

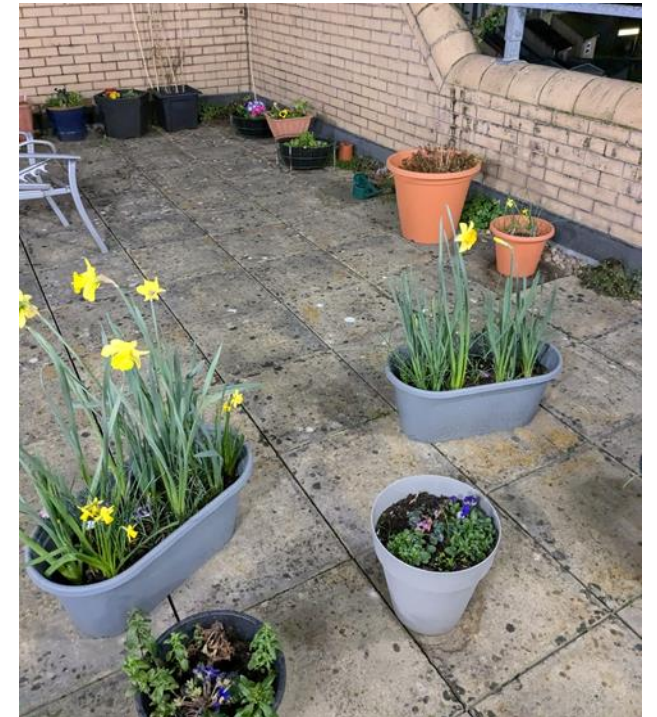


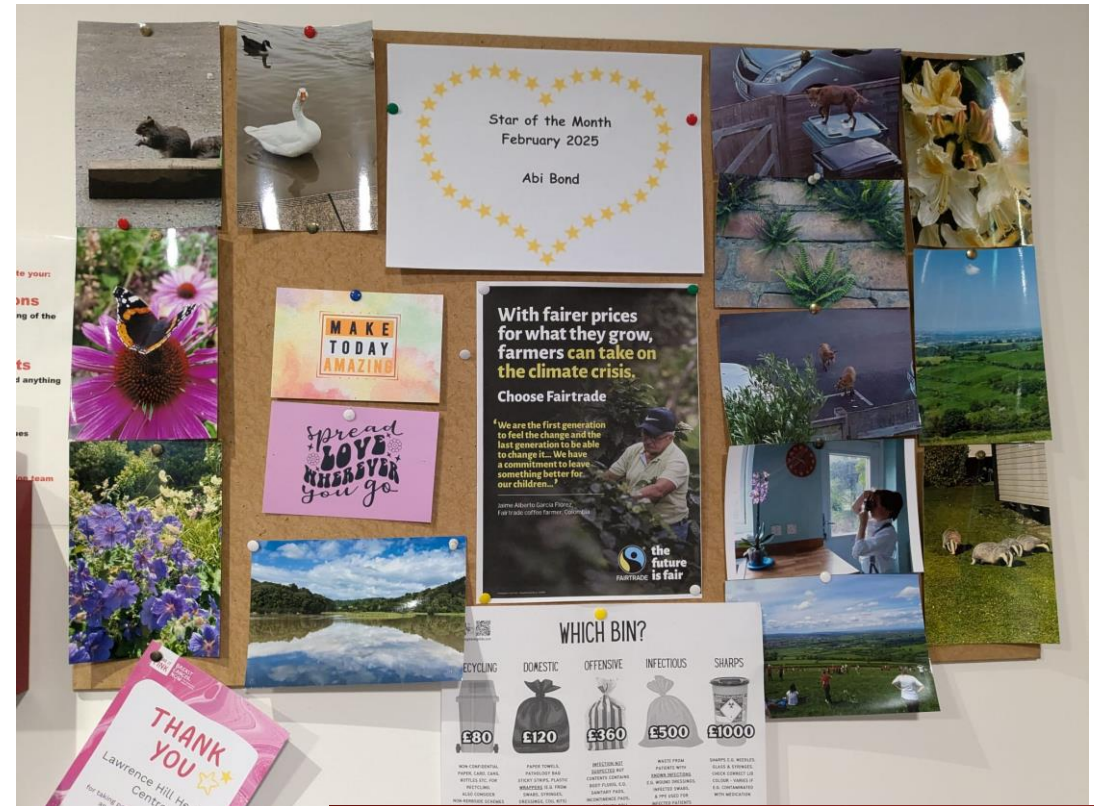
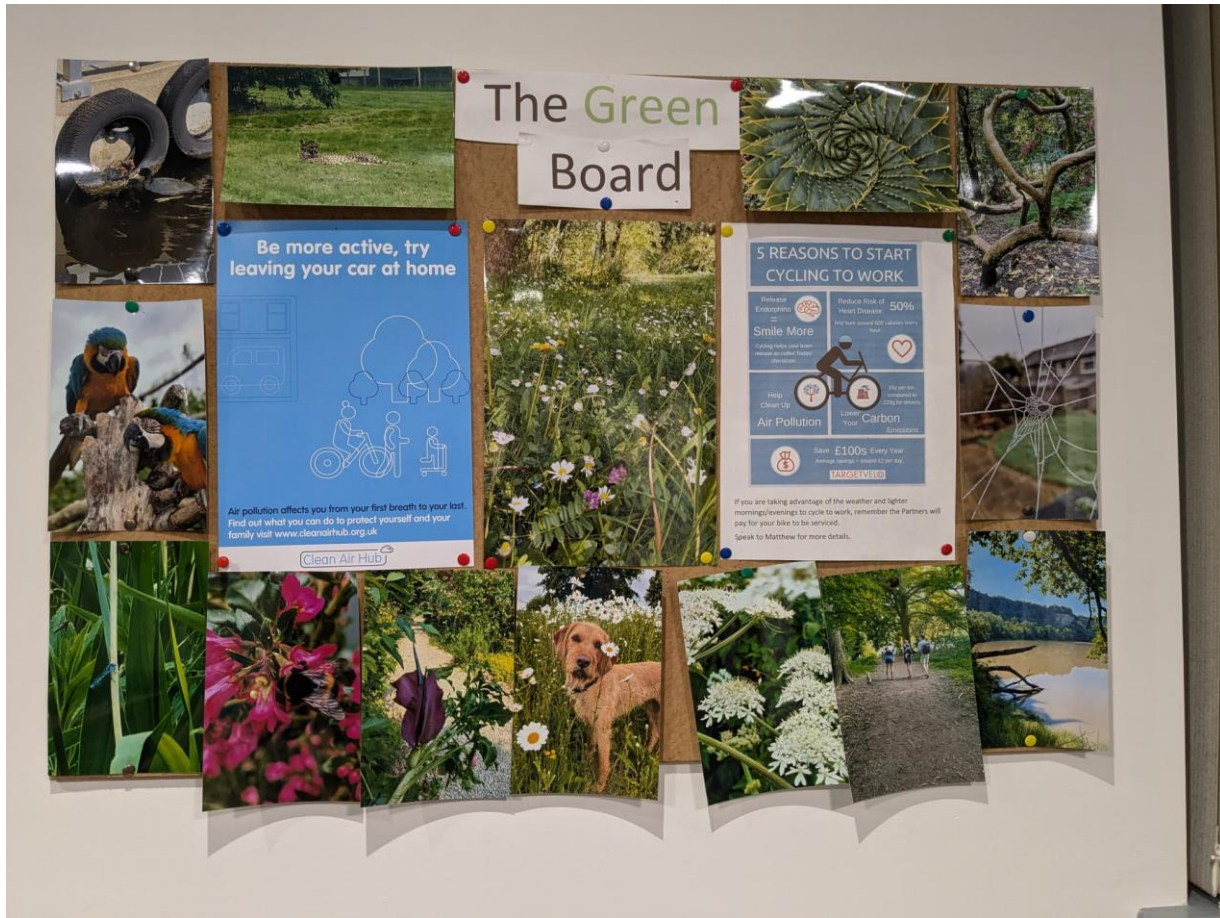
BNSSG Training Hub

staff wellbeing and greener practice

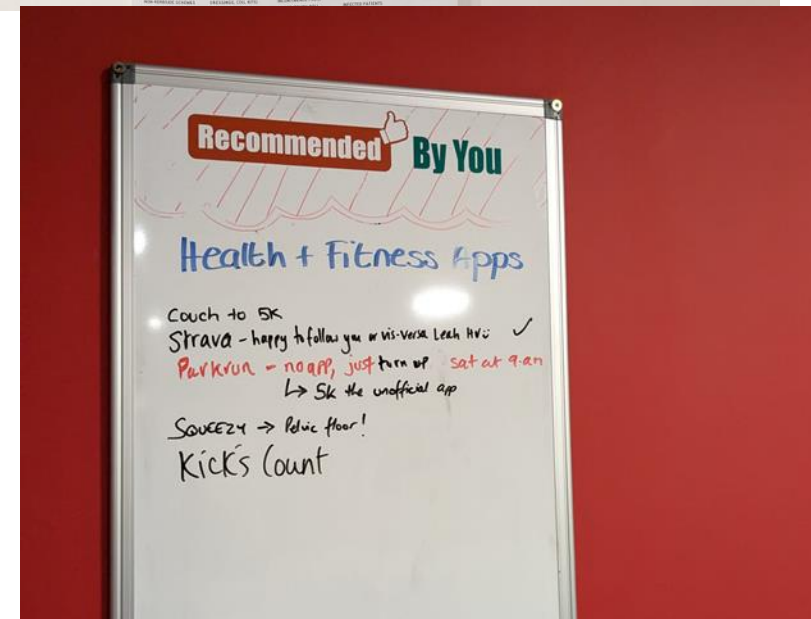
small change makes a big impact
Dr Amy wells

Green impact at LHHC





Find a greener inhaler to suit you



what could you do?



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WHICH BIN?

RECYCLING	DOMESTIC	OFFENSIVE	INFECTIOUS	SHARPS
£80	£120	£360	£500	£1000

#PeriodPlasticPropaganda

A pack of disposable pads contains as much plastic as 4 much plastic bags. They take thousands of years to break down

disposable pads £1910

disposable tampons £1580

Wow!

WHAT'S THE LIFETIME COST OF YOUR PERIOD?
KNOWLEDGE IS PERIOD POWER...

COOL!

menstrual cup £180

period pants £336

washable pads £1500

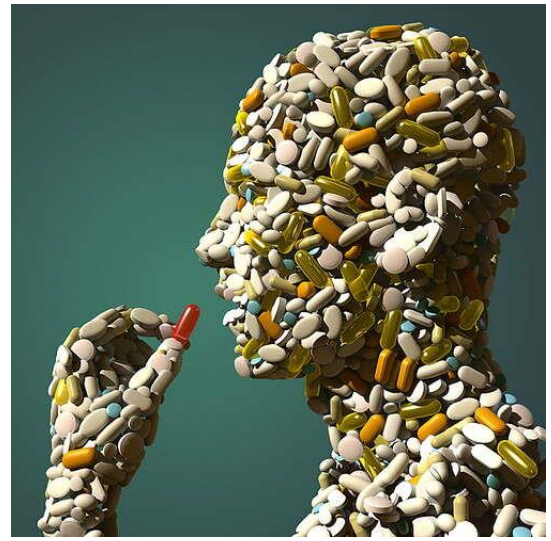
plastic-free disposable tampons £1210

plastic-free disposable pads £1800

Plastic-free products are reusable or biodegradable, so don't contribute plastic to the ocean or landfill

SAVE YOUR PENNIES & SAVE THE PLANET

Found this poster? Take a selfie with it, tag @GreenLifeGP, and I'll donate a pack of plastic-free period products to your organisation



Quick tips and easy tricks for helping you REDUCE YOUR SURGERY'S CARBON FOOTPRINT

- FRIDGES**

 - Do you really need all of those fridges?
 - Could you turn off one after vaccine season?
- PRINTERS**

 - Switch off printers when not in use
 - Double-sided as default
- LIGHTS**

 - Switch off lights when you leave a room
- COFFEE TIME**

 - Switch to Fairtrade tea & coffee in your staff room
 - Ditch the plastic bottles forever and get a milkman instead
- GRATITUDE**

 - Thank your colleagues for their green efforts

FOR A GREENER NHS

www.thegreeningoflife.com



Staff wellbeing
at LHHC



what could you do?



Roll over image to zoom in





BNSSG Training Hub

Thank you

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www.bnssgtraininghub.com



BNSSG_Thub



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