

10:10 GP CHECKLIST.

Tick off 10 actions to cut CO2 by 10%
in 2010 in your practice.

1 Get started...

By calculating your **carbon footprint** - register at The Carbon Trust or National Energy Foundation. For help on next steps in your practice, try **Sustainable Action Planning**: sap.greenerhealthcare.org.

2 Save energy and expenses

Improve **insulation**, install a more **efficient boiler** and use the **thermostats** on your radiators. Encourage everyone to **'switch off not standby!'** with notices by lights and computer monitors.

3 Staff travel

Get Active! Encourage cycle use through **cycle incentive schemes**. Organise home visits to **reduce car-miles** and become a **one-car practice**. Go one step further: switch to an electric car and provide a charging point at the surgery!

4 Patient travel

Encourage patients to walk or cycle to the practice. Set up **telephone follow-up** for those who don't need to be seen in person - they'll save on time and you'll save on carbon...everybody wins!

5 Procurement and practice consumables

Cut your purchasing by **maintaining, sharing and re-using**. Put recycling bins in every consultation room and waiting room. Use **recycled paper**. Go for reusable over disposable instruments, where you can.

6 Decarbonise your patient care

Encourage your patients to lead a more **active lifestyle** and support them in taking a greater **responsibility for their own health**. Provide info on grants for **home insulation** and promote locally sourced food.

7 Streamline your systems

Offer **one-stop shops**: BP, bloods, physio and medical consultation all on the same day. Consider the carbon impact of making a referral or ordering an investigation - is there a better, lower carbon alternative?

8 Involve the local community

Create a **Green Community** with help from the Energy Saving Trust. Work with existing local organisations like the Transition Town group, to develop a **practice garden** or **local food group**.

9 Raise awareness

Show films like The Age of Stupid or Project Genie in waiting rooms or **give presentations** at practice meetings. Let everyone know you're a 10:10 Practice!!

10 Working from the top down

Encourage staff to adapt to the ethos of the practice and issue them with a copy of your **Environmental Policy**. Invest ethically, and join an **ethical bank**.

Congratulations! Don't forget to report back to 10:10 on your success

MORE INFO

1010uk.org

For links, extra info and support
see www.greenerhealthcare.org/1010-gp-checklist

