

Glenridding Health Centre Pledge

The steps Glenridding Health Centre need to take to be carbon neutral by 2038.

The climate emergency is a health emergency.
Actions for patient's health will have huge benefits for everyone.
Increased physical activity – healthy Lifestyle changes
Healthy diets and low carbon options on inhalers
Appropriate prescribing and de prescribing
Reduce medicine waste and overuse of inhalers
Use starter packs not full amount

Encourage members of teams to participate and share good practices
Encourage patients/staff to car share
Recycling – get some bins so easy to see what goes in each bin which will minimise rubbish that goes into landfill
De carbonisation Guide for GP to follow
Supplies ensure they have a carbon reduction plan from 2027
Use lower carbon – reusable face masks, as COVID is here to stay.
Get our patient group involved in spreading the word to other patients to be carbon friendly

Monthly group discussions to identify areas where we could improve our carbon footprint

So as a society we will aim to be carbon neutral by 2038

By 2023 – Reduce Glenridding Health Centre's footprint

Promote the practices participation in the Green Impact Scheme on our website and also in our practice newsletter and posters around our area.

Promote online services to encourage everyone to use ordering, booking an appointment, accessing their medical records to save time and work more efficiently.

New topics each month to discuss at meetings.

Look at medicines, use starter packs, low carbon options – choices appropriate prescribing and DE prescribing. To discuss at Doctors monthly meetings.

Look at waste and medicine and medicines packaging. Look at recycling – get some new recycling boxes to split into categories card, plastic, paper, batteries and inhalers to help with our carbon footprint.

So each year we can look at new targets until 2038 when we will aim to be carbon neutral

(b). Group that the action will take place with:

Glenridding Reception Team
Glenridding Clinicians Team
Patient Group/Website