

# Let's talk about plastic...

Plastic is an extremely useful material that can play a positive role in our lives.

BUT its strength and durability means it can be very difficult to dispose of.

## Did you know ?



Between 2013-2018 NHS England used **609 million** plastic cups



**79%** of plastic made since 1950 is still in the environment as landfill or litter.



Single use packaging makes up **40%** of all plastic produced



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Over **1 million** seabirds are killed each year by pollution



**3.5 billion** people rely on the oceans for food and nutrition. plastic pollution can threaten this.

The most impactful thing we can do is to:

**REDUCE** Our use of single-use consumables

Once we've cut down as much as we can, we should:

**REUSE** Containers and plastic items

**REHOME** Items that we don't need anymore

**RECYCLE** Everything we can



## At Work: What can we do?

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Whether you choose to invest in a reusable water bottle or coffee cup, opt for a bamboo toothbrush, or even source a plastic free alternative for an item you use at work, every little change you make helps to reduce the waste we produce.

### QUICK WIN:

Take a pledge to use **#oneless** piece of single use plastic

We've just launched a new dare to encourage us to cut our use of single use plastics.

Sign up now on the sign up sheet provided or online  
[www.carewithoutcarbon.org/dares](http://www.carewithoutcarbon.org/dares)

### REUSE NETWORK:

Consider whether we are REHOMING items as a team through the Trust's re-use network called Warp-it?

<https://www.warp-it.co.uk/company/sussexcommunity>

### TEAM DISCUSSIONS:

Use our checklist on the next page to identify your top 10 single-use plastic items & see how you could REDUCE use.



## At Work: Your teams plastic checklist

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1. As a team, write down the TOP 10 single-use plastic items you are using day-to-day. Remember to include packaging!
2. Talk through this checklist for each item (tip – start with the items that are easiest to tackle!)

### Helpful questions

1. Do we **really need** to use this item? Could we cut it out entirely or reduce the amount we are using?
2. Is there a way we could buy this with less **packaging**?
3. Is there a reusable **alternative** available? Or a non-plastic / recyclable alternative available? What impact might your alternative have on the environment?
4. Are there any **cost** implications in choosing an alternative?
5. Is there anything we need to consider in terms of **infection control**?
6. What would our **patients** think of the change – any positive or negative impacts?
7. Who would we need to talk to, to help **support** this change? Procurement? CWC team? Infection Control?



## At Home: Your personal plastic checklist

What to avoid	How to avoid it
Putting the wrong things in recycling	Double check what your local council will take, wash out stuff you put in there
Pre packed fruit & veg	Choose loose produce and don't bag it, or bring your own reusable bag
Plastic 5p/10p bags	Take your reusable bags with you, keep one in a handbag/day bag so you always have them handy
Cleaning products for you or your home in plastic bottles	Take a reusable container and visit refill places, or choose supplies that come in glass or tins or no packaging at all like solid shampoo bars
Pre packed meat/fish	Choose to buy from your local butcher or fishmonger and get them paper wrapped, or take a reusable container with you
Packaged dry foods	You can refill your containers with things like rice, pasta and cereal at certain stores or choose boxed versions
Bottled water	Take a refillable water bottle out with you and refill at taps or refill points when out
Ignoring litter when out and about	Pick up litter and pop it in a bin
Clingfilm	Beeswax wraps, reusable tubs or tins can all keep your food fresh, you can even wrap a sandwich in greaseproof paper
Plastic milk bottles	Choose milks that come in cardboard, or glass bottles
Takeaway containers/utensils	Eat in if you can, if not bring a reusable tub to use and carry a spare knife/fork/spoon
Disposable coffee cups	Invest in a reusable coffee mug to take wherever you go

# Sustainable plastics in action...

## Stories to Inspire

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### Less is more – REDUCING waste from dressing packs

The Sussex Community Hospital at Home team were keen to reduce their environmental impact.

They flagged the plastic waste associated with dressing packs they routinely used (at least 30 a day) – they only needed one or two of the nine items included and the rest including the packaging had to be thrown away unused.

The Care Without Carbon team worked with them to rewrite the Antiseptic non-touch technique policy (ANTT) with support from the Infection Control team so a less wasteful alternative of singular items could be used in future.



### Doing the rounds

At Sussex Partnership, ward nurse Sabrina Carter decided to ditch plastic cups for the medication round.

Her team started using reusable mugs instead, which can be sterilised after use. By making the change they're saving almost £900 per year in plastic cups and waste.

<https://www.carewithoutcarbon.org/greening-up-medication-round/>

# Want more info?

## Knowledge for change

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There's lots of info out there about single-use plastics and how we can do our bit to care for the environment and our people.



Follow **@carewithoutCO2** on twitter throughout July for tips, info and links to everything Plastic Free July



Have a look at our [Annual Progress Report 2018](#) to see what we're doing at Sussex Community to support plastic reduction and circular economy.

You can also check out these resources:

### QUICK OVERVIEW:

BBC One's recent War On Plastic series with Hugh Fearnley Whittingstall and Anita Rani

<https://www.bbc.co.uk/iplayer/episodes/m0005xh7/war-on-plastic-with-hugh-and-anita>

### MORE IN DEPTH:

an interesting response to the BBC series, which talks about the importance of considering 'hidden plastics' <https://www.hubbub.org.uk/Blog/hubbubs-response-to-the-bbcs-war-on-plastic>

### SOME IDEAS FOR HOME:

the Plastic Free North Devon website is a great resource if you want to make changes in your own home: <https://www.plasticfreenorthdevon.org/what-you-can-do-individual>