

# Meddygfa Hafan Iechyd, Betsi Cadwaladr University Health Board

## WHAT WE DID

Through my work as the Climate and Sustainability Lead for the North Wales RCGP Faculty I found out about the [Greener Primary Care Wales](#) Scheme. To begin with I wanted to help my colleagues in Meddygfa Hafan Iechyd recognise the climate emergency and to start talking about it in work. Once everyone in the practice was aware of the problem it was great to get involved in the Scheme because it gave us something purposeful to do about it. It was helpful to be guided by the framework into action as opposed to having to think of new initiatives ourselves.

The whole general practice team has been supportive of our involvement in the Scheme, and my non-clinical colleagues have been particularly instrumental in helping me change our paper supplier, providing statistics from our IT system, and uploading information onto our waiting room screen and website.

Our main focus so far has been to target wasteful behaviour. We started with our energy use and consumables e.g., paper. We've developed an Energy Saving Policy which includes simple actions such as ensuring all lights and computers are switched off at the end of the day and switching off the central heating for 5 months every year, between 1 April and 1 September.

## WHAT ARE WE MOST PROUD OF

We are really pleased to have reached enough points to be eligible for a Silver award after only participating in the Scheme for the past 6 months (February – August 2025)! This has also been on the background of a busy GP surgery with staff shortages; therefore, I think the whole team should feel proud of this achievement. We also have a good plan in place for implementing further actions to reach Gold within the next 12 months.

Going home?  
Think green  
SWITCH OFF THE LIGHTS & YOUR COMPUTER  
Save energy



Meddygfa Hafan Iechyd 2025/26

Mynd adre?  
Meddyliwch yn wyrdd  
DIFFODDWCH Y GOLEUADAU  
A'CH CYFRIFIADUR  
Arbed egni



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Dewiswch y bin cywir!  
Choose the right bin!

**General Waste**

- Paper hand towels
- Couch roll
- Wrapping/packaging
- Food packaging



**Clinical waste (orange bags)**

Items contaminated with bodily fluids e.g.

- PPE- e.g. gloves, aprons, face masks
- Dressings, plasters, swabs
- Urine containers, dip sticks

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**MEDDYGFA HAFAN IECHYD ARE WORKING TOWARDS A SILVER GREENER PRIMARY CARE WALES AWARD IN 2025/26**



**TO FIND OUT MORE VISIT:**  
<https://hafaniechyd.nhs.wales/>

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### WHAT DIFFERENCE DID IT MAKE

#### Environmental

Over the next few months, it will be interesting to compare our energy usage to the same time last year when we didn't have our Energy Saving Policy in place. I'm confident we will see a significant reduction in our usage due to the small but consistent changes we've adopted.

#### Financial

We were motivated to reduce our paper usage in the practice after noticing that the price of recycled paper from our supplier was more than the cost of non-recycled paper. This change has resulted in 25% less paper usage in just 5 months, meaning that we have saved money too.

#### Clinical

By participating in the local green inhaler QI project, we hope to improve the asthma management of our patients. We will be conducting targeted asthma reviews of patients requesting more than 10 short-acting beta agonists (SABA) inhalers annually - a sign of poorly controlled asthma. By moving these patients to a maintenance and reliever therapy (MART) regime we hope that this will encourage better compliance and therefore less exacerbations.

#### Social

As a team we've enjoyed working together on a non-clinical project that benefits us as the staff, our patients, and our wider community. It's been great to utilise the mix of skills within the broader team and I'm sure we wouldn't have progressed on the Scheme so quickly had it not been for this team approach.

### WHAT NEXT

During the next 7 months we will continue to participate in the health board's Local Enhanced Clinical Effectiveness Service (LECES), specifically working on the green inhaler QI project. We are aiming to increase the percentage of DPIs prescribed whilst decreasing the number of MDIs prescribed.

We will also continue to work our way through the framework, aiming to reach a Gold award in our first audit!

*“My day-to-day practices at work have an enormous carbon footprint and that is going to have an impact on my patients. I wanted a way of moving what I was doing as an individual to something on a slightly larger scale.”*

### TOP TIPS

- Read through all the actions on the framework to begin with and see which ones you're already doing.
- Collect the evidence and get these ticked off straight away - it's much easier to motivate yourself once things are already being ticked off.

Greener Primary Care Wales Awards 2025/26  
Hafan Iechyd is taking part!

We are promoting:

- Paperless communication
- Eco Friendly inhalers
- De-prescribing
- Recycling
- Fair trade products



Greener Primary Care Wales



Why are we doing this?

- Climate change will affect the life of every child born today globally<sup>1</sup>
- Extremes of weather and human action are causing food and water insecurity and changing patterns of infection<sup>2</sup>
- Air pollution is responsible for 1000-1400 deaths in Wales each year<sup>2</sup>

1 greenerpractice.co.uk  
2 greenerpractice.co.uk

FAIRTRADE INTERNATIONAL

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