and ensure all goals are met.

4. Carbon Neutral Goals

E12 Medical Centre will:

- **Reduce emissions:** Minimize carbon emissions across all activities, including energy use, transportation, and waste management.

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- **Offset emissions:** Where emissions cannot be fully eliminated, we will purchase carbon offsets to balance out the remaining carbon emissions.
 - **Engage in sustainable practices:** Encourage sustainable practices across the surgery including reducing paper use, improving waste segregation, reducing energy costs and adopting green procurement policies.
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5. Strategies for Achieving Carbon Neutrality

Energy Use

- **Improve Energy Efficiency:** Transition to energy-efficient LED lighting (sensor lighting wherever possible), heating, and cooling systems. Ensure that energy-efficient appliances and equipment are used wherever possible.
- **Renewable Energy:** Transition to renewable energy sources such as solar panels or contracts with energy suppliers that offer green energy solutions.
- **Monitoring and Reporting:** Install energy meters and use monitoring systems to track energy usage and identify opportunities for further reduction.

Travel and Transportation

- **Encourage Public Transport:** Promote the use of public transport, walking and cycling among staff and patients, providing incentives for those who choose sustainable transport options.
- **Carpooling and Electric Vehicles:** Provide encouragement and support (free parking) for carpooling schemes and offer electric vehicle charging stations on-site for staff.
- **Telehealth Services:** Expand the use of telemedicine where appropriate to reduce travel for both staff and patients.

Waste Management

- **Minimize Waste:** Reduce waste through better management, including the use of digital records (Electronic medical Records (EMR)) and reducing paper usage.
- **Recycle:** Implement a comprehensive recycling program for paper, plastics, glass, and electronics in line with NHS guidelines.
- **Hazardous Waste:** Dispose of medical and hazardous waste in line with NHS regulations, ensuring the most sustainable disposal methods are used.

Procurement, Sustainable Purchasing and Supply Chain

- **Green Procurement:**
 - Ensure that all products and services purchased by the surgery meet sustainability criteria wherever possible. This includes ensuring that products are from sustainable sources and suppliers who align with the carbon-neutral commitment.
 - Prioritize eco-friendly medical equipment, office supplies, and cleaning products.

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- **Local Sourcing:** Where feasible, prioritize sourcing from local suppliers to reduce transportation emissions.
 - **Reducing Pharmaceutical Waste:**
 - Encourage appropriate prescribing practices to minimize waste of medications.
 - Educate patients on proper medication disposal methods.
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6. Carbon Footprint Measurement and Reporting

- **Baseline Measurement:** A baseline carbon footprint will be established by measuring our energy use, travel, waste, and supply chain emissions for the first year of implementation, using NHS carbon footprint tools.
 - **Annual Reporting:** Progress will be reported annually to NHS England through the Sustainable Development Unit. This will include details of energy consumption, carbon reduction initiatives, and offset purchases.
 - **Review and Adjust:** This policy will be reviewed annually, and any necessary adjustments will be made to ensure continuous progress toward carbon neutrality.
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7. Staff Engagement and Training

- **Sustainability Training:** All staff will undergo training on sustainability practices, including how to reduce energy use, minimize waste, and engage in green initiatives.
 - **Employee Incentives:** Encourage staff participation through incentives for achieving sustainability goals, such as reduced travel emissions or innovative green ideas.
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8. Patient and Community Engagement

- **Promote Sustainability to Patients:** Inform and encourage patients to participate in sustainable practices, such as
 - Using online consultations,
 - reducing waste in medication,
 - utilizing public transport.
 - Offer advice on environmentally conscious choices related to health and wellbeing, such as reducing waste or adopting eco-friendly habits.

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Raise awareness about sustainability practices among patients through website, posters, and social media.

- **Community Collaboration:** Work with local community organizations to promote wider environmental sustainability initiatives, such as local clean-up days, tree planting, and educational programs.

9. Implementation Plan

a) Short-Term (Year 1-2):

- Conduct an energy audit and baseline carbon footprint analysis.
- Implement energy-saving technologies (LED lighting, smart meters, etc.).
- Develop a waste reduction plan and establish recycling procedures.

b) Medium-Term (Year 3-5):

- Implement renewable energy solutions (e.g., solar panels or green tariffs).
- Encourage transition to electric vehicles for staff.
- Begin regular staff and patient education initiatives on sustainability.

c) Long-Term (Year 5-10):

- Achieve carbon neutrality through carbon offset programs and reduction measures.
- Continuously review and improve sustainability practices to ensure alignment with NHS guidelines.

10. Compliance with NHS Guidelines

This policy is designed to comply with the following NHS England guidelines and initiatives:

- **NHS Sustainable Development Strategy** (Delivering a 'Net Zero' NHS by 2040).
- **NHS Carbon Footprint:** Reduction strategies as outlined by NHS Digital.
- **NHS Greener NHS Framework** for climate action and sustainability.

11. Concluding Statement

E12 Medical Centre will work diligently to implement and monitor its sustainability initiatives, with a goal of reducing environmental impact and contributing to the

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NHS's overarching aim of achieving Net Zero by 2040. The surgery will engage staff, patients, and the local community in this mission, making sustainable healthcare accessible for all.

12. Review and Updates

This policy will be reviewed regularly to reflect any updates in NHS guidelines, new technologies, or sustainability best practices. Revisions will be made as required to ensure ongoing compliance and continued progress toward carbon neutrality.

This policy aims to provide clear, actionable goals and strategies to ensure that E12 Medical Centre can take meaningful steps towards becoming carbon neutral, contributing to the NHS's larger goal of net-zero emissions by 2040.