



CUH Environmental Campaign Newsletter - June 2015

WHAT'S ON JUNE 2015?

This year, the 15th -19th of June is the European Sustainable Energy Week. It showcases activities dedicated to energy efficiency and renewable energy solutions. It is designed to spread best practices, inspire new ideas and build alliances to help meet the EU's energy and climate goals.

EU Sustainable Energy Week will bring together public authorities, energy agencies, research organisations, NGOs, businesses, and private consumers to share best practices and inspire ideas on secure, clean and efficient energy. 800 Energy Days will take place in more than 40 countries across Europe and beyond.



Established by the United Nations in 1972 World Environment Day is celebrated every year on 5th June in more than 80 nations. It was created to stimulate worldwide awareness of the environment and enhance political attention and action.

To find out how you could get involved log on to <http://www.unep.org/wed/>



Introduction

Welcome to the June edition of the monthly **SEECO** newsletter, part of our environmental awareness campaign.

This month is home to the United Nation's World Environment Day and we look at what Ireland, in particular the HSE is doing to contribute to the environmental sustainability effort.

June also sees the EU Sustainable Energy Week taking place, www.eusew.eu so our other focus this month is reducing your energy use at home and at work and the help available from SEAI - The Sustainable Energy Authority Ireland.

Website of the Month

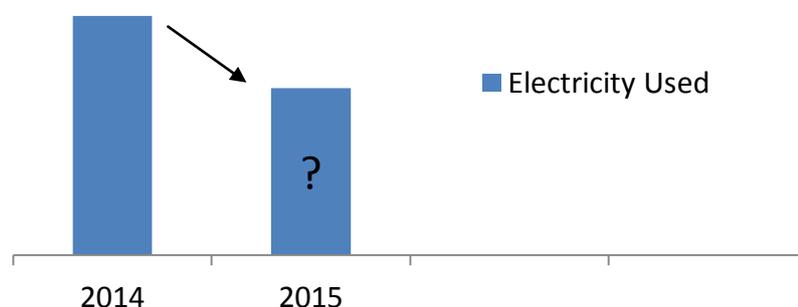
http://www.seai.ie/Power_of_One/

This handy website offers tips and advice to save you money on your energy bills, increase the comfort of your home and help to reduce climate change in the process! Well worth a look!



Call to Action: CUH Energy Efficiency Day 2015

As part of Sustainable Energy Week we are holding a sustainable energy challenge on **Wednesday 17th June**. You can exercise the Power of One to help in reducing the overall electrical consumption across the campus. We will compare our energy consumption with the same day in 2014 to assess how we do! Let's all do our bit!





How can you help to make a difference on Energy Efficiency Day?

- ✚ Turn off unnecessary lights in areas that are not in use
- ✚ Turn off the lights when leaving a room
- ✚ Turn down the air-con, or turn it off altogether!
- ✚ Sleep your PC when leaving your desk
- ✚ Plug out your phone charger when it's not in use
- ✚ At the end of the day, turn off your computer, monitor, printers and photocopiers and don't forget to hit the lights on your way out!



What is Ireland's Health Service doing to create a more Sustainable Environment?

You may or may not be aware, but the Irish Public Sector has a national obligation to deliver 33% energy efficiency savings by 2020. The HSE, being the largest public sector agency, is committed to leading by example. The HSE is working closely with the Sustainable Energy Authority of Ireland (SEAI) to achieve these energy savings. A recent report released by the SEAI shows that the HSE has achieved 9% improvement between 2009 and 2013 and the provisional HSE scorecard for 2014 indicates a further 7.2% improvement last year. We are all responsible for achieving these savings so let's stay focused and keep doing our bit!



The HSE is also working with the EPA funded Green Healthcare Programme to become more efficient in the way that we manage our waste and water. You can read about the work that Green Healthcare has done with us here at CUH at <http://www.greenhealthcare.ie/resources/case-studies>. If you want to get involved in the Sustainable Healthcare and Living project or want some help or advice about how your department can become more sustainable please let us know! You can contact us at CUH.SustainableEnv@hse.ie

Exploding Environmental Myths

"I haven't got time to be environmentally friendly".

ANSWER: Being part of our environmental awareness campaign does not take much time at all. Cycling to work is often quicker than sitting in a traffic jam. Choosing correct bins to segregate waste takes a split-second.



Turning off equipment and lights is literally at the flick of a switch. We're not asking people to make radical changes to their lifestyles. Instead we are merely suggesting that we think about our environmental impact when making decisions so that we can incorporate them into good practice. This can be as simple as boiling only the water needed in the kettle, which will actually save time, or bringing lunch to work in a plastic box rather than cling film to save on waste (and buying cling film in the first place!)

If we all do something, much can be achieved. So no matter how little time you have, just changing one action for the better will add to our collective success. This is equally true both at home and at work!
