



Save with Sustainability

With costs rising, we are all looking for ways to save money. Here are 6 areas which will save on your bills through taking action to be more sustainable.

1 - Power

Cut consumption through lower energy devices such as LED lighting

- Switch off Lights - label your switches to make it easy for the team to spot what should be on or off - Red - don't use in daylight, Green - switch on as necessary, Black - leave on outside of daylight (security lighting)
- Don't leave equipment on Stand By - Green stickers for equipment which should be switched off when not in use (for example, televisions, computers, laptops), Red for equipment which should be switched off at the end of the day after checking no-one is using it. Black - Do not touch - for equipment which should not be switched off (the main server, security lighting).

2 - Heating

- Turn down thermostats, and manage individual radiators. 19-20 degrees is comfortable for most people.
- Don't waste heat - if the heating is on, keep windows and doors closed.
- Manage how, when and by whom the heating can be adjusted.
- Restrict individual heaters where you can - warm the person.

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3 - Water

Cutting water consumption will save money and a precious resource.

- Fit low flow atomising taps, which save up to 96% of water and therefore usage charges. They pay for themselves quickly, and are inexpensive - [here's an example](#).
- Harvest rainwater - in the summer time, a water butt will save water to be used on gardens, plants, washing cars etc.
- Water saving toilet flushes - these should be fitted to your toilets. Also, the old trick of using a bottle filled with water or a brick in your cistern will also save with every flush.

4 - Resources

- We have got used to throwing away. Single use is not good. Wherever possible, reuse, recycle
- You can also get better control with disciplined ordering. This probably won't save you much, although it will cut down on waste, BUT it will reduce your carbon footprint with every van that doesn't need to come to drop off a small order.

5 - Travel

This will save your team and your patients.

- Combine appointments where possible
- Use digital monitoring where possible
- Encourage the team to lift share or use their own steam to get to work - difficult in rural areas I know, but where you can - do
- Finally, be flexible where you can with working arrangements. This will depend on the size and roles in your team, but where you can, allow people to work from home and save on travel costs for those days.

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6 - Team Engagement

Getting the team on board can be difficult. But with their support and ideas, you really can start driving down costs and usage. The key thing is the communication, keeping the idea alive, and rewarding what you want to see.

This formula will help...

$$(D \times V) + F > R$$

- R is resistance to change
- D is dissatisfaction with the current situation
- V is vision for the future
- F are the first steps you want people to take

[For further information, check out this free guide.](#)

Where you can, monitor how things are being picked up and thank the team for their efforts. Share what you are doing on socials to engage your patients. Build the idea as something important, and be consistent.

Further Resources

If you would like more help to plan and successfully implement your sustainability and responsibility, my short video course 'Sustainability in 60 Minutes' will help you. Four short videos, four exercises to create a simple but effective CSR plan for your practice. Use the code 'Friends10' for a discount at check out.

[SUSTAINABILITY IN 60 MINUTES](#)