



## Highlights this Quarter

- South Warwickshire PLT saw us welcome new interest and new members
- Update on various projects in the area, including KidzMED, Paperless practice
- GIFH toolkit awards
- Simple switches for your practice



**Greener Practice**

Join the local conversation with our 'Greener Practice C&W' Whatsapp Group

## Kidzmed Project

### Children as young as 5 can learn to swallow tablets in 5 easy steps.

As we all know, from recent outbreaks of scarlet fever creating shortages in liquid antibiotics, the ability to tolerate medications in pill form could relieve many a headache (pardon the pun!) for patients, parents and clinicians.

Taking medication in tablet form has several benefits; avoids the sometimes unpleasant taste, more availability, less wastage and less likely to end up in the environment and food chain.



<https://www.nenc-healthiertogether.nhs.uk/parentscarers/medicine-children/pill-swallowing-kidzmed>

1

### PRINT LESS

Laser printers use lots of energy just warming up

2

### TURN OFF

Switch off rather standby all non-essential equipment

3

### REDUCE WASTE

Return unused medicines to pharmacies for disposal



### Switch Vagifem for Vagirux

Reduces single use plastic



### Medicines waste is a big problem

Encourage patients to open their medicine bag BEFORE leaving the pharmacy and return any unwanted items



### 10-point plan for GP

The Green Fellows are working on a green 10-point plan for General Practice to help surgeries become more green

## Green Space Projects

It's easier than you think to transform your outside spaces.

Laura Doan has been pioneering for her practice at The Grange Medical Centre to transform their small garden space into a relaxing haven for staff and patients.

They had help from a friendly patient who volunteered his gardening skills and they managed to secure a small grant to purchase plants. The wooden planters were reclaimed from old pallets.



**“Prepare yourself – Paperless Practice is coming this way.”**

Our local ICB are partnering with a local practice to trial being paperless. Abbey Medical Centre, in Kenilworth, have reduced their printers from 33 to just 2.

This means printing can still happen when needed but it is cut out wherever an alternative is possible. It reduces paper usage, cuts costs and should overall, be easier for patients –the elusive triple bottom line!



## GREEN IMPACT FOR HEALTH SILVER AWARD

CONGRATULATIONS to Abbey Medical Centre who have achieved a silver award from the Green impact for Health team.

A huge amount of working has happened behind the scenes at Abbey Medical Centre to make them a greener practice.

They have installed automatic lighting in all areas, automatic switches to turn off all non essential equipment out of hours, buy fair-trade ingredients, use rechargeable batteries, compost food waste, promote healthy snacks for staff and reduce travel by using a visiting team.

*Above: Ryan and Oscar with their certificate displayed in reception*