

As a surgery we are trying to be GREEN. Dr Christelle Blunden shows a great interest in making the world a better place for our future and our children's. She helps the surgery and gives great guidance in achieving becoming as green and environmental as possible

This is what the surgery has done and planning to do.

1. **We only drink Fairtrade tea and coffee** - as this has decent environmental and humanitarian standards compared to counterparts-
2. **We have Organic milk delivered by the milkman in glass bottles**- intensive dairy farming is one of the largest contributors to carbon emissions in the developed world
3. Majority of our printers are set on **Double-sided printing** as default
4. The A4 paper we use at the surgery is **100% recycled**
5. We Promote Southampton **Healthy Homes scheme** every year at flu clinic - good tips on energy saving and combating fuel poverty
6. We send our "end of life" toner cartridges from the printers off for Recycling
7. We encourage patients to give us **email addresses** now and try to email information/letters out to save paper and postage.
8. Staff have been offered **Cycle to work scheme** – Little interest but more so due to the roads of Southampton
9. Doctors provide a **fruit box scheme** to give healthy alternative snacks with lower carbon footprint than chocolate. Also supports a local small business.
10. We collect old/used **inhalers to recycle**.
11. **Recycled Toilet paper** is used in all the toilets at the surgery

Ideas we would like to grow at the Surgery

- Health walks to keep patients active (not directly green initiative but the more people walk the less they drive amongst many other benefits)
- Surgery to calculate carbon footprint of practice in order to see where reductions and thus possible cost savings are possible using online toolkit

If you have any comments or additional ideas please contact Kathy Walsh at the surgery. All suggestions are welcome