

We are currently inviting staff to take part in the OPW campaign optimising power @work by becoming an Energy Champion. For more information see below for awareness campaign details.

If you'd like to get involved please contact us

CUH.SustainableEnv@hse.ie

What's On? November 2017

OPTIMISING POWER @ WORK AWARENESS DAY 7- NOVEMBER 9AM STAFF CANTEEN

There will be an energy champion meeting on **Tuesday 7th November from 3.00pm-4.00pm in the boardroom.**

This is a great opportunity to hear about what is currently happening on the energy awareness campaign and how all departments can get involved in reaching the 2020 target of 33%.

BUY NOTHING DAY

It's that time of the year again, when we are gearing up to launch into the Christmas shopping so the last thing that most of us are thinking about is buying **nothing!** However, world **Buy Nothing Day** falls on the 24th November this year.

INTRODUCTION

Welcome to the November edition of the CUH Green Campus Newsletter!

CUH launched the Sustainable healthcare change programme booklet on the 29th September. CUH is the only hospital in the world awarded the Green flag by an Taise and the Foundation of Environmental Education (FEE) in 2014. This award is in recognition of the commitment of the Executive Management Board in developing CUH as a healthcare facility that delivers high quality care, improved public health and wellbeing without exhausting natural resources or causing ecological damage. Minister Simon Coveney launched the Sustainable Healthcare Change Programme Booklet in CUH on Friday the 29th of September. The booklet maps CUH green campus journey showing the steps required in keeping a campus this size on the right road to sustainability. The progress made in energy waste and water speak for themselves with landfill waste reductions of 205 tonnes energy reductions of 1.85KWh and water down 9500m³. At CUH we have expanded our sustainable healthcare to the local community with Churchfield Community Trust project which grows and delivers food to the catering department. Food is locally grown and procured food is served to both staff and patients. This project provides long term support and training to disadvantaged in the community. The challenge now is for CUH to continually improve on sustainability goals while the hospital activity increases. CUH would like to acknowledge staff for their continued support and committed to the sustainability agenda within the hospital. CUH will be applying for Green Flag re-assessment in 2018 under the following new themes, Water, Bio-diversity, Transport and Evolution of Buildings.



Pictured above: Prof Geraldine McCarthy, Aoife O'Connell, Minister Simon Coveney, Maria Kirrane, CEO Tony McNamara



PEDOMETER CHALLENGE 2017

Well done to the Young and Old who won in the Pedometer Challenge 2017 in CUH with a grand total of 608,881 step average per team member. That's some going!

In CUH/CUMH alone this year some 14 teams across the hospital took a total of 4184675 steps. If we assume that the average person has a stride of about one metre, that's enough steps to cover over one fifth of the circumference of the earth! Well done everyone!

Thank you to everybody who took part this year and remember to look out for the Pedometer Challenge again next year when we aim to make it even bigger and more competitive!



Pictured above: The Young and Old
(Bernard Murphy, John Bohane, Kieran Walsh, Rodney Higgins and Carmel McCarthy.)

CAMPUS BIKE WEEK 2017

25-29TH SEPTEMBER

CUH participated with UCC and CIT in campus bike week this year. Bike week saw huge amount of events run over the three campuses with coffee mornings and round table discussions on various cycling topics. CUH has good number cyclists on site and we will continue to support cycling as a smarter travel workplace.

Minister Coveney was happy to show support for this initiative on campus and we had an opportunity to showcase the fantastic banners with faces of staff that enjoy cycling to work, the cost benefits and the health benefits. Big thanks to the ladies that participated in the banner campaign and all staff who engaged during the week (from meetings to emails) and

let's continue to improve and encourage cycling on our site.



Pictured above: Minister Simon Coveney, Maria Kirrane and Aoife O Connell