

# *Safest & Kindest*



**The Shrewsbury and  
Telford Hospital**  
NHS Trust

Newsletter for patients, staff, visitors and volunteers

**SPECIAL EDITION**

## Being a good corporate citizen

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Julia Clarke is The Shrewsbury and Telford NHS Hospital Trust's Director of Corporate Governance, and also the Executive Lead for Sustainability. Here, she explains the many exciting initiatives the Trust is implementing to reduce its impact on the environment and why it is committed to being a 'good citizen'.



■ Staff at the opening of the Bonningale Garden at Telford's Princess Royal Hospital.

# 'We want to safeguard the planet for future generations'

When it comes to sustainability, The Shrewsbury and Telford NHS Hospital Trust (SaTH) is committed to being a 'good citizen' – playing our part in safeguarding the planet for future generations not because we have to, but because we want to.

The NHS employs more than 1.5million people in the UK, accounting for more than five per cent of road traffic, with NHS buildings consuming over £410million of energy. These are just some of the reasons why the NHS, as the largest public sector contributor to carbon emissions, is committed to change.

Our approach as a Trust is to "think globally, act locally" by promoting sustainability, supporting local businesses, engaging with our communities, reducing waste and costs, and improving the physical and emotional wellbeing of our patients, staff and visitors.

We have already implemented a number of initiatives at both the Royal Shrewsbury Hospital (RSH) and Princess Royal Hospital (PRH) as we look to

transform how we get to work, and how we work, for the benefit of the environment.

Not only have we introduced new courtyard gardens, and provided new ways of helping our staff get to work in a more sustainable way, we have also created outdoor gyms, through donations from charities, at both our hospital sites to encourage and promote physical activity for staff and visitors alike.

Our hospitals attract a lot of wildlife, and we recognise that it is vital to encourage them to stay and safely make their homes on our sites. We have also run voluntary schemes to help improve the green spaces around our hospitals, which have included the Memory Garden, Garden of Reflection, Bonningale Garden and Alstromeria Garden at PRH and a specially-created wildlife garden at RSH to encourage bees.

More than 2,000 trees have been planted by volunteers at both sites, in partnership with Shropshire Wildlife Trust – and next month more than



■ The Memory Garden at Telford's Princess Royal Hospital.

10,000 crocuses will be planted by local schoolchildren at PRH thanks to the Rotary Club of Telford Centre, as part of Rotary International's Purple4Polio campaign.

We continue to make great strides in encouraging our staff to look for alternatives to driving to work, and we have successfully introduced a Liftshare scheme, bus ticket discounts and become more cycle-friendly,

introducing new cycle shelters and showers, and holding regular bike health checks.

Much of our work also goes on behind the scenes – not often quite as newsworthy, but just as valuable. From installing biodigesters in our kitchens and new state of the art oil tanks, to changing the lighting in our hospitals from fluorescent to LED, it is all playing its part.



# The future's bright, the future's green!



**LEFT:** In March 2017, the Trust worked in partnership with the Shropshire Wildlife Trust to plant 2,000 trees, with the help of volunteers, at the Princess Royal Hospital and the Royal Shrewsbury Hospital. Pictured, from left, Sophie Cole, Alex Ford, Rachel Higgins and Charlotte Banks.

**ABOVE:** Outdoor gyms were created at the Royal Shrewsbury Hospital (pictured) the Princess Royal Hospital in Telford—thanks to national grants awarded by Tesco and the Lottery—earlier this year to support the health and wellbeing of staff and the local community. Feedback from our national Staff Survey highlights that staff would like more recreational outdoor areas at the hospital. Being able to provide free outdoor facilities which are accessible to all is of great benefit.

**Clare Jowett is the Head of Assurance at The Shrewsbury and Telford Hospital NHS Trust and Wildlife Enthusiast with a University Certificate in Biological Recording. Here, she explains how the creation of gardens with native shrubs and trees is attracting new wildlife to our hospitals and creating a tranquil setting for patients and staff.**



## ‘Where better to nurture nature than our hospitals?’

**Evidence suggests that green spaces are linked to improved health and wellbeing – and so there is no better place to nurture nature than at our hospitals.**

The Trust has been working with Shropshire Wildlife Trust to improve biodiversity at both the Royal Shrewsbury Hospital (RSH) and Princess Royal Hospital (PRH) over the last 12 months – and we are beginning to see and reap the benefits. Trees have been planted, wildlife gardens grown, and our green spaces have been improved and are blossoming.

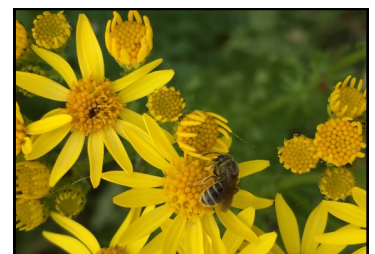
This means that visitors and staff alike now have relaxing havens where they can escape and enjoy peace and tranquillity, or join others for a picnic outdoors. And of course, there are also the important benefits these havens bring to wildlife.

Native shrubs and trees have been planted, and we have created



dedicated wildlife areas where the grass has been allowed to grow longer to encourage different wildlife to live and thrive. It is fantastic to see that insects are responding to our efforts.

We have spotted a number of butterflies that are grassland species – Meadow Brown and Skippers – on our sites; and we are seeing growing numbers of both Red Mason, and Leaf



Cutter bees at a specially-created wildlife garden at RSH. A very rare Sharp Tailed bee (a cuckoo of the Leaf Cutter bee) has also been recorded, and there have only been a handful of sightings of them in Shropshire.

We are now in the process of setting up a page on our website which will be dedicated to our wildlife – and members of the public, and staff, will be able to record what they have seen. This is another important step on our journey to improve and preserve, not just our surroundings – but also the environment for the future.



■ SaTH won the Travel and Transport Award at this year's NHS Sustainability Awards.



# Hospital Trust on a mission to reduce its carbon footprint

**SaTH is on a mission to become more sustainable, introducing a host of travel initiatives across its two hospital sites to reduce its carbon footprint.**

Making the switch to cycling, sharing lifts to work or ditching the car altogether and using public transport – staff at the Royal Shrewsbury Hospital (RSH) and Princess Royal Hospital (PRH) are being actively encouraged to help the Trust minimise its impact on the environment.

The Trust has so far introduced new cycle shelters, arranged a discount on bus fares and is also working with the local council to improve cycle routes to make travel to and from the hospitals more sustainable. Other initiatives include:

- The introduction of a lift share scheme, which more than 300 members of staff have signed up for. The scheme encourages staff to share lifts to work, with dedicated parking spaces available.
- More secure cycle shelters have been created, along with an employee buy scheme and new shower facilities.
- There are also discounts on Arriva bus fares and a new bus stop at the RSH Treatment Centre.
- Refurbished bridleway and new footpath at PRH.

SaTH has been rewarded for its efforts so far – scooping a major award at this year's NHS Sustainability Awards.

SaTH won the Travel and Transport Award for

influencing staff to become engaged with sustainable and active travel. The NHS Sustainability Awards celebrate healthcare efficiency and sustainable development. As well as being named the winner of the Travel and Transport Award, SaTH was also Highly Commended in the Leadership Award and the Digital Award for making its Trust Board meetings paperless.

Julia Clarke, Director of Corporate Governance, said: "We were delighted to receive such tremendous recognition at the NHS Sustainability Awards. With almost 6,000 staff and more than half a million people visiting and using our services each year the environmental impact could be significant, but staff across the Trust have done their bit to reduce this impact.

"SaTH takes its environmental responsibilities very seriously but we could not have won this award without support from our employees. After re-branding our bicycle user group, now known as Greener Travels, it grew from six members of staff to nearly 200, and we now have up to 80 members of staff cycling to work every day."

But the Trust's work on sustainable travel doesn't end there, with even more plans in the pipeline. They include:

- Moving all pool cars off-site – freeing up 50 parking spaces at both hospital sites.
- Introducing online permits for staff – reducing the paper trail.
- Introducing a one mile exclusion zone for staff –

encouraging staff who live within a mile of hospitals not to bring their vehicles to work, freeing up parking spaces.

- Looking at video-conferencing model - to help reduce unnecessary travel.
- Increasing parking spaces for patients by re-designating spaces that are currently allocated to staff.
- Introducing tariff parking charges for visitors – the Trust is considering an hourly car parking charge system, similar to other hospital Trusts.
- Reviewing and rationalising of pool car arrangements – by moving to a centralised online booking system.
- Looking at e-charging on-site – providing e-charging points for electric vehicles on all Trust sites.

Alex Ford, Sustainable Travel Plan Coordinator at SaTH, said: "We are very grateful to staff at the Trust who have really embraced our efforts to become more sustainable. We now have more people than ever cycling to work, using public transport and sharing lifts.

"There are many more plans and aspirations in the pipeline as we look to continue to build on all of the work we have done so far – from hourly tariffs in our car parks to even providing charging points for electric cars on our sites."



# Two new food digesters installed

After a successful trial at The Princess Royal Hospital, two food waste digesters have now also been installed at the Royal Shrewsbury Hospital.

It means that any waste food that is returned from the wards and the serveries is loaded into the chambers of the machines to be 'digested'.

The waste mixes with plastic 'polychips' and is dosed with an enzyme. Over a period of about three hours, the food is 'digested' and results in a small discharge of grey water into the drains.

This system replaces the original method of food waste disposal, which was to macerate it and send it to sewer, along with copious amounts of hot water.

The new system helps to reduce the number of drain blockages caused by fat deposits and also significantly reduces water and energy use.

John Ellis-Tipton, SaTH Estates Manager, said: "The units will pay for themselves over a period of time and will also ensure that we are ready for any changes in legislation prohibiting food waste disposal to sewer."



## LED lighting introduced

Almost two thirds of Telford's Princess Royal Hospital has energy efficient LED lighting.

John Ellis-Tipton, SaTH Estates Manager, said: "As well as helping the Trust make financial savings as a result of being more efficient, LEDs provide a better quality of lighting and produce less heat. They require less maintenance and should last eight years even with constant use."

The cost of rolling out the scheme at the Royal Shrewsbury Hospital is being investigated. Refurbished areas such as Ophthalmology and the Mortuary have LED lighting and there are examples in the corridor outside X-Ray and in the Mytton Oak Restaurant.

# Sea of purple to bloom next spring

**Ten thousand crocuses are to be planted at the Princess Royal Hospital (PRH) in Telford next month – with a sea of purple blooms expected next spring.**

The project will be led by the Rotary Club of Telford Centre, and will see 40 Year 7 pupils and five staff from Hadley Learning Community in Telford, join the Rotarians to plant the crocus bulbs within hospital grounds in October. It is part of Rotary International's Purple4Polio campaign to raise awareness of their fight to eradicate polio around the world.

In February, visitors to the hospital will be welcomed by thousands of purple flowers which will bloom either side of the footpath from the car park down to the main hospital entrance.

The idea to plant the crocus corms at PRH came from Viv Marsh, Founder of the conservation charity Praise Bee and volunteer Community and Patient Representative for SaTH, after he read about the efforts of the Rotary Club.

As well as raising awareness of the campaign, the

flowers will benefit patients and visitors and also encourage bees to multiply.

Sonia Roberts, President of the Rotary Club of Telford Centre, said: "We are delighted to work with The Shropshire and Telford Hospital NHS Trust, Praise Bee and the students of Hadley Learning Community to highlight the historic progress towards a polio free world. Together we are creating a spring flowering purple crocus walkway in the grounds of PRH."

"Purple is the colour of the dye placed on the little finger on the left hand of a child to show they have been immunised against polio, hence the name Purple4Polio. With millions of children to vaccinate, this makes it easier to see who has been protected and who has not."

Julia Clarke, Director of Corporate Governance at SaTH, said: "We are absolutely delighted to support this fantastic project which will benefit our patients and visitors, and help Rotary International raise awareness of their campaign."

"Our thanks also go to Viv Marsh, and the staff and students at the Hadley Learning Community who will be helping to plant the many thousands of bulbs. We look forward to seeing the results of their hard work in the spring when the crocuses will be in full bloom."

Viv Marsh said: "When I read about our local Telford's Rotary Club's endeavours to highlight the eradication of the awful disease polio is across the world, that there was natural synergy between what they were doing and to what we, plus all the staff do throughout the Trust, every single day of each year."

"The anticipated effect of that splash of the purple Crocus in flower next and every forthcoming spring from the car park down to the main reception at the PRH, can only help but lift one's spirits in some small way at a time of natural anxiety due to personal poor health or visiting a relative similarly afflicted."

# 10,000 crocuses to be planted at PRH

## News in brief

### Warplt scheme

**More than 400 members of staff have now signed up to the Trust's recycling scheme which aims to reduce costs, as well as the impact on the environment.**

Warplt is a simple and effective way for SaTH staff to loan or give surplus equipment to others in the Trust, rather than bin it or buy new.

The initiative, which now has 418 members, has been created to help the Trust save money as well as reduce disposal costs, carbon emissions and the amount of waste sent to landfill.

New items are added to Warplt daily with paper scanners, desks, uniform and even a mobility scooter have been up for grabs.

Warplt is simple and easy to use and staff who would like to sign up should register at [www.warp-it.co.uk/company/sath](http://www.warp-it.co.uk/company/sath)

Items can include re-usable furniture, electrical equipment, fixtures and fittings, as well as stationery, ink cartridges and clothing.

### Cycle to Work

**The SaTH Cycle to Work Employee Benefit Scheme will now run all year round.**

The scheme was previously on a window-based system, available three times a year - January, May and September.

The initiative enables staff to buy a bike through payroll with no finance charges, as well as make savings on high street prices.

Visit [www.benefitsbrochure.com](http://www.benefitsbrochure.com) or contact 01252 782690.

### Tanks replaced

**Two ageing bulk oil tanks sited at The Royal Shrewsbury Hospital have been replaced.**

The oil tanks, dating back to the 1970s, were back up should the gas supply at the hospital ever fail.

However, over a period of time the condition of the two tanks had deteriorated, running the risk of oil seeping into groundwater.

Estates have now emptied and cleaned the two tanks, and the old oil 'polished' and recycled into a new double-skinned oil tank.

### Efficient recycling

**There has been a purge on potentially hazardous surplus chemicals located at the Royal Shrewsbury Hospital.**

They have all now been safely removed from the rear yard at Estates - leading to a complete revamp of the waste area, and more efficient recycling.



**A new bus stop has opened at the Royal Shrewsbury Hospital (RSH) benefiting both patients and staff.**

The bus stop is located at the Treatment Centre at rear of the Copthorne site, and officially launched on Monday 4 September.

It is the second stop at the RSH, with the first being located near Outpatients. It means that the Arriva bus service will stop at Outpatients before proceeding on to drop off and collect outside the Treatment Centre.

The new stop will save patients, particularly those less able, walking a third of a mile to reach the Treatment Centre for appointments; and will also encourage staff to use the bus to get to work as part of the hospital's ambition to become more sustainable.

Alex Ford, The Shrewsbury and Telford Hospital NHS

Trust (SaTH) Sustainable Travel Plan Co-ordinator, said: "We are delighted that the bus stop is now a reality. It will make accessing the Royal Shrewsbury Hospital's Treatment Centre even more convenient for both staff and patients. It also encourages more people to use the bus, particularly staff, who will be able to benefit from a discounted ticket service."

The Arriva bus (Number 11) runs every 15 minutes from Shrewsbury Bus Station between 9am and 3pm, Monday to Friday. Plans for the new bus stop were first floated back in 2015. Since then there have been several dry runs with Arriva buses to see if the idea was viable, and funding for the scheme was approved last April. The scheme has come to fruition through a partnership with SaTH, Arriva Buses and Shropshire County Council's Passenger Transport Commissioning Group.

## Trust reduces energy consumption

**The Trust has saved nearly £15,000 in 'carbon charges' over the last 12 months by reducing its energy consumption across both its hospital sites.**

The Trust, like many large organisations, has to pay for its carbon emissions arising from heating and electricity usage.

In the past 12 months, various energy efficiency measures – including improvements to the heating system – have reduced its carbon emissions by 7 per cent (circa 1,112 tonnes), thereby

reducing the carbon charges.

At present, there is a centralised energy management system across the two hospital sites, driven by steam, which enables to temperatures to be controlled.

John Ellis-Tipton, SaTH Estates Manager, said: "We have been monitoring the centralised energy management system – which controls heating and cooling – over the last few months. A few changes have been made and these have brought about a reduction in energy usage.

There had also been a few steam leaks around the sites but, they have now been repaired – bringing about further savings on energy, water usage and chemicals used, so it's win-win."

The Trust is constantly looking for ways to improve its energy performance at both the Royal Shrewsbury Hospital and the Princess Royal Hospital, and will be using the money that has been saved on carbon emissions to review opportunities for large-scale energy efficiency measures.





# Introducing Red Mason bees to the wildlife gardens at our hospitals



■ Viv Marsh in the Memory garden at the Princess Royal Hospital in Telford.

**Viv Marsh is a volunteer Community and Patient representative for The Shrewsbury and Telford Hospital NHS Trust – and the founder of the charity Praise Bee, which is dedicated to conserving Mason Bees. Here, he talks about the national decline of the Red Mason bee and what SaTH is doing to help improve their numbers – including the introduction of two colonies at the Royal Shrewsbury Hospital.**

**“Having come from a farming family, I’ve always regarded myself as ‘a man of the soil’ and after I was approached by my old neighbour to build another nursery 10-years-ago like mine here in Walford Heath, I willingly took up the job.**

However, the difference was that rather than being used to grow plants, this one was to be used to breed the Red Mason bee (*Osmia bicornis*) for commercial pollination in the UK and Europe.

Sadly but not surprisingly, it wasn’t a great commercial success but what it did do was to open my eyes to the serious worldwide catastrophe of collapsing pollinating bee numbers caused by loss of natural habitat, Varroa mite infestation and insecticides.

The UK is leading the world in agricultural research and already new insecticides are being developed that are species targeted. In other words, powerful pyrethroids are being dropped in favour of less toxic chemicals, such as neonicotinoids that we all read about. This latter group is not perfect and newer gentler, species specific compounds are being developed as I write these words.

But, of course, all this takes time so we must be patient as this process takes place and remember

that we have to continue supporting our farmers so that we can all eat and enjoy our very high standard of living here in the western world.

As a consequence to all of this, I find myself as an optimist and firmly believe that as a nation, we have the brains and ability, with resolve, to rectify this current low ebb where with better chemical and future natural predator pest control, plus meadow establishment and management, systems can be developed.

DEFRA’s (or Ministry of Agriculture as it used to be known as), central Pollinators strategy has been developed involving six key UK universities plus my old University, Harper Adams here in Shropshire so there is now a clear fight back programme that has been initiated.

This is no small task and will take many decades for a final fix but this does not dim my enthusiasm in helping to rectify this current situation before it’s too late, and I ask you to share with me these thoughts and at the very least consider having a bee nest in your garden, as shown on my website, which will cost you roughly £10.

If we all do this, then with judicious planting of pollinator friendly plants that produce pollen and

nectar, as a nation of gardeners, we are halfway there to slowing down this decline which will eventually lead to a complete turn round.

Indeed, if you have a moment when you are at the Princess Royal Hospital (PRH), wander down to Wards 15 and 16 area and check out the Memory Garden to see where I have planted a growing list of wild flowers I have selected for the Red Mason bee, plus other suitable garden species as recommended by The Royal Horticultural Society.

Next Spring would be a good time to see these plants in flower, but if you pop in there at any time in between, you will see that most of the plants have been labelled.

There are no bees currently in the Wildlife Garden at PRH due to the low amount of flowers at present, which we will slowly rectify in the fullness of time, but at The Royal Shrewsbury Hospital we have been able to create two colonies on site.

The first nest is in the Wildlife Garden behind the main car park where we have developed a garden walk for staff and patients alike, and the second one is in the overgrown rough ground beyond the staff accommodation flats.



# Paperless Trust Board and monitoring carbon footprints

**After the incredible success of a project to make SaTH's Trust Board meetings paperless, the scheme has been rolled out across the Trust.**

Now, all Committees to the Trust Board, Governance and Operational meetings within Care Groups, even meetings with external partners can all go paperless.

The system is safe, effective and sustainable.

The monthly Trust Board meetings are complex, generating several hundreds of pages in a single typical meeting pack, but an IT package has made it possible for documents to be circulated electronically.

After the idea was first mooted, a business

case was then made for iPads for the 15-strong Trust Board members to use, and the first paperless Board meeting was such a success – Committee administrators were all asking for access to the system.

The cost savings to the Trust of going paperless have been huge, not to mention the benefits to the environment, as a single meeting of the board would normally require several thousands of sheets of paper – together with the energy needed to produce the hard copies.

The work doesn't stop there, with the Trust now trialling the use of digital signatures, virtual meetings and video conferencing – all of which reduces the need to travel.

**All services within The Shrewsbury and Telford Hospital NHS Trust (SaTH) are committed to making changes that bring benefits to the environment – and Procurement is no exception.**

The department has amended environmental criteria considerations in all of its processes to make them more sustainable – and has been recognised for its achievements.

Procurement monitor carbon footprint as a result of purchased services and goods annually by utilising a nationally-recognised priority tool. This enables them to engage with suppliers, who are identified as the high contributors to our carbon footprint. As a result of this, in May 2015, Procurement was highly commended at the National Suitability Awards for 'utilising feedback to understand how to implement sustainability within procurement'.

In February, the department was the first West Midlands Trust to be accredited against the New 2016 'Department of Health National Standards of Procurement Level 1' which involved providing evidence that it was actively promoting Corporate Social Responsibility.

The recognition doesn't end there, with Procurement also shortlisted in the National Suitability Awards in May. With transport having a high impact on the carbon footprint, the department managed to increase capacity in its store to enable bulk stocking. This generates economy of scale and reduces cost, but it also reduces the number of individual deliveries to the Trust's sites.

Most recently, as part of the new tender exercise for the replacement managed print service currently being rolled out, Procurement included energy efficiency and environmental criteria into the assessment. Importantly, it specified that all new devices must conform to the Government Buying Standards.

Paul Adams, Deputy Head of Procurement, said: "This criteria has ensured that the new devices will deliver lower power consumption with an anticipated saving of 148,353 KW, which equates to 89,251 Kg Co2 emissions."



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