

WHAT'S ON DECEMBER 2015?

This month we switch on to switching things off. Many departments will be closing for a short time over the Christmas and New Year celebrations and it's important that we all remember to switch off electrical items that will not be used.



Turn Off
The Lights!

CUH's offices will be enjoying the same relaxing break as our staff and students while occupants are away from the hospital for a few days over Christmas. We need your help to make sure that our buildings are fresh and ready for the new year, so before you leave your office or department for the break, please take a few minutes to do the following; Make sure all windows are closed, if you have air conditioning, turn it off! Power off and unplug all appliances to zap the energy vampires, and finally, hit the lights on your way out!



Introduction

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

With Christmas upon us this issue is festive and gives us all some handy hints to help our holiday season remain a green one. Whether it's purchasing a really green Christmas tree or getting your shopping done, there's plenty of good advice to help you ease your carbon conscience. If you would like to do some more detailed reading on how you can have a more sustainable Christmas this year (and probably save a bit in the pocket as well!) then check out the 'Green Christmas' page at Eartheasy.com at http://eartheasy.com/give_sustainchristmas.htm



The Sustainable Environment team would like to wish you all a very Merry Christmas and a Happy 2015. And if you're heading away over the holiday season, stay safe at all times and, as ever, buy only what you need, don't be wasteful and think about sharing a lift with others going your way!

CUH wins Cork Environmental Forum Award

CUH got an early Christmas present on the 3rd December when the hospital's Green Campus Programme received an award in the annual Cork Environmental Forum Awards. CUH won the award in the public sector category for its recent efforts in working towards achieving a more sustainable and environmentally friendly model of healthcare. The award was presented by Deputy Lord Mayor, Cllr Mick Nugent who commented that it was great to see public sector organisations beginning to provide more leadership in the area of environmental sustainability.

Got a Real Christmas Tree? Wondering what to do with it in the New Year?

Below is a list of locations, kindly sent to us by Cork City Council, where people can bring their Christmas trees for recycling in January.



- Kinsale Road Civic Amenity Site
- Ballinlough Park (adjacent to Gus Healy Swimming Pool)
- Clashduv Park (adjacent to bring site)
- Green and junction of Murmount Road and Iona Road, Montenotte
- Green space adjacent to Sam Allen Sports Complex, Knockfree Avenue, Gurrabraher



Have Yourself a Merry Green Christmas

Christmas doesn't have to be a burden on the environment. With a little effort and imagination, we can reduce the environmental impact of the holiday season. Here are some ideas to help celebrate while caring for the earth.

- Send e-cards rather than paper ones and save yourself from adding to the Christmas card mountain. Free e-cards are available from some charities.
- If you receive many cards then make sure they are recycled.
- Follow the Japanese tradition where presents are wrapped in scarves and no wrapping paper used.
- When you have a houseful of guests, you can probably turn the heating down or off, and anyway, all that partying and food will keep you warm!
- Buy your gifts from Ireland's designers or producers to reduce the carbon footprint of imported goods from the other side of the world
- Or go the extra mile and make your own gifts such as chutneys, cakes, flavoured oils or scarves - people really appreciate the extra effort and you'll cut down on packaging.
- Don't overdo the Christmas lights and use a timer. Even better why not use solar powered rope lights or those with light emitting diode (LED) lamps? They can save up to 90% of energy use.
- Try not to make lots of trips to the shops in the car. Consider ordering online, use public transport or just make one or two big trips.
- If you are looking for some unique, sustainable gifts to give this Christmas then it is well worth taking a peek at <http://www.nigelsecostore.com/>. They even have a salt water powered toy car - no need to worry about batteries on Christmas morning!



Exploding Environmental Myths

"Is it better to have an artificial Christmas tree or a real one?"



Choose your Christmas trees responsibly

ANSWER: Although artificial Christmas trees are reusable from year to year, real trees are the more sustainable choice. Artificial trees are made of PVC and use up resources both in manufacture and shipping. While they theoretically last forever, research shows that they are typically discarded when repeated use makes them less attractive. They are sent to landfill where their plastic content really does last forever! Live trees, on the other hand, are usually locally grown and sold, saving both transportation costs and added air pollution!

Make sure you get one from a sustainable source. The Irish Christmas Tree Growers (ICTG) website is: <http://christmastreesireland.com/> where trees are grown according to strict guidelines governing everything from sustainable seeds and cultivation to protecting local wildlife. And remember natural trees also help to remove carbon from the atmosphere while they are growing.

And if you think you'll struggle to recycle your tree after Christmas you can also choose to rent one! Not only is it delivered, but on 6th January the supplier will whisk it away again ready to replant it for next year!"