

1. Essex/Suffolk GP network: call for new members

I have recently set up a network of GPs/other primary care professionals across our patch who are interested in promoting environmental sustainability within their surgeries. There are already examples of good practice in our area and the aim is that we can share ideas and support each other in taking steps to make our practices more sustainable.

We had our first Teams meeting in August and our next meeting is on **Wednesday 23rd September 5.30-6pm**. The theme will be **recycling & waste management**.

If you would like to come along to the meeting and/or join the network could you reply to vasandhara.thoroughgood@nhs.net with your name, role & practice please?

2. Greener practice webinars

Please see below for details of two further Greener practice webinars:

Nature-based Health Interventions: evidence and experience.

FRIDAY 25 SEPTEMBER 2020 13:00 – 14:00

ONLINE WEBINAR VIA ZOOM

LINK: [HTTPS://RCGPportal.FORCE.COM/S/LT-EVENT?ID=A1U1I000001RCSEE4&SITE=A0D0Y00000AEOP6QAN](https://rcgpportal.force.com/s/lt-event?id=A1U1I000001RCSEE4&SITE=A0D0Y00000AEOP6QAN)

In this webinar we will be looking at nature-based interventions and their impact on health. We will be speaking to PhD researcher Jake Robinson to understand the evidence and the mechanisms through which nature is thought to contribute to health. We will also be hearing specifically about nature and mental health wellbeing from Dr Alison Greenwood, Clinical Psychologist and trustee of the charity 'Dose of Nature.' Finally, Dr Gillian Orrow, a GP in Surrey will talk about her current engagement in collaborative projects on green health creation.

Green Impact for Health: A practical toolkit for greener general practice: 100 practical actions you can take to improve to health of patients and planet.

Friday 2nd October 2020 1-2pm

LINK: <https://rcgpportal.force.com/s/lt-event?id=a1U1i000001RCSTEA4&site=a0d0Y00000AeOP6QAN#Overview>

This webinar will launch version 7 (2020/21) of the Green Impact for Health (GIFH) toolkit. This free toolkit provides detailed guidance on specific practical actions that GP Practices can take towards environmentally sustainable practice. Each action cites the reasons needed for the action, references the available evidence, and has practical tips to make each task easier. The toolkit has 5 levels of achievement and each can attract an award: Pioneer, Bronze, Silver, Gold and Carbon. The 2020/21 of the toolkit includes a path to net zero carbon by 2030. The webinar will introduce the toolkit, how it can be used and hear from a practice with experience of using it. Speakers will include Martin Marshall Chair of RCGP, and Richard Smith, Chair of UK Health Alliance for Climate Change.