



Creating an environmentally sustainable health and care system together

Information Pack

BLMK ICS Green Plan – refresh 2025

Seminar - 15 November 2024

Please read this pack before the seminar



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Event Purpose

- The seminar is about climate change and how it impacts on our health.
 - The ICS Green Plan, which sets out how the health and care system will reduce emissions and environmental degradation, is being refreshed.
 - This event is to provide health and care leaders and partners to agree actions we can take together to deliver an environmentally sustainable health and care system in BLMK, shaping recommendations to be captured in the refreshed ICS Green Plan 2025-2028.
- We are expecting approximately 100 delegates, including representatives from the Integrated Care Partnership (ICP), Integrated Care Board (ICB), NHS Trusts and local authorities (LA), primary care, and Voluntary, Community and Social Enterprise (VCSE).
 - Delegates will include local councillors, NHS and LA executives and senior leaders, primary and secondary care clinicians, youth councillors, and VCSE-sector workers.
- At the seminar you'll:

 - Hear from experts and local champions on how environmental sustainability can deliver healthier lives and more efficient systems.
 - Learn more about the link between climate change, health and healthcare, and consider how to embed environmental sustainability in your organisation
 - Discuss the challenges and create recommendations to help us refresh the ICS Green Plan to deliver a net zero future.

Before the day, please answer a few questions on Mentimeter

- 🍃 Please **use the QR** code (right)
- 🍃 Or go to **menti.com** and **enter code: 5662 3209**
- 🍃 Or use the link
<https://www.menti.com/ali4akf5oj22>





Please watch

Travelling to the venue

MK Conferencing
Strudwick Drive
Oldbrook
Milton Keynes
MK6 2TG



Parking

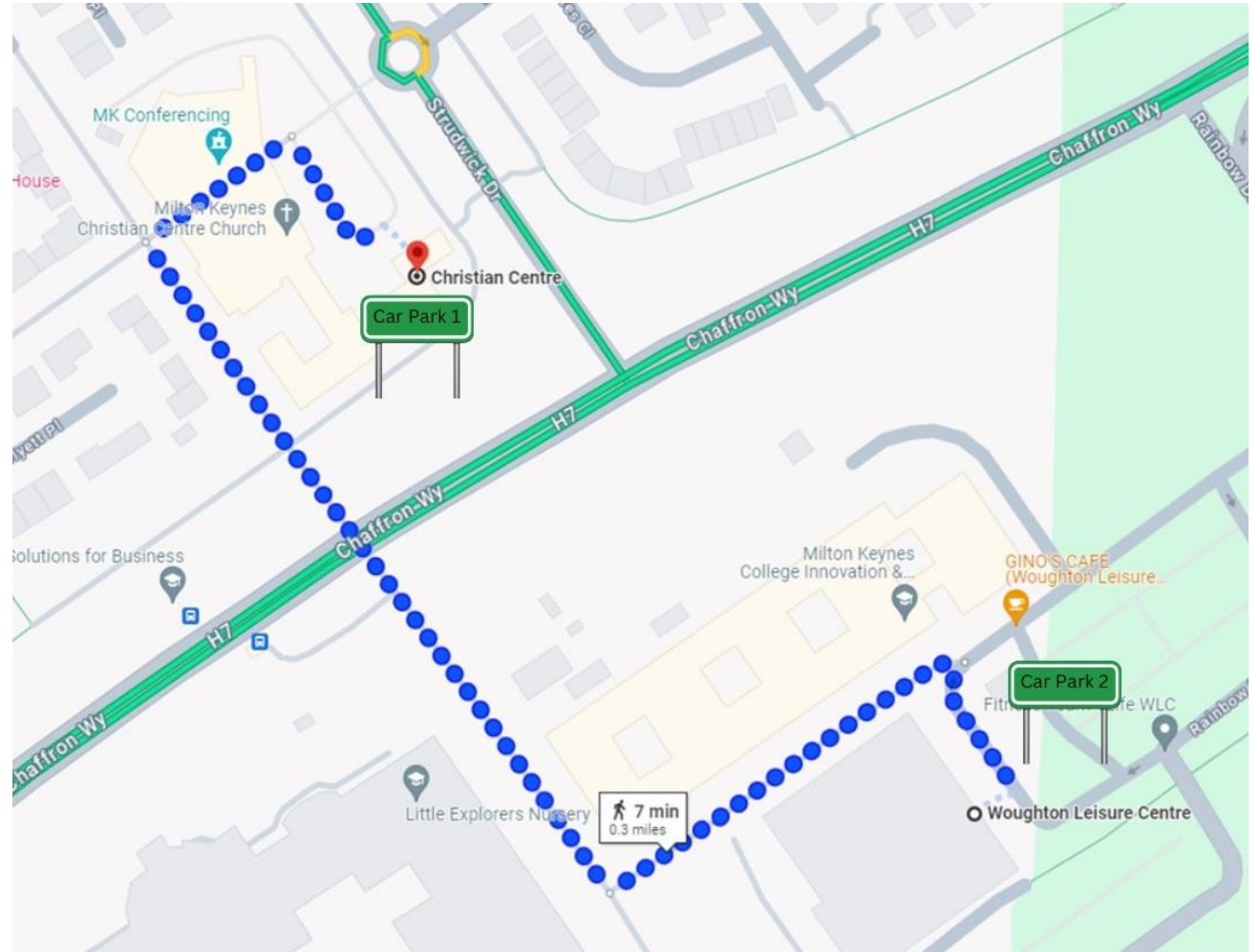
If coming by car, colleagues are strongly encouraged to car share.

The venue has two car parks and these are shown on the map.

Car Park 1 is located at the venue and will primarily be used for colleagues who have mobility / accessibility requirements.

Car Park 2 is the Woughton Leisure Centre Car Park and is a 7-minute walk from the venue via the redway.

Please ensure you allow sufficient time to park and walk to the venue.



Public Transport Links

The nearest railway station to the Christian Centre is Central Milton Keynes, approximately 1.5 miles away.

The most regular bus service is **number 5/5a**, which runs from the railway station and Milton Keynes Shopping Centre, marked in orange on the map.

Other services can be found here [Bus timetables and maps | Milton Keynes City Council](#)

Taxis are available from Central Milton Keynes Railway Station.

There is also a Lime e-bike and e-scooter hire service, which will require an app. [Lime Micromobility | Milton Keynes](#)



↓ Milton Keynes Christian Centre
Strudwick Drive, Oldbrook,
Milton Keynes, MK6 2TG

Agenda for the Day

09:00 Registration, refreshments and networking

09:30 Opening remarks – Dr Rima Makarem

09:35 Keynote address with Q&A – Alistair Strathern MP

10:00 Climate Change and Health – Dr Tim Simmance, Dr Philip Tamuno and local clinicians

10:40 Break

10:50 Shaping the Green Plan, Together – breakout discussions

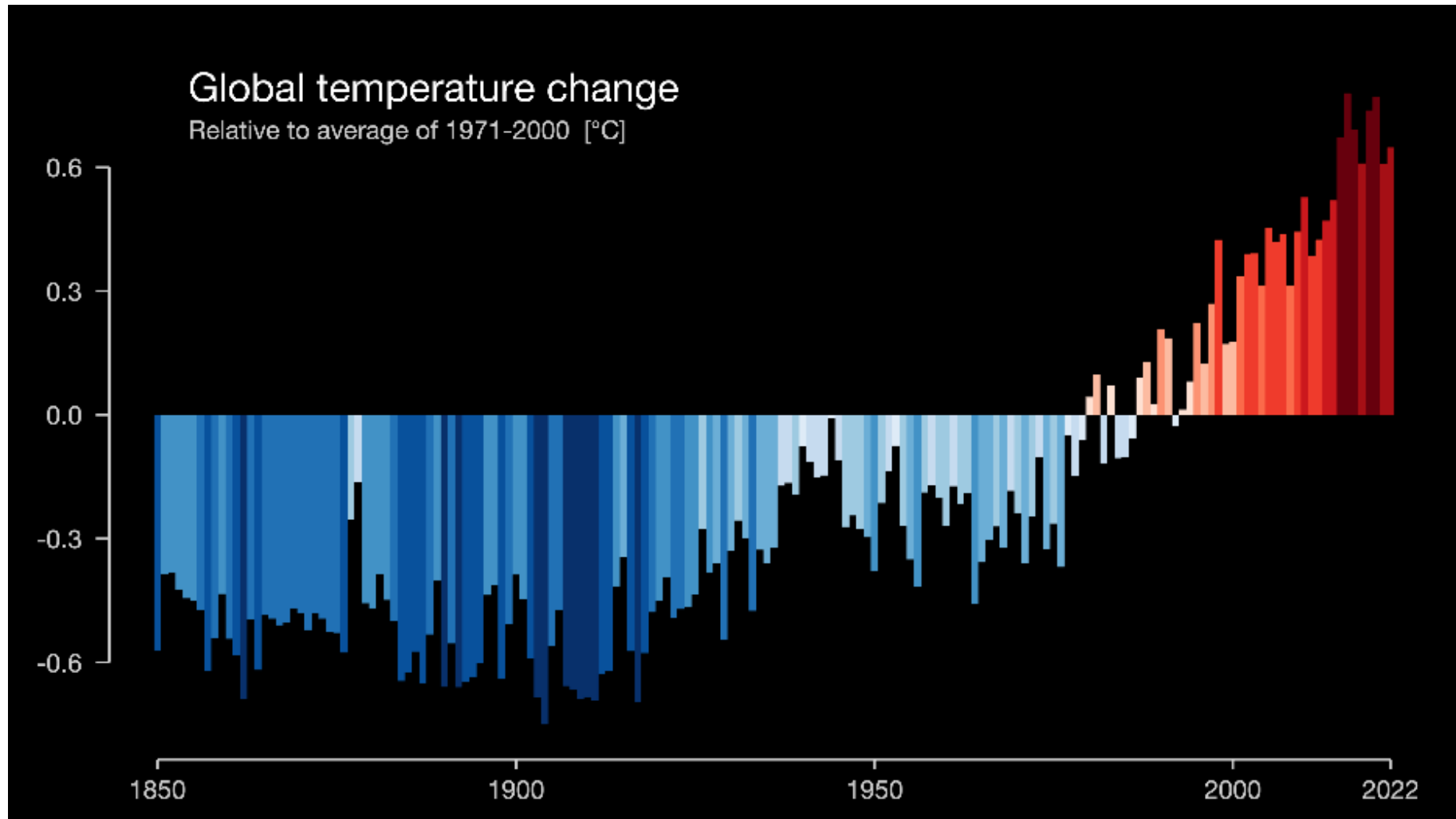
12:05 Speaking to the Next Generation – Youth Councillor panel, chair Jeremy Williams

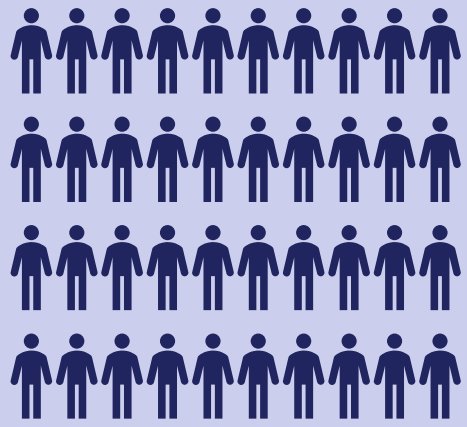
12:50 Final reflections – Vineeta Manchanda

13:00 Close

Climate Change and Health

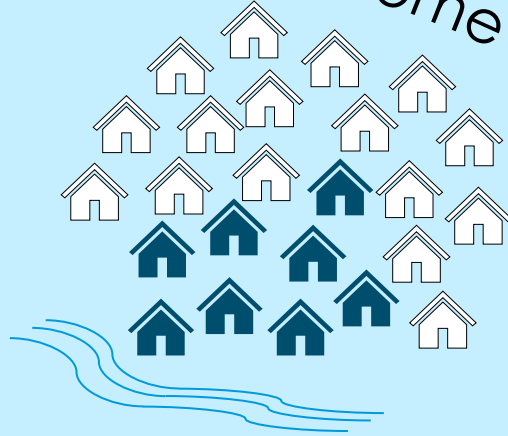
Climate Change is here





BLMK **heatwaves** of 2022 claimed the **life of ~40** over 65s

1 in 3 people suffer **PTSD** after their home **flooded**



Air pollution causes...



>400 BLMK deaths annually

Low birth weight

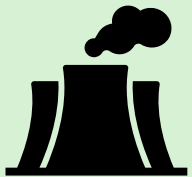
Asthma and COPD

Cardiovascular diseases

Cancers

Diabetes

Dementia



“Every **2 minutes** in the UK, **a baby** takes their first breaths in **air that doesn't meet WHO standards**”

Each year BLMK's emissions could cause **>300 excess deaths** globally



86% young people would stay at a company longer if it had strong **sustainability credentials**



209 colorectal cancers in 2020 in BLMK caused by high carbon diets

UK heat-related mortality costs **~£6.8bn pa.**



Plastics – 19% of emissions and 1.4% of NHS supply chain



Linked to:

Infertility and miscarriage
ADHD and Autism
Cancer, IBD, Diabetes
Stroke & CVD



Driving **one mile** in a diesel car in a congested urban area costs **12 mins of life**



40% of children overweight in BLMK. Higher percentage in more deprived areas

Leading to:

Asthma
Diabetes
Reduced life-expectancy



1 in 4 households living with fuel poverty

Cold, damp houses increase:

Respiratory diseases

Heart Disease

Stroke

Mental Health conditions



25% of the coldest homes in EoE are in BLMK

66.7% adults in BLMK are **overweight or obese**



Only 10.9% of BLMK's residents **walk** to work and **2.2% cycle**



Older people unable to heat their homes are at greater risk of falls, require increased care or residential accommodation

50% less depression in those with bedroom temperature of **21°C** compared to 15°C



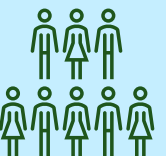
Supply chains, staff, buildings, equipment and services and power, all affected by extreme weather – floods and heat



10-20% higher A&E admissions and Service **failures...**



87% of NHS Staff support the Net Zero ambition



The Impact on Services



Flooding to cost NHS in Cumbria 'millions'



Flooded London hospitals ask patients to stay away

Hospitals face critical shortage of IV bags due to Puerto Rico hurricane



National Highways admits A421 will be closed for "several days" to clear 60 million litres of flood water

Heatwave last summer killed 61,000 people in Europe, research finds

Peak of 2022 heatwave forced fifth of UK hospitals to cancel operations - research
Findings reveal level of disruption over three days in July when temperatures reached as high as 40C

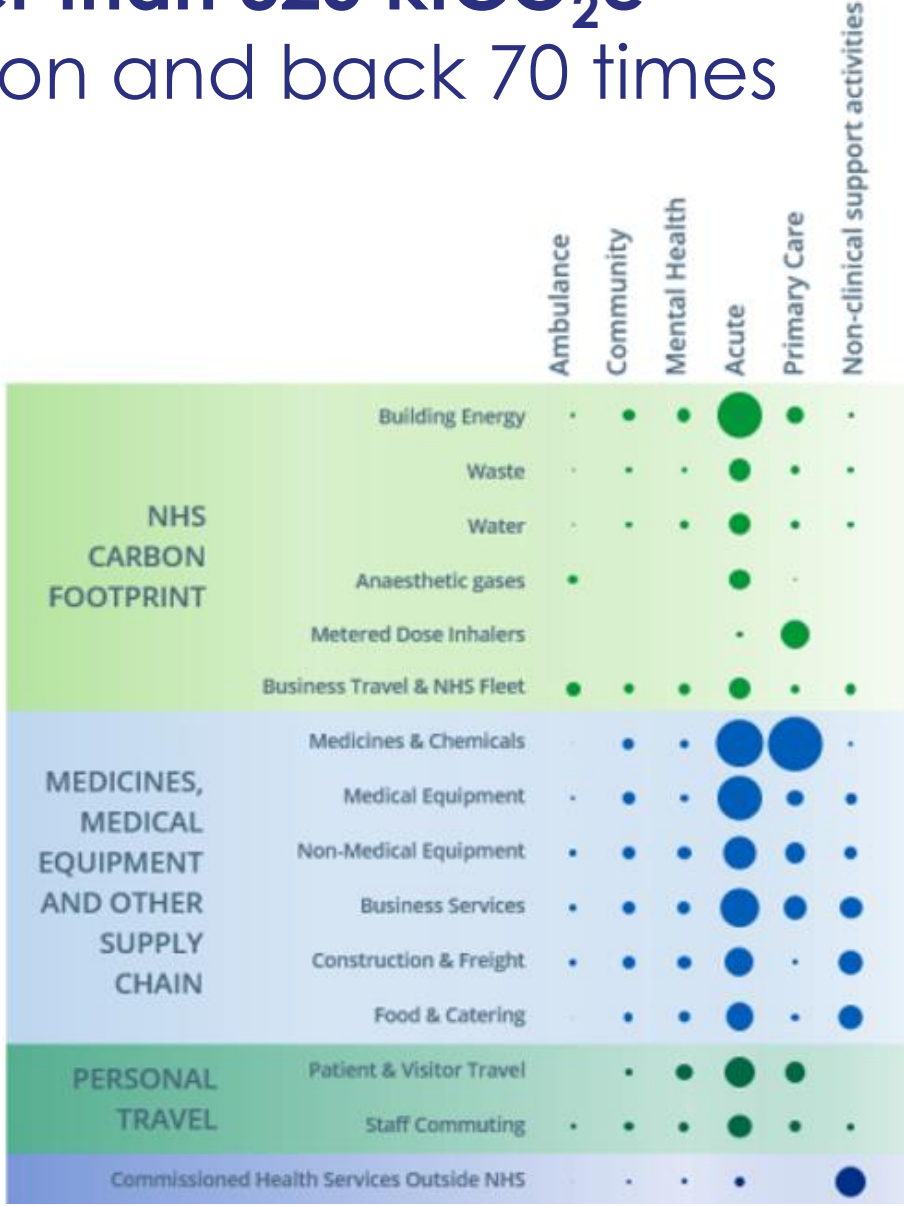
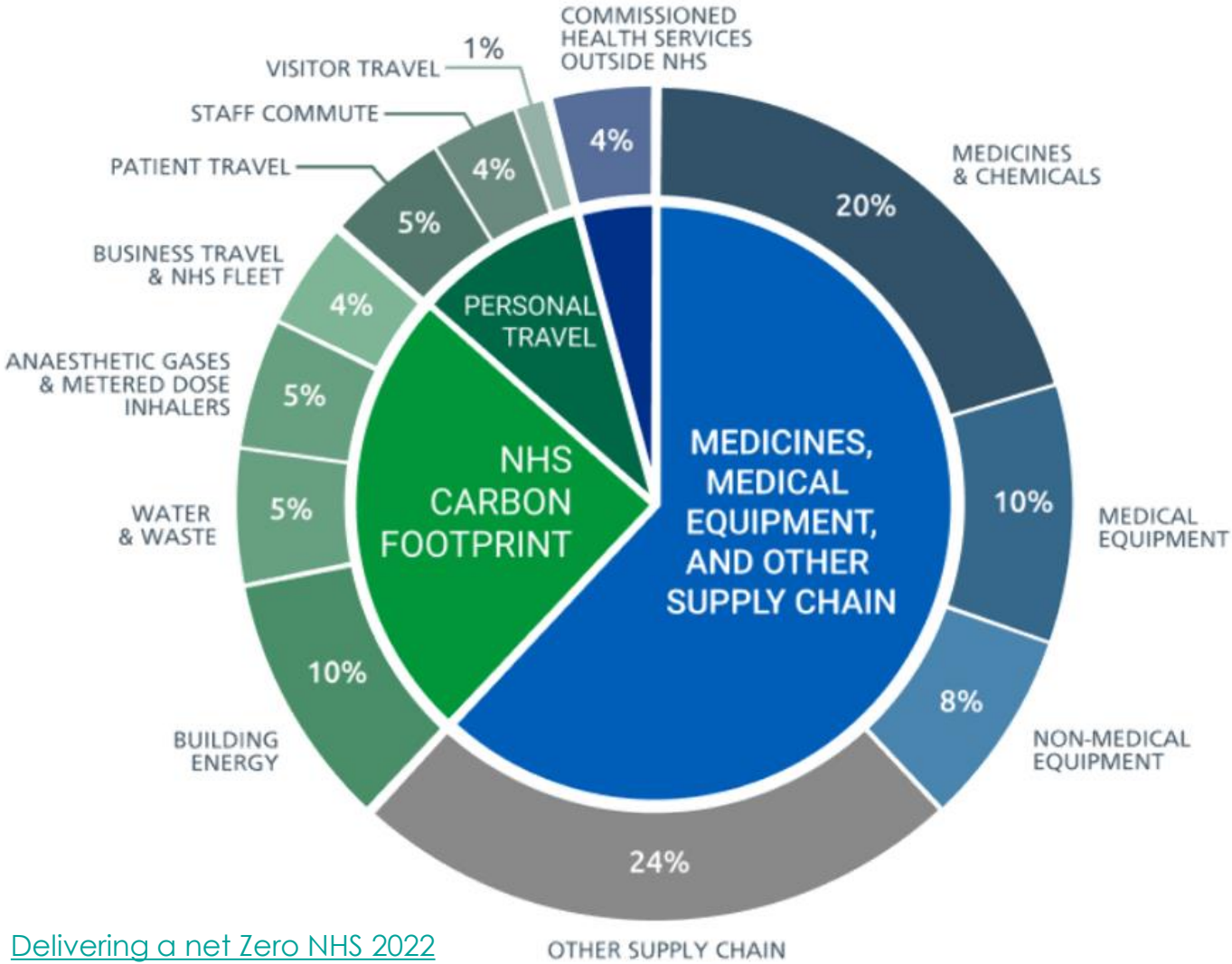
Record heatwave pushes hospitals into emergency measures



Healthcare's Role

BLMK NHS emissions in 2019/20 were greater than 325 ktCO₂e

Equivalent to driving a petrol car to the moon and back 70 times



NHS use of plastics

1.4% of NHS Supply Chain emissions are due to single use plastic alone

Plastics
 account for
 19% of
 global Green
 House Gas
 emissions

	Disposable Gloves	17.51%
	IV Solution Bags	11.52%
	Disposable protective clothing <i>(non-woven Fabrics)</i>	9.75%
	Syringes	8.11%
	Nappies / Incontinence Wear / Bed Pads	8.06%
	Intravenous Administration Systems	6.90%



- Inhalers
- Anaesthetics
- Alternatives to medicines

- Low carbon
- Local food
- Low waste

- Vision
- Education
- Empowerment

- Resilient infrastructure
- Resilient communities

- Social Value
- Reduce-reuse-recycle

- Efficient buildings
- Lower energy

Medicine



Food, catering and nutrition



Leadership, workforce and culture



Adaptation



Estate



Supply chain



What can we do?

Models of care



Digital



Measurement



Progress monitoring



Green and Blue space



Travel and Transport



- Prevention
- Self-care
- Efficient
- Low carbon

- Electronic records
- Virtual care
- Wearables
- Apps

- Carbon footprinting
- Measuring impact
- Quality improvement

- Making sure things happen

- Using our buildings as much as possible
- Reducing pollution
- Creating green space and Supporting wildlife

- Electrification
- Reduce miles

Speaker Profiles

Alistair Strathern MP

Alistair Strathern grew up in Bedfordshire and is the Labour MP for Hitchin. In 2024 he was appointed Chair of the All-Party Parliamentary Group (APPG) for the Environment.

Alistair has worked on climate risk for the Bank of England and campaigned to protect nature in his constituency. First elected in the Mid-Bedfordshire by-election of 2023, Alistair has recently been re-appointed as Parliamentary Private Secretary to Chancellor of the Exchequer, Rachel Reeves.

On appointment to the Chair of the APPG, he said “We need to see action now on the climate and nature crises to deliver benefits to people across the country. Cheap green energy, clean air, and a thriving natural world will all contribute to a secure, liveable future. The journey to net zero will involve everyone and I look forward to working across parties to deliver this.”



Rima Makarem

Rima has been the Independent Chair for the BLMK Integrated Care System since June 2020.

She trained as a scientist before going on to hold senior roles within the global pharmaceutical sector and has 15 years' experience working at board level in the NHS.

Rima is also Chair of the Sue Ryder charity, Chair of Queen Square Enterprises Ltd (an independent healthcare provider based in London), a Lay Council member for the General Pharmaceutical Council, and a Trustee of LifeArc.

Previous roles include Senior Independent Director & Audit Chair of the National Institute for Health and Care Excellence (NICE) and Audit Chair and External Commissioner at the House of Commons Commission, working closely with the Speaker and the Leader of the House.



Vineeta Manchanda

Vineeta is Non-Executive member of BLMK ICB, Chair of the ICB's Audit & Risk Assurance Committee and the ICB's Non-Executive Green Champion, chairing BLMK's Environmental Sustainability System Leadership Group.

She brings strong commercial, change management and financial skills from her executive career in investment banking where she led international teams with responsibility for delivering profitability, and grew businesses through joint ventures, mergers and organic growth.

She has held non-executive and committee chair roles over the last ten years in the public and voluntary sectors including at Waltham Forest Clinical Commissioning Group, local authorities, adult and children's social care, and education.



Martin Baxter

Martin Baxter is the Deputy CEO at the Institute for Environmental Management and Assessment ([IEMA](#)), working in the UK and internationally to accelerate the transition to a sustainable future and support people in the development of sustainability skills and green careers.

Martin has national and international experience in developing capacity for effective and widespread implementation. Martin heads the UK delegation to the International [Organisation for standardisation \(ISO\)](#) on environmental management and chairs the ISO environmental management systems committee of 100 countries.

He is also Vice Chair of the European Standards [CEN/CENELEC](#) Strategic Advisory Body on the Environment.

Martin is a Board member of IEMA, the [Society for the Environment \(SocEnv\)](#) and the [Broadway Initiative](#).



Dr Tim Simmance

Tim is BLMK Integrated Care Board's Associate Director of Sustainability and Growth, coordinating the ICS's "fourth pillar" to help the NHS support social and economic development.

After working as a researcher of green chemistry, Tim has spent 15 years in the NHS, predominantly in continuous improvement roles. With a PhD in Chemistry and MSc in Health and Public Leadership, Tim is also a board member of the Bedfordshire Local Nature Partnership, and has previously been the Regional Net Zero lead at NHS England, and Head of Improvement and Transformation at Cambridge University Hospitals.

Bringing together these skill sets and experience, Tim is now driving BLMK's ambitions to be a net zero, sustainable health and care system, supporting preventative, efficient, resilient, and high-quality healthcare that reduces its impact on the environment.



Dr Philip Tamuno

Philip is currently the Joint Head of Sustainability and Net Zero of Barts Health NHS Trust and Barking, Havering and Redbridge University Hospitals NHS Trust. He is an environmental sustainability leader with over 20 years experience, acquired from working in Higher Education, Environmental Regulation, Local Authority, and the NHS. He is a Chartered Environmentalist and a Fellow of the Institute of Environmental Management and Assessment (IEMA) as well as an approved IEMA CPD Course Tutor.

Philip is an adaptive environmental sustainability leader that have continued to deliver and coordinate the delivery of evidence based environmental sustainability outcomes. The environmental sustainability, sustainable procurement, net zero, decarbonisation and sustainable development strategies and plans that he has developed have always been aligned with corporate vision, while optimising environmental opportunities and enhancing organisational resilience to current and emerging environmental challenges.

LinkedIn Profile: <https://www.linkedin.com/in/philip-tamuno-phd-fiema-cenv-5a12921a>



Jeremy Williams

Jeremy Williams is an author, activist and climate educator, who recently joined [Let's Go Zero](#) as a climate action advisor to schools.

Author of [Climate Change is Racist \(Icon, 2021\)](#) and co-author of [The Economics of Arrival \(Policy Press 2019\)](#). A trained journalist, Jeremy writes [The Earthbound Report](#), and is a freelance writer for RSPB, Oxfam, BBC, Tearfund and WWF.

He lives in Luton but grew up in Madagascar and Kenya, which gave him an early interest in the environment, poverty and inequality, and what connects them.

Jeremy has been involved in a range of environmental actions including co-founding the [Post Growth Institute](#), [Edible High Town](#), [Zero Carbon Luton](#) and Transition St Albans.

He has helped to organise community repair days, nature trails, tree planting, school growing spaces, and most recently been involved in training and mentoring teachers in developing climate action plans for schools.



Break out discussions and Case Studies

Breakout Discussions

Purpose and Format

The group session will involve:

- Hearing a local case study to inspire thoughts and ideas
- Answering TWO questions:
 - What does good look like?
 - What are the group's recommendations for inclusion in the Green Plan, to move us towards that future?
- Deciding ONE main recommendation to be shared on-screen in plenary

- The purpose of the breakout groups is to **agree recommendations and actions** for inclusion in the Green Plan.
- The topics have been chosen as they are considered the **most complex** and those which could make the **biggest difference** towards becoming an environmentally sustainable health and care system.
- **One** recommendation from each group will be shared in plenary with the Youth Councillor panel which follows the breakout discussions. The **Youth Councillor panel will reflect on these recommendations.**
- Breakout groups will be composed of **10-15 people.**
- Each group will have a facilitator and a note-taker.

Breakout group 1

Leadership and Culture

How do we create a culture where environmental sustainability is core to decision-making and action for all staff?

Supporting questions:

- How do we make sure environment is given sufficient weight in decision-making?
- How do we develop a climate-educated workforce (now and in future)?
- How do we create a culture of staff empowerment to drive change at the ground level?
- What partnerships do we need to make at a strategic / corporate level to help us progress?

Example Good Practice Case Studies

[County Durham & Darlington Sustainability Training](#)

[Reusable Tourniquets - Sheffield](#)

[Local Supply Chain - Wales](#)

Breakout groups 2 AND 3

Climate Resilient Communities

How do we create more social cohesion and community support to create resilience?

Supporting questions:

- How do we create more of a social movement to improve the environment and health?
- What can we do to protect vulnerable individuals and populations from the impacts of climate change (health, socio-economic situation etc.)?
- How can we encourage communities to support each other more?
- How can we make sure health and care organisations can still deliver care in a different climate?

Example Good Practice Case Studies

Local

[MK Community Fridge – Food Connect](#)

[MK YMCA Green Roof Project](#)

National

[Healthy & Sustainable School Travel – Wales](#)

[Community Climate Adaptation Routemap - Scotland](#)

Breakout group 4

Economics of Environmental Sustainability

What is within our control?

Supporting questions:

- How do we balance any higher costs now with longer-term savings?
- What can we do to make things cheaper AND more environmentally sustainable?
- How can we deliver reductions in carbon without additional funding?
- How do we make sure that carbon is treated equally to finance and health quality in business cases?
- Do we need to consider carbon budgets for departments, organisations or projects?
- Do we need to mandate measurement of environmental impacts in all our work?
- Do we need to “monetise” carbon emissions?

Example Good Practice Case Studies

Local

[Camphill MK Solar](#)

National

[Endoscopy](#)

[Green Nephrology](#)

[Optometry](#)

[Syringe](#)

[Green Wards](#)

Breakout group 5 AND 6

Alternative ways to provide care

How can we reduce the need for health and care resources through prevention, better general health, and alternative models of care?

Supporting questions:

- How can we help improve people's general health?
- What can we do differently to mean people need to travel less, use less medication etc.?
- How do we improve the use of local natural solutions and green prescribing?
- How can we reduce use of health services and reduce waste?

Example Good Practice Case Studies

Local

[Penrose Hill Garden Scheme](#)
[Green Wellbeing Directory](#)

National

[HIV Pathway](#)
[IV Cannulation](#)
[Kapsulkids](#)
[Office Based Biopsy Clinic](#)
[Paediatric Asthma](#)
[Physio referrals From Care Homes](#)
[Green Team Dorset](#)

Breakout group 7

Working in Partnership



How do we work with our “anchors*”, Voluntary, Community, and Social Enterprise (VCSE), and suppliers to create an inclusive and circular local economy?**

Supporting questions:

- How do we work with VCSEs to create a more environmentally sustainable health and care system? (e.g. ensuring meds compliance, patient transport, prevention and alternatives)
- How do we support VCSEs to be more environmentally sustainable?
- What are we going to do to work with our supply chain?

Example Good Practice Case Studies

Local

[Walking Aids Reuse Scheme MKUH](#)
[MK Donuts Good News Stories](#)

National

[Healthy & Sustainable Schools – Wales](#)
[Physical Health in Primary School Children](#)
[Sowerby Sports Village](#)
[Community Commons Birmingham](#)
[Active Design Principles](#)

*[Anchor organisations](#) are large organisations with a connection to the local community, through history, size or other influence.

Examples include public sector, football clubs, large businesses with headquarters locally (e.g. banks, manufacturing, airlines and the airport), universities and colleges, and local or larger housing associations.

**VCSEs are any organisation that works for a social purpose – usually charities, cooperatives, community groups and not-for-profit companies and faith groups