



# Environmental Campaign Newsletter - May 2015

## WHAT'S ON MAY 2015?

*The environmental calendar is jam-packed this month! Here is a flavour of what is coming up!*

**22<sup>nd</sup> May 2015 is the International Day for Biodiversity** to celebrate how humans interact with the planet. Human health depends on species for pollinating food crops, controlling floods, providing our clothes and offering medical treatments to billions of people. To find out more about how important biodiversity is for every human being please visit: <http://www.un.org/en/events/biodiversityday/>

**Clean Coasts Week** takes place from 8<sup>th</sup>-17<sup>th</sup> May. Visit <http://cleancoasts.org/> for more information.

**Walk to School Week** takes place from the 11<sup>th</sup> -15<sup>th</sup> May. Visit <http://www.greenschoolsireland.org/travel/national-walk-to-school-week-.1356.html> for more information.

**Screen Free Week** happens between the 4<sup>th</sup> and 10<sup>th</sup> of May this year. Why not join in and discover life beyond the screen this year! Visit <http://www.screenfree.org> to get some ideas on how you can take part!



## Introduction

May is internationally renowned for considering biodiversity and the crucial role it plays in order for all of us to survive.

Who would have thought that the humble bee or the earthworm were vital for humans to survive? This month we take a moment to reflect on the importance of species smaller than ourselves and consider ways to conserve the gifts that Mother Nature has bestowed upon us.

May is the month for International Walk to School week so we feature the nature friendly way to get to and from school, to help conserve the birds and the bees!

And finally, this month we've included some facts and figures about office equipment and look at ways you can help us save energy and money by switching on to switching off!

## Biodiversity in Focus - the bee

Bees are responsible for up to one quarter of the world's food production through the pollination process. Farm animals also depend upon this pollination of plants for their grain. However honey bees are dying in huge numbers and the cause is not fully understood.



In a world without bees we would have far less food diversity, less plant and tree species, fewer cosmetic choices and our gardens may not look as attractive. If you're interested in finding out more, or perhaps want to learn about keeping your own bees, visit <http://www.bbka.org.uk/>

## Planning your Summer Holidays?

It's that time of the year again when we are starting to think about where we can go to unwind and relax for week or two during the summer months! We live in an age where we use technology for our work every day; smartphones, ipads and emails are all central to our working day - 70% of us admit to spending an unhealthy amount of time glued to our devices. This year why not try a digital detox and take a technology free break complimented by some yoga and spa treatments in the multi award winning Ard Nahoo eco cabins. Visit [www.ardnahoo.com](http://www.ardnahoo.com) for more information.





## Workplace Cycle Challenge

The Smarter Travel Workplaces Cycle Challenge is taking place this year from the 11<sup>th</sup> - 31<sup>st</sup> May. This is a great opportunity to get your bike out and travel to work the healthy way while being part of a team. There are some great cycle goodies to be won! All you need to take part is a bike and a team of 3-6 enthusiastic people! If you want to take part or would like more information email [Edward.murphy@hse.ie](mailto:Edward.murphy@hse.ie)

## Walk to School Week

Students from Green Schools and Campuses all over Ireland will come together during National Walk to School Week: May 11<sup>th</sup> to 15<sup>th</sup> to show their support for a greener, healthier environment by encouraging everybody to walk to school wherever possible. Join in Green Schools National WOW day on **Wednesday 13<sup>th</sup> May** and help to reach the target of over 20,000 people walking to school all over Ireland! Let's follow suit here at CUH and try to **Walk to Work** wherever we can given the week that is in it!



---

## Office Equipment

In the work environment there are numerous energy using items: computers, laser and inkjet printers, photocopiers, fax machines, vending machines, kettles etc. Office equipment is now second only to heating as the major energy user in most office environments. The amount of office equipment is continually increasing and in some cases produces so much heat that air conditioning or ventilation is being installed, further adding to energy use. Most a computer's power is used by the screen, so if you are off to a meeting or lunch, even if you don't switch off your computer, at least switch off the monitor/screen.

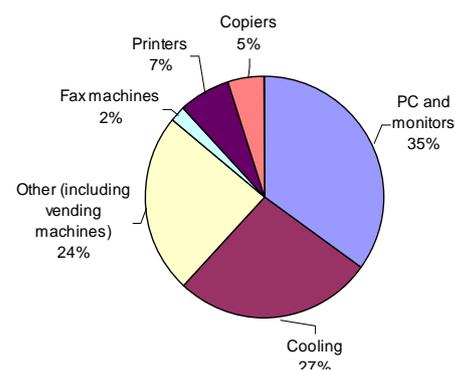
---

### YOUR DEPARTMENT'S FOOTPRINT. . .

Carry out an environmental walkabout in your department to assess how environmentally friendly you and your colleagues are. We will come to support you, raise the profile of your Environmental Champion and look at ways to make energy savings. A report will be produced which you can share with your colleagues or at a team meeting. If you'd like a walkabout please contact [Edward.murphy@hse.ie](mailto:Edward.murphy@hse.ie)

Three Top Tips we can all apply to save energy in the office

1. Shut down your PC and the monitor at night.
2. Switch off your monitor when leaving your desk for 15 minutes or longer.
3. Set up a rota for ensuring the photocopier, printers and lights are switched off at night.



Office equipment energy consumption  
(Source BRE)

---

## Exploding Environmental Myths

*"Is it true that PC screensavers save energy?"*

**ANSWER:** No they don't. The best way to protect a screen (if not in use) is to switch it off. Most screen savers use the same amount of energy as when the screen is in normal use. Some more sophisticated screen savers actually use **more** energy, not save it. Flat screens can use up to 50% of the energy of the total PC. So if you're popping out the office for lunch or logging off at the end of the day, always switch your monitor off.

