



Green Champions Network

Environmental Justice – Climate Change and Racism

The Energy and Environment Department stands in solidarity with the Black Lives Matter movement.

This article is a starting point for understanding the links between environmental issues and racism, and why calls to end climate change (and other environmental issues) should come with calls to end racism.

Black, indigenous and people of colour (BIPOC) are the least responsible for environmental harm, especially climate change, on a global scale. Whilst China may be currently be the largest polluter, for decades the majority of pollution came from Europe and North America [cumulatively these regions are the biggest contributors](#). One of the principles of environmentalism is that the polluter pays. By this logic, the brunt of the cost of climate change should be born by Europe and North America. This is not the case.

Environmental harm is more severe for BIPOC at a global scale. In the UK, climate change is largely a problem for the future. In the Global South, the consequences are happening now. Sub-Saharan Africa, for example, is considered to be one of the [worst affected areas](#), being especially susceptible to drought and heat stress. This is related to geography, the UK's temperate climate and location away from key storm tracts, means climate change will not have significant consequences for many years. It is also related to the complex social explanations for the distribution of wealth and the ability to influence change across the region and indeed the world.



Environmental harm often is more severe for BIPOC on a local scale. This manifests in the tendency for toxic facilities to be located near majority Black communities, [London's Black communities are disproportionately exposed to air pollution](#) and [race is the biggest indicator in the US of whether you live near toxic waste](#). It is present in findings that [a higher percentage of BME people live in areas of greatest deficiency of access to open green spaces with wildlife value](#). And [the decision to move the Dakota Access Pipeline](#) away from the majority white town of Bismarck following complaints, yet continue to pass through the Standing Rock Sioux tribe land, putting sacred sites and water at risk.

The Environmental Movement is not without fault when it comes to racial justice. Here are a couple of examples to demonstrate this:

- [Indigenous communities have been evicted from native lands](#) to make way for protected areas across the world, usually leading to a loss of cultural knowledge and a substantial reduction in quality of life. The removal of indigenous groups is based on a myth of blaming these groups for environmental damage, rather than recognising the wider causes of environmental harm
- Much of the lobbying in the environmental sector has focused on 2 degrees as a critical threshold, beyond which catastrophic climate change will occur. For the UK, and most other largely white Western countries, this threshold is safe. For vulnerable and low lying islands, 2 degrees of warming would be devastating. For many years, these communities have been saying "1.5 to stay alive". [Limiting warming to 1.5 degrees is the only way for these communities to live safely](#), but this was only recognised by much of the environmental movement recently.

In short, this means that environmental issues are intersectional problems, they are related to multiple forms of discrimination in society including race, as discussed, but also relating to [gender](#) or [sexuality](#) for example.

So, what does this mean for environmental work at the Trust? Good question. Well, you might have already noticed some links to justice in our work to date, such as linking the Green Impact objectives to the United Nations Sustainable Development Goals and we try hard to make sure the organisations we promote align with our values. As a team we are going to be more active in relation to environmental justice and plan to include more articles like this one to inform both ourselves and our champions.



Sustainability is about the environment, but it is also about economy and society, so as we work towards sustainable healthcare, all these factors must be considered.

There are lots of links in this article but here are a couple more...

- [The Trust's statement on Black lives Matter](#)
- [Climate Justice Webinar](#) – from a medical perspective in Canada

Gardening for Beginners

Written by.... Green Champion Tracy Dawber

In my experience, the easiest and most underrated crop to grow is:

Lettuce

Lettuce can be sown directly into the ground, in pots on your patio, or in a recycled margarine tub on your windowsill.

It is a very versatile crop and there are lots of seed varieties you can buy.

Most varieties are cut and come again, so that means when you cut it off, some more grows back! Bonus!

It can also be sown in monthly succession which means you can have lettuce to munch on throughout May – October. It is cheaper than buying it from the supermarket and is so tasty!



Green Champions Projects



Single Use Plastics – NHS Plastic Pledge

Summary

We're finishing the data collection for the 19/20 financial year NHS plastic pledge, which calculates the total number of specific single use plastic items and commits the Trust to ending preventable use of these key items over the next 3 years.

You will need...

If you use the following items, we would like to know what you use them for to help achieve our pledge and reduce the use of single use plastic as far as possible. We've put together a table (on the next page) which you can complete and send to cara.turton-chambers@nottshc.nhs.uk.

The items are as follows:

1. Plastic drinking cups
2. Cups for hot liquids
3. Plastic plates
4. Plastic cutlery
5. Plastic straws
6. Plastic stirrers
7. Plastic food containers
8. Condiment sachets
9. Plastic milk bottles or cartons



Send your photos, comments and testimonials of this project to environment@nottshc.nhs.uk to feature in the next Green Champions Bulletin

Role:

Applicable sites:

Item	Use(s)	Reasons for utilising single use items (if applicable)
Plastic drinking cups		
Cups for hot liquids		
Plastic plates		
Plastic cutlery		
Plastic straws		
Plastic stirrers		
Plastic food containers		
Condiment sachets		
Plastic milk bottles or cartons		

Salary Sacrifice Scheme

The Trust's salary sacrifice scheme which enables staff to lease cars now has an impressive 12 different types of electric vehicles available at very competitive prices. The prices detailed below are just examples. To find out more, contact Fleet Care at info@fleetcare.org or by calling 0114 2729 222.

For the city.... Mini Hatchback



135kW Cooper S 1 33kWh 3dr Auto 2 year lease
Electric range 145 miles

Monthly cost after tax saving £187.11*

For the family....Nissan Leaf



100Kw Acenta 40kwh 5dr Auto 6.6 kw charger 2 year lease
Electric range 169 miles

Monthly cost after tax saving £122.16*

For the drive...Polestar 2



300Kw Pilot Plus 78Kwh dual motor 5dr 4WD Auto 3 year lease
Electric Range 311 miles

Monthly cost after tax saving £352.88*

HSJ sustainability event

The HSJ is holding it's first sustainability event virtually on 19 August. The event is free and will include the opportunity to hear from key speakers, ask questions and find out about quick wins. If you register, you can access the recordings after the event, just in case you can't listen live.

The details are here: <https://sustainabilityforum.hsj.co.uk/>.

The registration link does not work in the Trust, so to register you need to email catherine.howe@wilmingtonhealthcare.com



Green Champions Team – MS Teams

It's been 3 weeks since we launched the Green Champions Team on Microsoft Teams. We're really pleased how interactive this group has already been and are really looking forward to helping it to grow over the coming weeks and months.

You can access the group and learn how to use it by following the instructions on the next page.

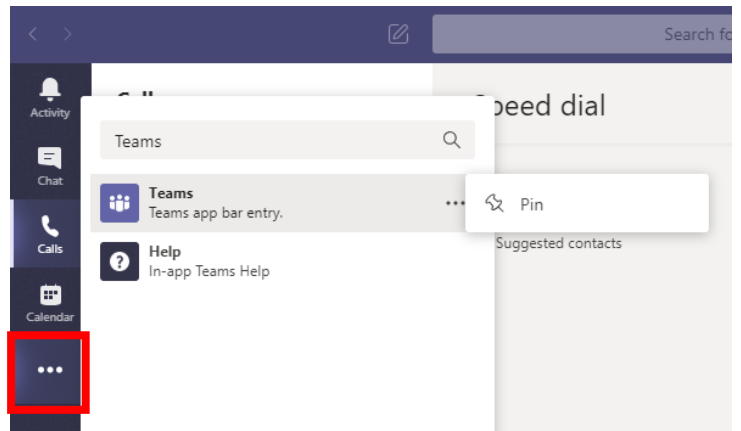
positive
about the Environment



Teams and Channels – The Basics

Finding Teams

1. Go to Microsoft Teams
2. Click the three dots on the left hand side (red square)
3. Search “Teams”
4. Right click and Pin
5. The Teams and Channels area will now be in the left hand panel whenever you click onto MS Teams.



Replying vs. Starting a New Conversation

Reply

To reply to a post, you must first click the reply button for that post (green circle)

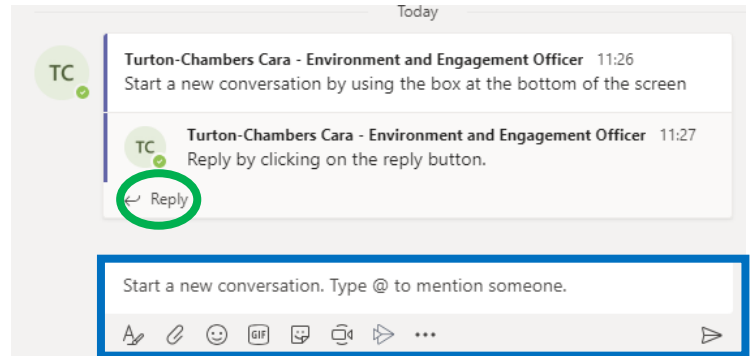
Start a New Conversation

Start a new conversation by using the text box at the bottom of the screen (blue rectangle).

Format your post using this symbol

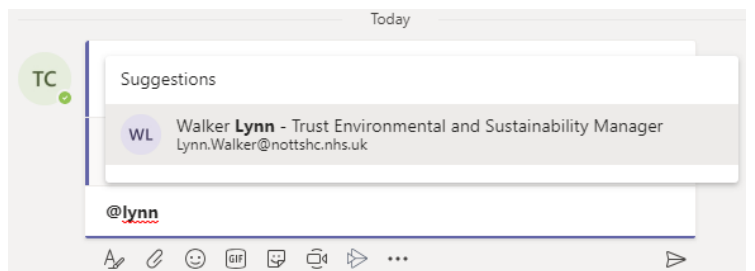


Attach or post a file using this symbol



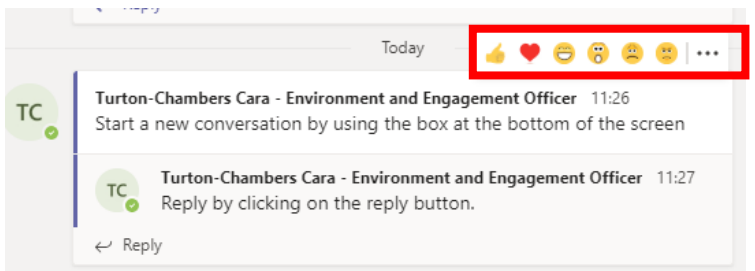
Mention

If you want to ask a specific person a question or notify somebody of a discussion you can mention them by typing *@their name*. A suggestion box will appear



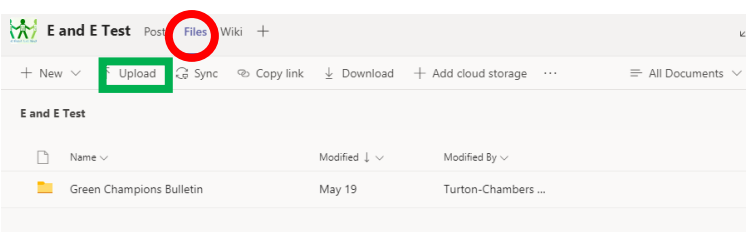
React

React to posts by hovering the mouse on the post or reply and clicking on the reaction emoji (red rectangle)



Upload documents

If you have a resource to share you can upload it to the Team by going to the files section at the top of the screen (red circle) and clicking upload (green square)





Nottingham Centre for Mindfulness

What is Mindfulness?

Mindfulness is a way of paying attention to, and seeing clearly, whatever is happening in our lives. It will not eliminate life's pressures, but it can help us respond to them in a calmer manner that benefits our heart, head, and body. It helps us recognise and step away from habitual, often unconscious emotional and physiological reactions to everyday events. It provides us with a scientifically researched approach to cultivating clarity, insight, and understanding. Practicing mindfulness allows us to be fully present in our life and work.

Mindfulness and sustainability

The qualities of mindful awareness involve openness, empathy and caring both for ourselves and for others. Through mindfulness we begin to connect more deeply with what is important to us and recognise the choices that we have. Each of us may interpret differently what this means and what personal or collective response we might make. There is some evidence that mindfulness practice may influence our choices in a variety of ways that can benefit the environment and society as a whole.

Mindfulness drop-in sessions

These sessions take place twice per week via Microsoft Teams. You can access these via the following links:

- Wednesday 8:30am – [Click here to join this session](#)
- Friday 12:30pm – [Click here to join this session](#)

Mindfulness for Restoration and Recovery workshop

This 90 minute workshop will be delivered using Microsoft Teams. It will cover ways that we can maintain wellbeing using mindfulness. The workshop will include short mindfulness practices as well as additional resources and advice on where to find support.

- Thursday 16 July 2020 - 2pm - 3:30pm
- Thursday 6 August 2020 - 10am - 11:30pm

To book a place on a workshop please email mindfulness@nottshc.nhs.uk.

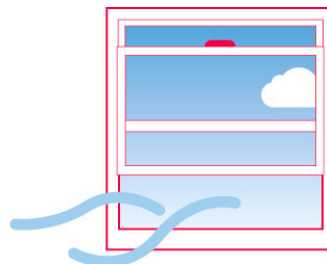


Checklist for keeping the air in your home healthy



The UK population spends up to 90% of its time indoors which means the air we are most exposed to is inside our buildings.

Air pollution inside our buildings can come from many indoor sources, as well as from outside.



- ☐ I open windows or use the extractor fan when cooking or using cleaning products, but close windows near busy roads during rush hours
- ☐ I use fragrance-free, milder cleaning products
- ☐ I only light my wood burning stove/open fire when I absolutely have to
- ☐ When I use my wood burning stove/open fire / barbeque I only burn well-seasoned wood or smokeless fuel
- ☐ When decorating I choose paints and varnishes that are labelled low volatile organic compounds (VOCs)
- ☐ I regularly service my boiler to ensure there are no carbon monoxide leaks
- ☐ I use cream cleaning products, rather than sprays, wherever possible
- ☐ I vacuum and mop often to keep pollutants and allergens, that accumulate in dust, at bay
- ☐ I avoid artificial scents in my personal care products, such as shampoo, deodorant and soaps
- ☐ I have a renewable home energy tariff to cut out polluting fossil fuels

To get involved in Clean Air Day and learn more about how air pollution could be affecting you and your family's health, visit cleanairday.org.uk or search #CleanAirDay.

30 Days Wild

The Energy and Environment Department has been taking part in 30 days wild, a Wildlife Trust campaign which is about doing one random act of wildness every single day during June. We've been posting our wild acts on twitter. Here are some of our favourites...

Walking by water (and some cygnets)



Admiring insects



Rescuing a baby blue tit



Hugging a tree



Enjoying the sunset



Looking for natural patterns



environment@nottshc.nhs.uk

connect: [connect/energy-and-environment](#)

Tel: 0115 9691300 (#11249)

Twitter @Enviro_Nottshc

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