



CUH Green Campus Newsletter - August 2015

We are currently inviting staff to take part in the campaign by becoming a Green Advocate. If you'd like to get involved please contact us via email:-

CUH.SustainableEnv@hse.ie

WHAT'S ON AUGUST 2015

There is **Green Advocate/Sustainable Healthcare Training** scheduled for next month on **Friday September 11th**. The training will be facilitated by **Eric Crowe (Project Engineer and HSE South Sustainability Coordinator)** and **Edward Murphy (CUH)** and is a great opportunity to learn about what is currently happening around sustainability in CUH and the HSE. If you are interested in attending or would like more information please contact Edward at Edward.murphy@hse.ie or ext. 22045.

National Heritage Week falls this month between the 22nd and 30th August. See the Website of the Month section for more information on how you can find out about the different events that will be happening throughout the week.



National Heritage Week
Discover the past. Build the future.

Introduction

Welcome to the August edition of the CUH Green Campus Newsletter. There is lots happening in CUH on the green front in the coming months so don't forget to consider taking part in what's going on – everyone is welcome!

This year, August 13th is Earth Overshoot Day. This marks the date when humanity's demand for ecological resources and services in a given year exceeds what the Earth can regenerate in that year. For the rest of the year, we will maintain our ecological deficit by drawing down local resource stocks and accumulating carbon dioxide in the atmosphere. We will be operating in **overshoot**. Just as a bank statement tracks income against expenditure, Global Footprint Network measures humanity's demand for and supply of natural resources and ecological services.

In a nutshell, Sustainable Healthcare is all about balancing the books. The ultimate aim is to provide high quality healthcare that is environmentally, economically and socially viable indefinitely and that functions harmoniously both with the human body and the non-human environment.

To learn more about Earth Overshoot Day check out <https://www.youtube.com/watch?v=XBHW3zIkY44>

Pedometer Challenge 2015

The Pedometer Challenge is an annual event run by the National Transport Authority and takes place from the 7th September to the 4th October this year. The challenge is a fun team event that aims to get staff walking for 4 weeks! It is about being active and encouraging longer term physical activity. Last year, 4000 participants from 50 organisations took more than **1.4 billion steps**, travelling over **870,000km** during the 4 week challenge! If you would like more information or want to get involved you can contact Edward.murphy@hse.ie or ext. 22045.

Website of the Month

National Heritage Week takes place between the 22nd and 30th August. National Heritage Week is coordinated by The Heritage Council and its aim is to build awareness and education about our heritage (both natural and built) thereby encouraging its conservation and preservation. There are hundreds of events taking place throughout the week and many are free. There are loads of outdoor events that promise fun for all the family, young and old! The Water Heritage Day at the Lifetime Lab on the Lee Road on August 22nd is just one of many highlights!

For events happening in Cork City check out <http://www.heritageweek.ie/wp-content/uploads/pdfs/hw-corkcity.pdf> and for events taking place in the wider Cork County visit <http://www.heritageweek.ie/wp-content/uploads/pdfs/hw-corkcounty.pdf>



Focus On... Medical Recycling

Here at CUH, we are very proud of how innovative and adventurous we have been with our recycling programme. Not many hospitals can boast a recycling rate as high as CUH (as high as 60%!) but we have to remember that we are a hospital and need to put a certain amount of thought into what we recycle as it is not quite the same as recycling at home!

Did you know – that everything that we pop into a **green bin** here ends up being sorted by hand when it gets to a waste facility?! That's some job sifting through nearly 15 tonnes of stuff every month! When you are recycling, take a minute to think of the person who has to sort through that bag later! As a general rule of thumb, think to yourself – 'would I be happy to handle this item again in 2 weeks time?' See below for some reminders about safe recycling!

Do Recycle!	Don't Recycle!
	
<p style="text-align: center;">Cardboard</p> <p style="text-align: center;">Paper</p> <p style="text-align: center;">Plastic Packaging</p> <p style="text-align: center;">Drinks Cans</p> <p style="text-align: center;">Plastic Bottles</p>	<p style="text-align: center;">Food Items</p> <p style="text-align: center;">Gloves</p> <p style="text-align: center;"><u>ANY</u> Medical Items – plastic syringes, giving sets, theatre gowns, surgical masks</p> <p style="text-align: center;">Purple and blue instrument wrap</p>

Exploding Environmental Myths

“Wind Power is too unreliable to be widespread!”

ANSWER: Actually, during some periods the wind provides almost 40% of Spanish power. Parts of northern Germany generate more electricity from wind than they actually need. Northern Scotland, blessed with some of the best wind speeds in Europe, could easily generate 10% or even 15% of the UK's electricity needs at a cost that would comfortably match today's fossil fuel prices. The intermittency of wind power does mean that we would need to run our electricity grids in a very different way. To provide the most reliable electricity, Europe needs to build better connections between regions and countries; those generating a surplus of wind energy should be able to export it easily to places where the air is still. The electricity distribution system must be Europe-wide if we are to get the maximum security of supply. Some projections see more than 30% of the world's electricity eventually being generated by the wind!

