



Child Health and
Wellbeing Network
North East and North Cumbria



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Section 9 – What can I do?

Child Health and Wellbeing Network

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What can I do?

Let's re-cap the story of sustainability and health that we have told so far:

- We've established that the Earth's systems - among them water, food, and air - are the foundation of life, of health, and of organised society as we know it.
- We know that human activity threatens the sustainability of our life support system, and that the health sector is both a perpetrator and also a victim of the effects of breaching planetary limits.
- We know that a sustainable society would have enormous population – level health benefits and narrow existing health inequalities.
- We have defined sustainable healthcare as a system that meets the health needs of the present without compromising the ability of future generations to meet their own needs.
- It is clear that all sectors must be involved in the transformation to a sustainable society.

"This is one of the most inspiring books I have ever read."
—Yael Hanari

THE FUTURE WE CHOOSE



The Stubborn
Optimist's Guide to
the Climate Crisis

Christiana Figueres and
Tom Rivett-Carnac

Taking action

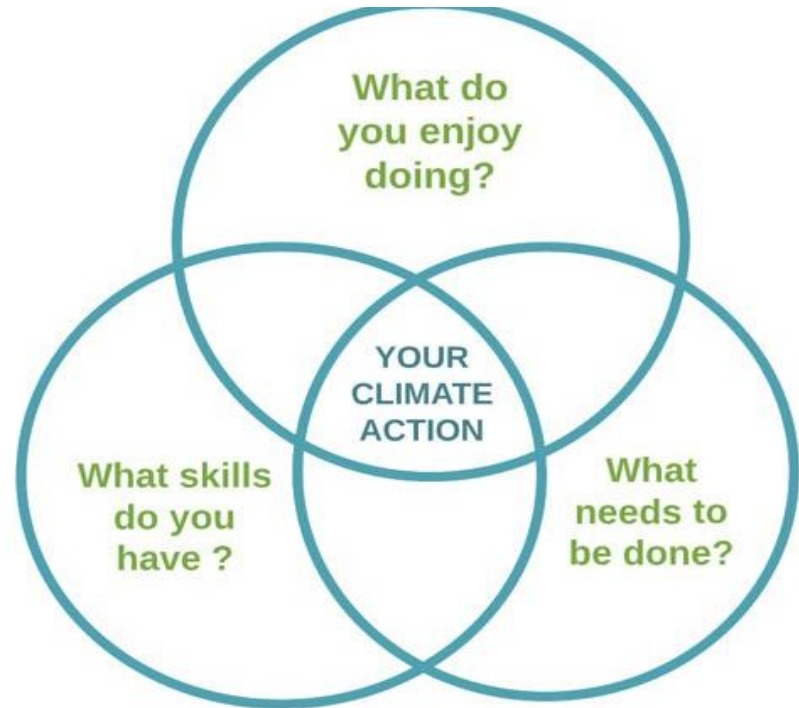


We all have a role to play in creating a sustainable future. No one is irrelevant, but also no 'one' of us can solve this alone and you all have busy jobs already. Remember self-care! Fitting this in can be a challenge, so in choosing what to do think about the factors in the graphic below.

Whatever you choose to do, remember to:

- Maintain Hope. In the words of Christian Figueres who negotiated the Paris Agreement – practice “Stubborn Optimism”.
- Find people to work with on it. Its much harder alone. Find your tribe! They will help you to hold hope.
- Hold a positive vision of a sustainable future (and practice describing that to others).

There are three different levels at which you can take action - in your personal life, in your workplace and in the wider community. Think about where you can have the greatest impact.





Taking action as a citizen

We do not have time to wait for each individual to make sustainable choices. Many people's choices are limited by the inequalities we discussed earlier and all of us are, to some extent, restricted in what we can achieve by the fact that we live in a fossil fuel dependent economy. Whilst modelling a sustainable lifestyle is important, what this crisis demands is rapid system change. Adding your trusted voice as a healthcare professional to those calling for this change, from governments and corporations, is probably the most important thing you can do.

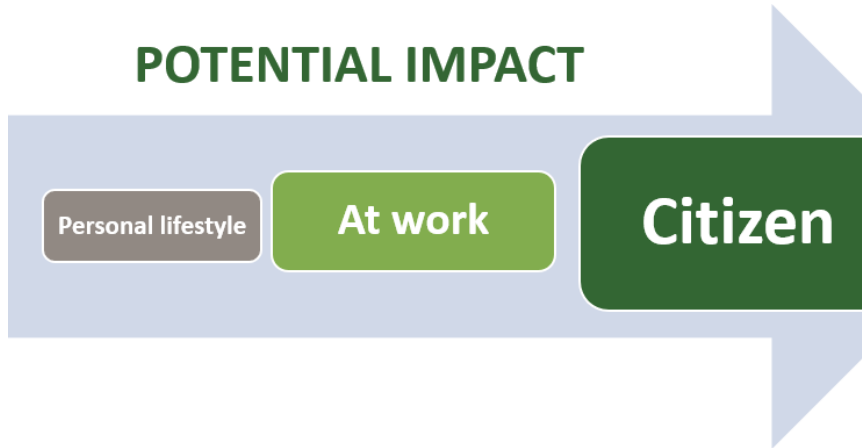
Actions in this category include:

- Signing petitions and signing up to [You Gov](#) to contribute to polling.
- Writing to elected representatives (find your MP and local councillors on [WriteToThem](#)) and companies/corporations.
- Getting involved in local groups (to support sustainable change in your community) or national / international groups to demand wider system change.
- Going to marches.
- Engaging in non-violent direct action/civil disobedience.

Joining a group provides support and structure for your efforts. You will find lists of relevant organisations for your professional group in the profession specific pages later in this section.

In this (recommended) 3-minute video, Richard Horton, editor-in-chief of The Lancet medical journal, shares his thoughts on the role that health professionals should play in addressing the climate crisis.

POTENTIAL IMPACT





Doctors for Extinction Rebellion (DXR)

Despite the name [Doctors for Extinction Rebellion](#) (DXR) is a coalition of a diverse range of healthcare professionals who, in view of the severity and urgency of the threat to health, have decided to undertake non-violent direct action to demand system change. They are affiliated to extinction rebellion but work largely independently. They deliberately highlight that they are health professionals to increase the impact of what they do and help to validate the protests of others, who are often portrayed as 'crusty hippies'. DXR increasingly work in collaboration with [scientist rebellion](#). To join contact admin@doctorsforXR.com from your organisational or NHS email. Hear doctors explain why they take part in this (recommended) 2-minute video



Train talks

Several XR doctors have initiated 'Train Talks' to speak directly to members of the public about the climate crisis... while commuting home at the end of the day! See an example [here](#).



Green New Deal

Medact, another organisation for health professionals of all disciplines, are building a health movement to support a [Green New Deal](#) - a plan to cut emissions and pollution whilst also tackling health inequality.

Advocating within health organisations

You can influence your organisations – your local employers and your professional bodies. Those organisations then have wider community influence as [Anchor institutions](#) - large organizations with considerable influence over the local community. Actions you can advocate for include:

- Sustainability in training programmes.
- Fossil fuel divestment.
- Declaration of a climate emergency.





Medact's [Fossil Free Health](#) campaign is pushing for health organisations to withdraw financial investments (i.e. 'divest') from fossil fuel companies and reinvest in organisations upholding environmental principles that benefit human health. The campaign has persuaded the British Medical Association (2014) and the World Medical Association (2016) to divest. We can put pressure on our own organisations to do the same.

Advocating for divestment: University of Bergen ([Optional 5-minute video](#))

Declaring a climate emergency

A growing number of [health organisations](#) have declared a 'climate emergency', calling upon governments to take immediate, effective action and galvanising staff within their organisation. [Health Declares](#) have created a [toolkit](#) for help health professionals lobby for this. (Optional [4-minute video](#))

More on Advocacy

- Terry F. Yosie provides a discussion of what can be done, and what has been done in environmental advocacy [here](#).
- Amy Bergin talks about career changes in this area [here](#).
- Brett Duane talks about why the NHS has been relatively successful at normalising sustainability [here](#).



NEWCASTLE UPON TYNE HOSPITALS NHS FOUNDATION TRUST

by Editor | Jun 27, 2019 | NHS | 0

The Newcastle upon Tyne Hospitals NHS Foundation Trust is
ing an international movement to...

At work

That is the focus of this resource. Hopefully you have some ideas for how you bring your learning in to practice now. The BMJ has also published a list of [10 actions](#) for clinical staff.

If you are working in the UK your organisation will have a green or decarbonisation plan. Find out how you can get involved. Join (or ask for support to create) networks within or across organisations to highlight and share sustainable practice; talk to others about the SusQI approach. For additional support see the pages at the end of this section for your professional group. Many organisations are multidisciplinary but some are role specific.



Personal lifestyle changes



Not all actions are possible for everyone, and you don't need to do it all at once. Remember that we live in a system which makes it almost impossible for us to be perfect. Try to keep some perspective. You are already doing a demanding job so tearing yourself apart worrying about everything you do will be self-destructive and may stop you having energy left for the more important things listed above. Your carbon footprint is dwarfed by that of BP who invented the idea of a personal carbon footprint, largely to divert attention away from their own responsibility.

Consider it a journey. If you do make changes, let others know what you have done. We are all susceptible to 'social contagion' and modelling sustainable choices increases the chances of others following suit and creating a 'ripple effect'.

Personal lifestyle changes



The most important actions (roughly in order of impact):

- **SPREAD THE WORD** - Talk to others – friends, family , social media etc about the health impacts of the climate and ecological emergencies.
- **DIET** Reduce meat and dairy intake, reduce seafood, try to eat seasonally and locally and eliminate food waste – only buy what you will eat.
- **TRAVEL** – Minimise car use - walk, cycle or use public transport. Avoid flying is possible.
- **ENERGY** – Switch to a green energy provider, turn the thermostat down at home and (if possible) make sure your home is well insulated and draft-proofed.
- **MONEY** – If possible, switch to an ethical bank. If you are leaving your bank because they fund fossil fuels, write and tell them.
- **CONSUMPTION** – buy less stuff and, where possible, ensure what you do buy is sustainable. The most sustainable clothing is what is already in your cupboard but if you need something new try buying from second hand sites or sustainable clothing companies. Try to boycott unsustainable products e.g. avoid products containing palm oil (unless RSPO certified sustainable).
- **PLASTIC** - try to cut out single use plastic. There are many guides to this on the internet. Food packaging and toiletries are one place to start.
- **RECYCLE** - as much as you can but remember that reduction is better than recycling.

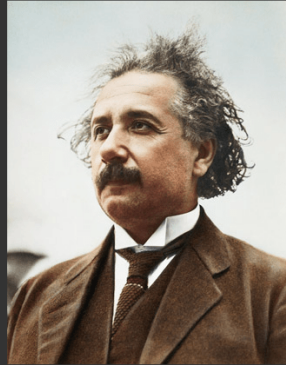




How to talk about climate change

“The world will not be destroyed by those who do evil, but by those who watch them without doing anything.”

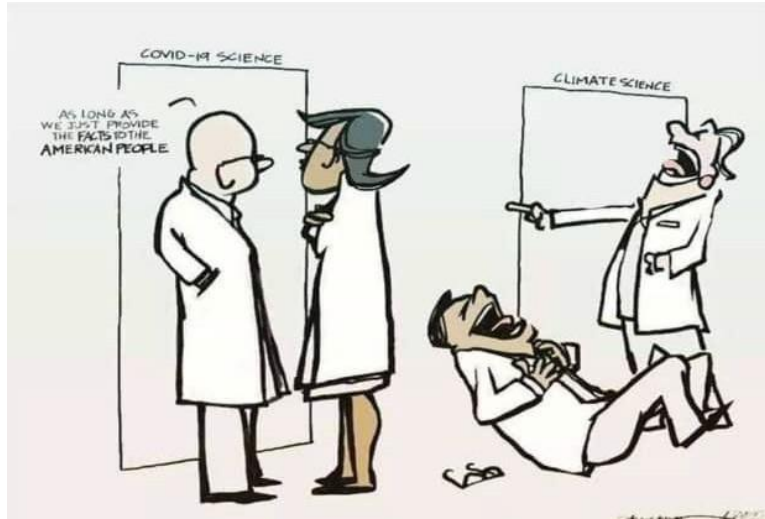
– Albert Einstein



The next few pages are focused on helping you develop as a leader, engage others and get a project going.



Communication



How can we communicate the sustainability-health message clearly and persuasively, in ways that invite our colleagues and friends to act?

How to have a conversation about climate change?

This can feel daunting, especially if you don't feel like an expert on the science. Good news though – it's best NOT to talk about science! If the facts persuaded people to act, we would be a lot further down the road than we are. Resist the temptation to get into an argument over the facts. This may be perceived as a personal attack and tends to breed hostility rather than collaboration.

7 Tips for having climate conversations:



- 1. Start with shared values and interests.** Find out what you have in common then join the dots between this and the impacts of climate change (e.g. – as health professionals you both care about health, delivering high quality care, the service budget. You might both be parents or care about world poverty, economic stability or have an interest in wildlife).
- 2. Make it local** - Focus on how climate change is already affecting them, their local area, community, or activities.
- 3. Use human stories** – Polar bears are lovely but (sadly) not lovely enough to persuade most people to give up their SUVs. Focus on human stories, ideally local. Self-preservation is one of the strongest motivators for action.
- 4. Tell your story** of why you care about climate change. Authentic emotion is more persuasive than a thousand detailed graphs. If it remains genuine, link it to those shared values you have uncovered.



- 5. Social Contagion** - Studies have shown that even with smoke coming in under the door our response can be inhibited if we perceive others not to be concerned. Highlighting how many people want, or are taking, action helps people to feel more comfortable with engaging.
- 6. Balance Gloom with Hope** - share a positive vision of what tackling the problem could look like. We talked earlier in the course about health benefits of change. You can also talk about warm homes; effective, affordable public transport; reducing health and opportunity inequities; a stable circular economy, providing good jobs and not subject to the volatility of fossil fuel prices; and that achieving this requires investment but will then save more money than was spent.
- 7. Give them something to do!** You want them to do something and action helps address eco- distress. Remember compassion - this information may be new for some, so bear in mind the potential psychological impact. Recognise and validate this. Refer to the resources in the page on eco-distress in section 1.

Activity

Think about what your story is. Why is this important to you? What are you trying to achieve? Take 10 minutes to sit quietly and reflect then jot down your thoughts. Try telling your story to a friend or family member. Take feedback on how it came across and think about how you might adapt it to use when advocating for sustainable transformation.

Our stories are usually a mix of reason and emotion, this combination makes them powerful.



Presenting and teaching

These principles can also be applied if you are given the opportunity to present to colleagues at an educational meeting. Think about what the values and concerns of your audience are and frame the message in relation to these.

Remember that many people in your audience will already have concerns about the climate and being given permission to bring those values in to their work environment can be incredibly positive. When people are able to work according to their values, they experience more sense of purpose, energy, and fulfilment, are more effective leaders, and can be more resilient to stresses. Teams working according to their values make stronger connections.

This [5-minute](#) video is about the sustainability plan in Yorkshire and Humber. As you watch it think about how he is framing the message and linking it to local values and concerns, building a positive vision of 'coming together' and drawing a narrative of a hopeful future.



Source: How do you talk to children and young people about climate change? (BBC)



Resources on climate communication for adults

- [How to talk about the climate emergency — Doctors for Extinction Rebellion \(doctorsforxr.com\).](#)
- [Communicating Climate Change: Focus on the Framing, Not Just the Facts | Climate Reality \(climaterealityproject.org\).](#)
- [How To Talk to A Climate Change Denier \(sciencefriday.com\).](#)
- [Katharine Hayhoe: The most important thing you can do to fight climate change: talk about it | TED Talk.](#)
- [Britain Talks Climate - Climate Outreach.](#)
- [Talk About It \(count-us-in.com\).](#)
- [Join Us — Climate Conversations.](#)

Talking to children and young people



Children deserve to know the truth because they will live with the consequences. However, they also have limited agency to act. When talking to them it is important to:

- **Consider the emotional impact.** Try to avoid scaring them. This is easier if you are aware of and have learned to manage our own feelings on the issue. Watch for their emotional response and talk with them about how they feel.
- **Explain in a way that is age appropriate.** Linking it to the local environment – this will help them to understand more than talking about far off events.
- **Offer them options** for how to explore the issue further. E.g. watching a documentary together. If they want to explore on the internet do this together so you can monitor the sites they are viewing.
- **Listen to their ideas** with an open mind.
- **Create opportunities for them to play in and connect with nature.** This is regenerative for them and helps build motivation to protect the natural world.
- **Don't suggest that 'their generation will fix this'** – this is exploitative and unrealistic We need to make changes within the current decade to secure their future. They will not be in positions of power until after that time.
- **Plan what you can do together to act on climate change** – again this needs to be age appropriate.

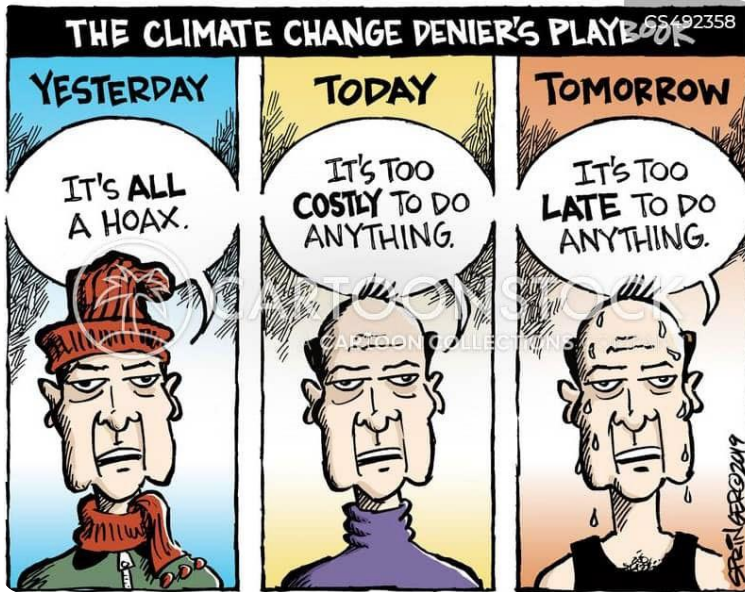


These tips are based on the work of Climate Change Psychotherapist – Caroline Hickman and Ella Mann, Eco Activist aged 19. For more information click [here](#).



Education resources

- [Kids Climate Action Network](#)
- [Education and Storytelling - Action for the Climate Emergency \(acespace.org\)](#).
- [eduCCGate Global](#).
- [Education resources for young people | Greenpeace UK](#).
- [How to talk to your parents about climate change](#)



Understanding climate denial and indifference.

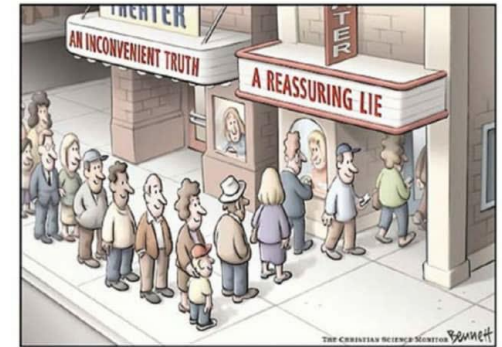
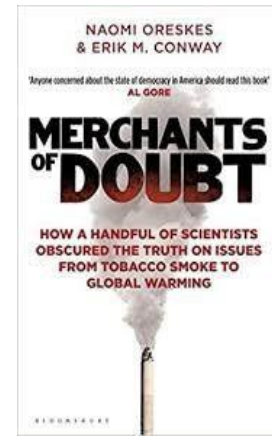
If you are trying to motivate others to act it can feel frustrating and isolating to be faced with apparent indifference, resistance or even outright denial. It is easier to cope with this if you develop an understanding of how we got to the point where most people are ignoring the greatest crisis humanity has ever faced.

This journey consists of four main inter-related strands:

Vested Interests - Powerful vested interests have spent decades undermining the science behind climate change in the minds of the public and politicians. Because of this, many people will have read media stories which make them unsure of the facts (e.g. so-called 'Climategate' – see the BBC film ['The Trick': The true story of Climategate](#)). They have used the same tactics tobacco companies used to undermine the science around the health risks of smoking (see the book [Merchants of Doubt](#)).

Greenwashing and delay tactics - These days the reality of climate change is so apparent they rarely try to deny it outright. Their tactics now are to state that they acknowledge how important it is but:

- overstate what they are already doing about it ([Greenwash: what it is and how not to fall for it](#)) and,
- find reasons to delay actions and imply that change will make people's lives worse ([The new age of climate denial, explained](#)) - emphasise how expensive it will be and suggest it will negatively impact people's livelihoods. They ignore the impact of climate change on the economy and the lives of low income people and nations around the world. See [MP joins climate change deniers' 'Project Fear' on net zero - Grantham Research Institute \(lse.ac.uk\)](#) and [Scientist Mike Mann's book, 'The New Climate War' » Yale Climate Connections](#).

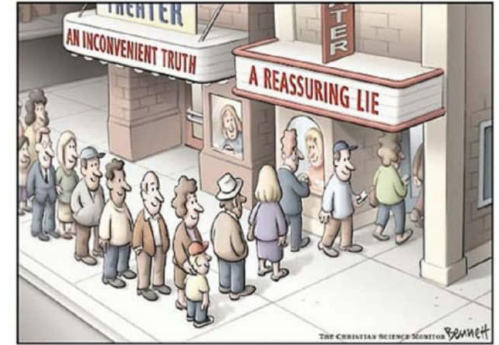


"To be a scientist is to be naive. We are so focused on our search for truth we fail to consider how few actually want us to find it." - Valery Legasov, Chernobyl Scientific Investigator



Politicisation of climate change - Action on climate change has been strongly linked to left wing politics, even though conservatives also have an interest in preserving the environment. This narrative has been so powerful that what you think or believe about climate change now has more to do with who you vote for than what scientific information you have been exposed to.

Psychological mechanisms of denial - Denial is often based on our desire for something not to be true. The facts about the climate and ecological emergencies can be frightening. This is an unpleasant state and so the mind has several tricks for shutting it out of awareness.





Here are a few of the ways in which our brains do this:

- **Cognitive bias** – only paying attention to evidence that supports your existing view *“This summer isn’t very hot, so much for global warming!”*
- **Rationalisation or Minimising** – finding ways to justify inaction *“Driving my car is bad for the environment, but my boss’s car is bigger than mine”*
- **Intellectualising** – looking at uncomfortable information as an academic exercise without allowing ourselves to feel it – e.g. *hearing a talk about climate change but not relating it to our lives or things we value enough to ‘feel’ it or change our behaviour*
- **Group identity** - Climate action may appear outside our **social norms** and may not align with our identity - which raises fears of being excluded from our social networks - *“Climate activists are all hippy tree-huggers or liberals”*
- Finally, there might be a sense of hopelessness or even **learned helplessness** - *“What’s the point in doing anything, I can’t change anything, it’s too late anyway”*
- These powerful processes can operate at an individual or societal level.





Resources about the Psychology of Climate Denial:

- [Ted Talk - by climate psychologist Caroline Hickman.](#)
- [Why Climate Denial Is Still Happening - Below 2C.](#)
- Read this essay on the [psychology of our response to COVID vs the climate crisis](#) or,
- Book - Read 'Don't Even Think About It' by George Marshall (book) or,
- Book - The Merchants of Doubt - Oreskes and Conway.



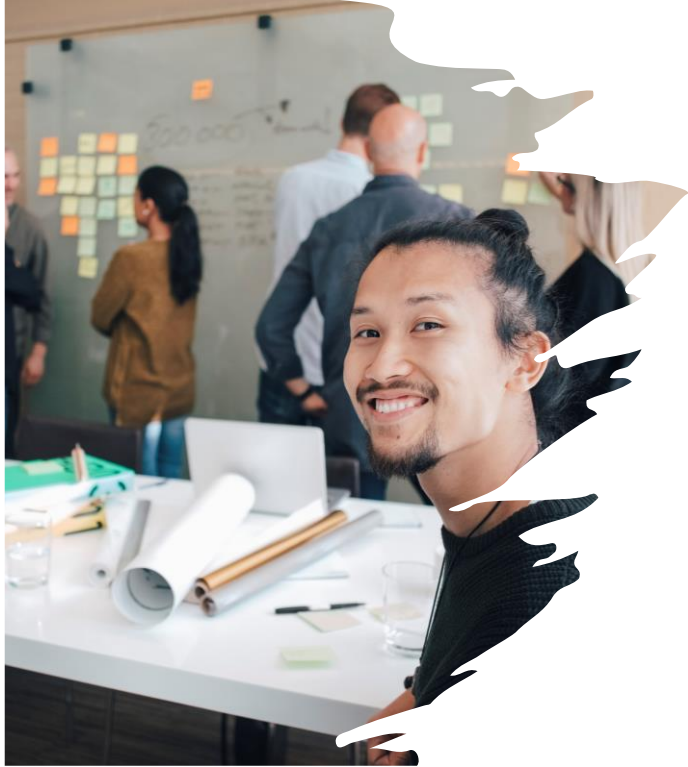


Leadership and coalition building

First find your allies

If you are hoping to bring forward sustainability changes in your team or organisation, first find your allies. You will feel more confident to speak out about this if you do not feel alone. There are more people than you think who are concerned about climate change. One example of this is of a trainee who posted a question about single use plastic in the staff kitchen on a work group chat. She quickly found many people answering who she could then engage in a deeper discussion and build connections with.





Workplace change - How to get your team on board!

Instigating and sustaining behaviour change in a team is not easy. One thing teams dislike is being dictated to, so start with engagement and consultation. Use the climate communication skills outlined in the past page. It's important that the entire team feels involved in any changes. Make space to listen to their ideas and concerns. You may find more allies than you think and they may have excellent ideas. Sharing information is important but try to ensure it is explicitly linked to the values of the team. Talk to people about ways to remove the barriers and make doing the 'right' thing the 'easy' thing.



.Monitoring progress with regular reports back to the team on environmental harm, emissions and money saved can help to sustain and refresh motivation and interest. Competitions often help to engage teams initially.

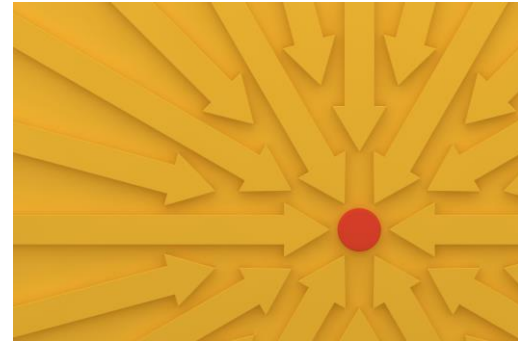
Main things to consider:

- **Target** - does this link to staff core values?
- **Knowledge** - Are staff members aware of the carbon (and wider environmental) footprint, links to health outcomes and financial costs of their activities.
- What are the possible **unintended consequences** –considering **The Triple Bottom** line at the outset can help to avoid these.

Logistics - what are the practical issues that can support sustained change. (eg for waste management – is there enough space for multiple bins? Is there clear labelling on or near the bins to remind people what goes where – it can be complicated to remember!).

What **metrics** are you using – are these easy to gather and meaningful in terms of values and the desired outcome.

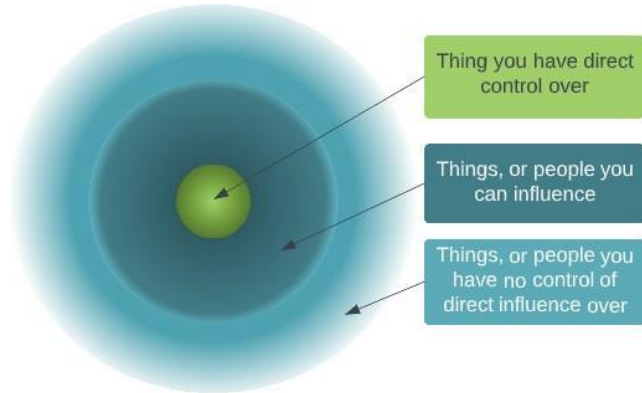
Feedback - and how can you feedback progress in an engaging manner? How often do you want to report back (too frequently risks disengagement and too infrequently risks forgetting).



Theories on leadership



Spheres of Influence



Below is a brief outline of some leadership theory you may find helpful.

1. Spheres of influence

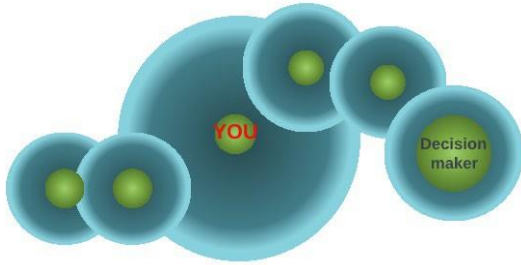
It is possible to work strategically from every position in the health system by mapping opportunities in your spheres of control and influence.

Think of an example of a sustainability-related change you would like to make at work.

Sphere of Control (SoC): Does this lie within your control? If you have the authority to implement a change, then you can get started right away. Don't forget to take the time to engage others who will be impacted first though. If people are not on board you are likely to face barriers. Most of the time though, your direct control will be limited.

Sphere of Influence (Sol): Who are the key people who can decide to make this change? Do they lie within your Sol?

Chains of Influence



Chains of influence: If those key decision-makers are outside your Sol, think about how you can reach them by influencing others. Who is in your Sol? Make a map of who you can influence and who they can influence to get to the people you need on board. By using our influence we can start to expand our power to effect change, as in the diagram above.



2. Lateral leadership - a framework for thinking about what skills you can use to influence others.

Networking - involves remembering your spheres of influence, staying broad, establishing connections and building trust.

Persuasion and negotiation - looks for shared wins rather than manipulation to achieve targets; it values the other, and relies on listening and using the language of the communities you seek to influence.

Consultation - you may set the direction but this allow others to fill in the steps. It involves creating safe 'thinking' spaces, where everyone has a voice.

Coalition building - involves collaborating with like-minded people and key stakeholders to identify and emphasise the common good (win-wins) We are better, and stronger, acting together).

Aim for concrete outcomes, but don't neglect longer term goals such as relationship building!



Which groups or individuals do you need to influence?	How much power do they have to enact or block the change?	How interested are they likely to be	Who are the key individuals in those groups to engage?	What is important to this group?	Who influences them (that might not be obvious)	What is the right message to engage them?

3. Stakeholder analysis

Making change in a big organisation such as a community, local government or a health organisation involves many people. Stakeholder analysis helps us to think in a more structured way about who we need to engage and how we might do that.

It can be helpful to list who you think you need to involve using a chart like this.



Another way to think about which stakeholders to invest most energy in is to use the table below. This maps their power to promote or block change against how much they will be impacted by or involved in the change. This divides them in to 4 groups:

High Power	'Opinion Formers' Powerful but this will not affect them much. The project could be derailed by them if they are not on board and their input isn't sought.	'Key Stakeholders' Powerful and they will be significantly affected. The project cannot go forward without these people being on board
Low Power	Not very powerful and this won't affect them much	Not powerful but will be heavily affected e.g. Service users - may appear to have low power. However, if energised to become organised they can have significant influence to block or support a project. Their input should be mandatory in consultation.
	Low Impact of change	High impact of change

Suggested Engagement strategies for these groups are in the diagram:

High Power	'Opinion formers' <ul style="list-style-type: none">• Keep them informed with enough information to satisfy them• Regularly check-in on their level of support for the project	'Key stakeholders' <ul style="list-style-type: none">• Manage closely• Communicate frequently• Involve fully in consultation• Check-in on their support frequently
Low Power	<ul style="list-style-type: none">• Keep in the loop if time & resources allow	'Service users' <ul style="list-style-type: none">• Keep fully informed with regularly communication• May be helpful to involve in consultation
	Low impact/ stakeholding	High impact/ stakeholding



You can now:

- Understand the range of your influence or control.
- Map your opportunities to influence decision makers.
- Think about what skills to use to influence others.
- Understand the principles of stakeholder analysis and how it can be used to:
 - Shape an engagement and communications strategy.
 - Help you to direct your efforts strategically.

Activity - Try using these tools to map the important stakeholders and potential allies for your project. Think about how many lie within your sphere of influence, if not - map how you have get to them.

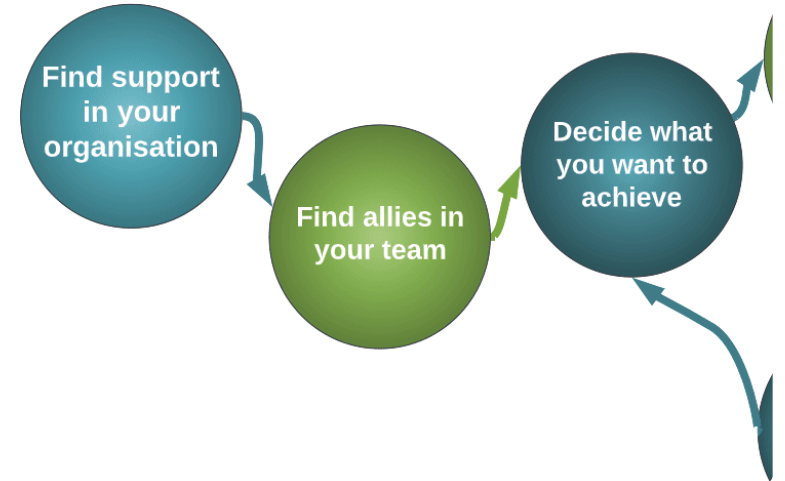


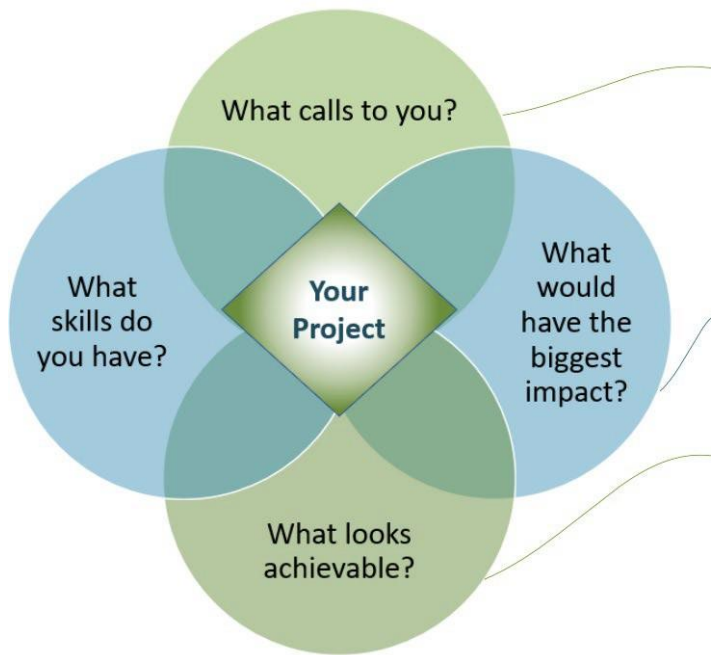


How to get started on a sustainability project?

So now you have all the tools, lets start using them! The workshop will be focused on starting to plan a sustainability project you can run in your team, so try to have an idea ready to build on.

This section gives some brief advice on how to get started with a project. Don't forget CSH is always there for support – through the [networks](#) and [sustainable healthcare cafes](#).





Find organisational support

Check the organisation's website for anything on sustainability. If you are in England or Wales, they should have published a **Green or Decarbonisation plan**. This will show what is already happening, what's planned and what the local priorities are. Look for names of people who worked on the plan. They are likely to be powerful allies and should include a **sustainability lead** – a key person to seek support from. Contact them and keep them apprised of your progress.

There may also be a **sustainability or green group for staff** - this is where you can find more allies, get inspiration and support and share experiences.

1. Contact your quality improvement lead - they should be able to support you in terms of project management. They may or may not be aware of SusQI but if they are not, you might be able to get them interested in finding out. If you can, this could have a big impact across your organisation.

2. Find allies in your team - start chatting to people about this to identify those who might want to help, including your manager. Use the tips outlined in the previous communication page. Everything is easier if you are sharing the load. Remember to find out what people's priorities are and align what you want to do with those. You can also highlight the organisation's objectives set out in the Green/ Decarbonisation plan and that SusQI projects usually save money.

3. Clarify what you want to achieve - there will be lots of things you could do. Its best to focus on one thing at a time though.

4. Study the system - once you have identified a focus, really study the system. Getting other team members involved and using a process map (example below) can stimulate innovative ideas, help identify possible challenges or unintended consequences and help engage your team.





The Triple Bottom Line



4. Study the system - once you have identified a focus, really study the system. Getting other team members involved and using a process map (example below) can stimulate innovative ideas, help identify possible challenges or unintended consequences and help engage your team.

5. Plan your change collaboratively with involved team members. Think about what impacts this will have for all aspects of the sustainable value equation and how you will measure that. Use resources from the [SusQI website](#) to help you think this through.

6. Engage stakeholders - Who will be affected by the change? Who could enable or block it? How can you, as a team, engage them? (Think about spheres of influence and stakeholder engagement – see previous page on leadership). Don't forget to include patients and carers.

7. Implementation - try to divide up the workload so it's not all sat on your shoulders. Arrange regular review meetings with the main people involved to monitor progress, keep momentum going and brainstorm any unexpected issues that arise. If you are having problems consider speaking to your sustainability lead, supportive managers, natural leaders in the team. Come to a sustainable healthcare café for mentoring from CSH staff.

8. Communicate your success:Your team - Present the results to your team using easy to understand terms (e.g. convert carbon saved to driving miles) and celebrate your achievement.

- Use the [CSH case study template](#) to write up your project and share it with
 - CSH - We can use it to inspire others
 - Your Trust sustainability lead and media team – talk to them about how it can be showcased to staff and patients. They may even put it in the local media.

9. And repeat!

There is always more that can be done and once your team has had one success, they will be hungry for more.

Doctors - Why should we lead?



Health professionals have a duty of care to speak out to protect public health. This is supported by our professional bodies. For example:

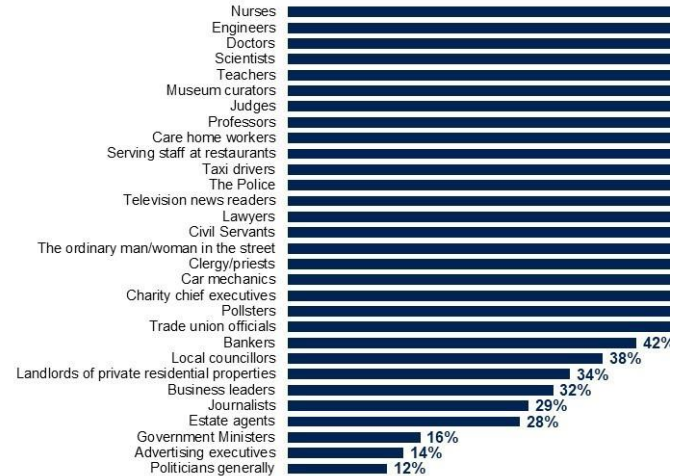
- o GMC Duties of a Doctor states - “You must take prompt action if you think that patient safety, dignity or comfort is or may be seriously compromised.” [Domain 2](#)
[- Safety and quality - GMC \(gmc-uk.org\)](#)

Healthcare professionals are respected voices and therefore ideally positioned to educate, advocate, model and lead sustainable change with colleagues, patients, policymakers and the public. Effective Communication, particularly translation of science in to lay terms and motivating behaviour change, are part of our core skill set. Doctors are skilled and experienced in working with complexity and across sectors. Almost every relevant health organisation has made statements regarding the urgency of the climate crisis and acknowledged the role of health care in responding. In 2021, 200 leading medical journals ran the same [editorial](#) calling for urgent action.

Read this BMJ article by Fiona Godlee, recently editor of the BMJ, on Joining the Drs for XR protests - [Who cares about climate change?](#)

Veracity Index 2022 – all professions

“Now I will read you a list of different types of people. For each would you tell n



Base: 1,005 and 1,004 British adults aged 16+, interviewed by telephone 19 – 26 October and 26 October – 1 November
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[RCP's commitment to environmental sustainability | RCP London](#)

[RCPCH's position statement - The impact of climate change on global child health.](#)

[RCPsych's comprehensive position statement - Our planet's climate and ecological emergency.](#)

Royal Colleges – Statements and actions



The RCP- "The climate emergency is a health emergency".

The RCP has divested from fossil fuels, was the first royal college to receive Carbon Trust Standard in recognition of its commitment to sustainable working and has incorporated sustainability as an overarching domain in quality improvement (*Strategy for quality: 2011 and beyond*. Royal College of Physicians (2011); [ii] Atkinson, S. et al. *Defining Quality and Quality Improvement*. Clinical Medicine. 2010 Vol.10(6):537-539)

see [RCP's commitment to environmental sustainability | RCP London](#)



The RCS states "Climate change is a health emergency". They are a member of the UKF 2021 aligning with national strategic working groups on sustainability Challenge in 2021



The RCGP "acknowledges the health of not acting decisively". They host a special interest group (CEAG), were one of the four



The RCPCH - has declared a climate emergency, divested from fossil fuels and published a position statement [The impact of climate change on global child health - position statement | RCPCH](#)



The RCEM - has declared a climate emergency, divested from fossil fuels and is hosting a conference on sustainability in [Feb 2022](#)

The RCPsych states "The disruption to life posed by climate change presents an unprecedented threat to human health".

The Psych has divested from fossil fuels, declared a climate emergency and released a comprehensive position statement [position statement](#)

Other medical organisations



The BMJ are strong champions of action the climate crisis and have been publishing editorials on the subject [as far back as the 1990s](#), not just in *The BMJ*, but across [all their journals](#).”

WHO considers climate change “an urgent, global health challenge that requires prioritized action now and in the decades to come”?

[Climate change \(who.int\)](#)



The Lancet Countdown works to ensure that health is at the centre of how governments understand and respond to climate change. Our work ranges from ensuring policymakers have access to high-quality evidence-based guidance, through to providing the health profession with the tools they need to improve public health.





The UK Health Alliance on Climate Change brings together doctors, nurses and other health professionals to advocate for responses to climate change that protect and promote public health. The Alliance was formed in March 2016 to coordinate action, provide leadership and help amplify the voices of doctors, nurses and other healthcare professionals across the UK.



The UK Health Alliance on Climate Change brings together doctors, nurses and other health professionals to advocate for responses to climate change that protect and promote public health. The Alliance was formed in March 2016 to coordinate action, provide leadership and help amplify the voices of doctors, nurses and other healthcare professionals across the UK.

The Royal Society of Medicine - On 16 March 2021 launched a new 10-part series focusing on climate change. "Whilst the world is currently in the grip of the worst health crisis in living memory, the growing climate change emergency poses a far greater threat to the health of humanity"

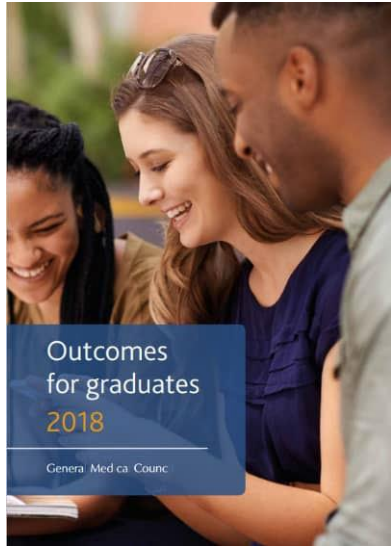
The Academy of Medical Royal Colleges - 'We know our own health and the health of our planet are inextricably linked.' AoMRC published a report co-authored by CSH in 2014 looking at what the Royal Colleges were doing regarding the climate crisis and making recommendations which refer to the SuSQi approach developed by CSH

Medical Education

In 2018 the new Outcomes for Graduates stated, "*Newly qualified doctors must be able to apply the principles, methods and knowledge of population health and the improvement of health and sustainable healthcare to medical practice with 3 associated priority learning outcome*".

Priority learning outcomes

1. Describe how the environment and human health interact at different levels.
2. Demonstrate the knowledge and skills needed to improve the environmental sustainability of health systems.
3. Discuss how the duty of a doctor to protect and promote health is shaped by the dependence of human health on the local and global environment.



Lobbying and activist groups



Health Declares - A group of health professionals from across the UK who recognise that the climate and ecological crises are health emergencies requiring urgent action, and we are committed to acting and advocating to protect planetary and human health.



Doctors for Extinction Rebellion is a collective of health care professionals who, appreciating that Climate change is an impending public health catastrophe, have decided to undertake Civil Disobedience with Extinction Rebellion. We have carefully considered our position. As a highly respected group of professionals, publicly backing and acting with a group which commits to breaking the law may seem like an unusual move, but we believe that the severity of the crisis is so great that such a decision is justified



health professionals for a
safer, fairer & better world

Medact's mission is to support health professionals from all disciplines to work together towards a world in which everyone can truly achieve and exercise their human right to health.





An ecological emergency is a health emergency

Impact on flora and fauna

Over 10% of the world's tree types are threatened with global extinction.
 Between 2001-2015 around 300m hectares of tree cover were lost - nearly the size of India.
 Climate change threatens coral reefs which will in turn reduce the habitats for many sea creatures.
 The rise of monoculture crops and loss of pollinators threatens food security.

Nature and mental health

Clear evidence that healthy environments and contact with nature is important for our mental health.
 Greencare describes ways nature can be used therapeutically.
 Mental health services can help by supporting the sustainable procurement of its resources and greening its estates.



Overall impact

An average 25% of species of plants and animals are under threat of extinction.
 40 % of all insect species are threatened with extinction.

We are nature

This 'web of life' we are part of is a fragile system providing the resources we use every day including the air we breathe, soil we use to grow crops and water we drink.
 Words such as nature, ecosystems, biodiversity and biosphere are different ways to help us describe the natural world we depend on.



Why the environment matters to us

Nature is believed to have a positive impact on our wellbeing by acting on stress pathways possibly by restoring our attention.
 Concepts such as biophilia suggest that people innately tend to seek connections with nature and gain benefit from it.



Impact on wildlife in the UK

The loss of species has been accelerating in the UK since 1970.
 One quarter of native mammals risk extinction in Britain and one in six species face extinction worldwide if we don't act on climate change. (WWF)

Among those at risk in Britain are the water vole, hedgehog, hazel dormouse and wildcat. The turtle dove population has declined by 97% since 1970.

Impact on the air we breathe

Evidence shows link between long term exposure to air pollution and depression and anxiety.
 Possible link between short term exposure to air pollution and suicide.
 In the UK, 36,000 premature deaths per year are attributable to air pollution



Vital for life

The rich range of plant and animal life underpins 'all dimensions of human health'.
 Nature is embedded in cultures and society providing inspiration, learning, spirituality and experiences central to the quality of life we enjoy.
 Ecosystem services are all the benefits humans receive from the natural world.



Nursing and Midwifery - why should we lead?

- As the largest profession delivering, influencing and leading health and care globally; nursing and midwifery is uniquely placed to advocate, educate and lead action.

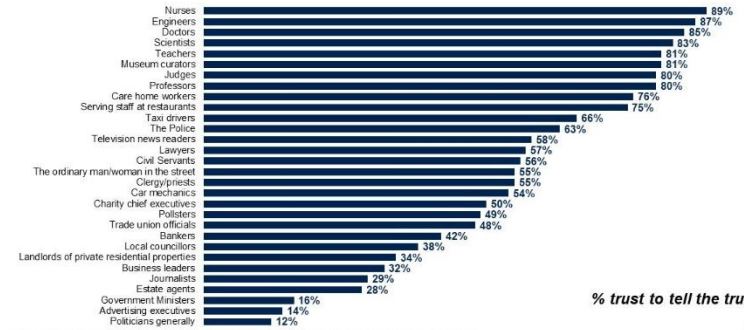
The Royal College of Nurses states:

“The RCN is committed to supporting members and the wider nursing community to deliver care in a way that is environmentally sustainable, reduces inequalities, improves health outcomes, and helps to reduce costs. We believe that nurses have a key role to play in addressing these challenges, and in supporting the development of environmentally friendly and sustainable care.”

“As the largest part of the health and care workforce, nurses are at the forefront of providing care to communities and people affected by Climate Change. As a profession grounded in science, and one trusted by the public, nurses are also well placed to speak out on this issue and talk to those they care for about the beneficial relationships between Climate Change and health.”

Veracity Index 2022 – all professions

“Now I will read you a list of different types of people. For each would you tell me if you generally trust them to tell the truth, or not?”



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Health professionals have a duty of care to speak out to protect public health. This is supported by our professional bodies. E.g. RCN - "a duty to protect and promote public health".

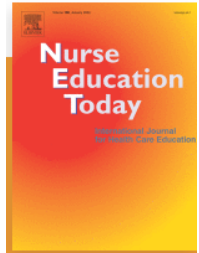
Nurses are the group most respected and trusted by the public and therefore ideally positioned to educate, advocate, model and lead sustainable change with colleagues, patients, policymakers and the public.

Effective Communication, particularly translation of science in to lay terms and motivating behaviour change, are part of our core skill set.

Nurses are skilled and experienced in working with complexity and across sectors.

Current evidence shows that nursing students recognise the importance of sustainability and want it to be included in the curriculum for training ([Nursing Education Today Volume 108, January 2022, 105185 Nursing students' attitudes towards climate change and sustainability: A cross-sectional multisite study - ScienceDirect](#)).

Read this BMJ article by Fiona Godlee, recently editor of the BMJ, on Joining the Drs for XR protests - [Who cares about climate change .bmj](#)





Royal College of Nursing

1 Prevention
3.1 pay special attention to promoting wellbeing, preventing ill- health and meeting the changing health and care needs of people during all life stages.

2 Patient Self-care
2.0 Listen to people and respond to their preferences and concerns.
2.2 recognise and respect the contribution that people can make to their own health and wellbeing.
2.3 encourage and empower people to share in decisions about their treatment and care

3 Lean service delivery
19.1 take measures to reduce as far as possible, the likelihood of mistakes, near misses, harm and the effect of harm if it takes place.
19.4 take all reasonable personal precautions necessary to avoid any potential health risks to colleagues, people receiving care and the public.

4 Low carbon alternatives
25.1. identify priorities, manage time, staff and resources effectively and deal with risk to make sure that the quality of care or service you deliver is maintained and improved, putting the needs of those receiving care or services first.

The RCN passed an emergency resolution - 'Responding to Climate Change' - at their 2019 Congress. ([Climate Change - Position Statement | RCN](#))



Actions

They are working to reduce their own environmental impact

The Nursing Sustainability Study Guide contains details of key resources and books on promoting sustainable nursing practice within health and care settings - see [RCN's online guide](#) There are also links to searches for materials available within the RCN's extensive book and journal collections

Better procurement - The RCN's 'Small Changes, Big Differences' work is designed to support nurses in making smarter and more sustainable procurement choices, which are good for their services, their patients, and the environment.

RCN Sustainability network to support members in sharing information and offering opportunities to shape and contribute to the RCN activity on climate change

A sustainability education programme to support members education and training on sustainability.
([RCN Leading Transformation for Sustainable Healthcare Programme | Royal College of Nursing](#))

They are developing:

Formal Alliances of the RCN

The RCN is a founder member of the [UK Health Alliance on Climate Change \(UKHACC\)](#) which brings together leading healthcare professional organisations. It advocates for actions at governmental and system level to tackle climate change and protect and promote public health.





Health Care Without Harm - The RCN is a member of 'Health Care Without Harm', an international coalition of health care organisations and professionals which shares a vision of a health care sector that does no harm and is committed to preventing disease and promoting the health of people and the environment.



More Organisations for Mental Health Professionals and Nurses



[Green Nurse Network](#) - This is an informal, online community for nurses, students, nurse educators and retired nurses who take the threats from climate change seriously and wish to work together to establish what this means for nursing practice.

[Nurses Drawdown](#) - A project of the Alliance of Nurses for Healthy Environments and Project Drawdown. Nurses Drawdown encourages nurses to take personal and professional action in five key areas: energy, gender equity, food, mobility, and nature.

“At the heart of nursing is the understanding that when we create the right environment, nature can heal itself. As the most numerous and most trusted health profession in the world, nurses can co-create a healthier future.... nurses across the globe are invited to participate in Nurses’ Drawdown.

Since the earliest days of professional nursing, nurses have understood that optimal health requires good nutrition, adequate mobility, a healthy environment, and social support. Through commitment to Nursing Drawdown actions, nurses will improve the health of individuals and communities, while also taking steps to heal the planet.”



Pharmacy professionals – why should we lead?



All healthcare professionals have a duty of care to speak out to protect public health. Pharmacy professionals are trusted and highly accessible - present on the high street, in general practice and in secondary care. Every day about [1.6 million people](#) visit a community pharmacy in England. We are therefore ideally placed to communicate healthcare messages related to climate change to the public.

Pharmacy professionals acting on climate change are supported by professional bodies and associations:

The Royal Pharmaceutical Society has [declared a climate emergency](#), committed to complete divestment from fossil fuels by the end of 2022 and state that “pharmacists and pharmacy teams have a clear role to play in combatting the climate emergency”. They called on the profession to “inform and educate the public about the link between climate crisis and health”.

The General Pharmaceutical Council - [Standard 8](#) states pharmacy professionals must “speak up when they have concerns or when things go wrong”.

The UK Clinical Pharmacy Association – have [declared a climate emergency](#), recognising that the climate crisis is having “a catastrophic effect on human health”. UKCPA have committed to divestment from fossil fuels, incorporating sustainability into their policies and educating their members on climate health and sustainability.

General
Pharmaceutical
Council

ROYAL
PHARMACEUTICAL
SOCIETY

UKCPA
CLINICAL PHARMACY ASSOCIATION

Association of Pharmacy Technicians (APTUK) – have [declared a climate emergency](#) and, building on existing aims to reduce travel and printing, have committed to undertaking a review of working practices in relation to sustainability and environmental impact. APTUK hold no investments in fossil fuels and have committed to advocate, educate, and influence their members on climate health so they can practice, work and live in more sustainable ways.

Pharmacist Defence Association (PDA) - [declared a climate emergency](#) in 2022 and released a statement recognising the importance of supporting a transition to a fully decarbonised economy. The PDA supports “Pharmacy Declares”.

Primary Care Pharmacy Association (PCPA) - the UK’s largest primary care pharmacy network, launched its environmental policy in 2021 acknowledging a responsibility to the environment ‘beyond legal and regulatory requirements’ and committing to making environmental impact reduction an integral part of business strategy and operating methods.

College of Mental Health Pharmacy (CMHP) – [declared a climate emergency](#) in May 2022 and committed to ensuring that environmental sustainability is embedded in the organisation’s future ways of working and decision making.





Centre for Pharmacy Postgraduate Education (CPPE) have committed to reducing the carbon footprint of day-to-day business, raising awareness of the public health impacts of climate change and now provide vegetarian-only food at their events. In May 2022 they published an [article](#) detailing changes being made at an individual and organisational level to reduce their carbon footprint. In 2022 the CPPE Greener team [won a highly commended award](#) for outstanding contribution to environmental sustainability at the University of Manchester's Making a Difference Award.

This list of pharmacy organisations who recognise and are committing to action on climate change is growing; for an up-to-date list see the [Pharmacy Declares website](#).

Policies - The RPS has published [four policies](#) relating to sustainability:

1. Improving prescribing and medicines use.
2. Tackling medicines waste.
3. Preventing ill health.
4. Improving infrastructure and ways of working.

These policies deliberately focus on reducing the environmental harm from medicines, rather than the wider climate and ecological emergency. As experts in medicines, pharmacists have a professional responsibility to take a leading role in reducing the environmental impact of medicines use. The RPS is calling on the pharmaceutical industry, governments across the UK and other stakeholders to work together to tackle the climate emergency.



CPPE

CENTRE FOR PHARMACY
POSTGRADUATE EDUCATION



Competency frameworks - The Royal Pharmaceutical Society has started to include sustainability within its professional [competency frameworks for prescribers](#) – see the 2021 RPS Competency Framework:

9.7 Considers the impact of prescribing on sustainability, as well as methods of reducing the carbon footprint and environmental impact of any medicine.

Reference to sustainability within the soon to be published RPS Core advanced framework is also planned.

Education - At the time of writing, despite [increasing calls](#) for this, environmental sustainability has not been included within the curriculum or learning outcomes for the General Pharmaceutical Council's (GPhC's) standards for the [initial education and training](#) of pharmacists. In 2021, a working group of pharmacy academics, practitioners and students, led by Professor Angela Alexander (University of Reading), developed a [document](#) detailing how sustainability could be addressed within the existing learning outcomes for the initial education and training of pharmacists.





Planetary Health Report Card (PHRC)

The PHRC, developed in 2019 by a group of medical students at the San Francisco School of Medicine, University of California is a tool that aims to raise awareness of planetary health and hold to account health professional schools using metrics based on five main category areas:

In 2022, the PHRC was extended to pharmacy, led by Ellie Self, (then a Pharmacy undergraduate student in the UK). You can read the report of the PHRC Pharmacy pilot and see examples of the full report card [here](#).

1 Curriculum

2 Interdisciplinary research in health and environment

3 Community outreach and advocacy

4 Support for student-led initiatives and

5 Campus sustainability



Lobbying and Activist Groups



Formed in 2021, [Pharmacy Declares](#) are a group of pharmacy professionals inspiring the profession to take collective and individual action to contribute to efforts to tackle the climate emergency. They are calling for:

- Divestment of fossil fuels & positive reinvestments.
- Declaration of Climate Emergency.
- Climate-Health Leadership & Education.

You can read Pharmacy Declares' vision and strategy and find out more information on their [website](#).

Health Declares are a group of health professionals from across the UK who recognise that the climate and ecological crises are health emergencies requiring urgent action, and are committed to acting and advocating to protect planetary and human health.





[Doctors for Extinction Rebellion](#) are a collective of diverse health care professionals (not just doctors!) who, appreciating that climate change is an impending public health catastrophe, have decided to undertake civil disobedience with Extinction Rebellion. Although publicly backing and acting with a group which commits to breaking the law may seem like an unusual move for a highly respected group of professionals those involved have carefully considered their position and strongly believe that the severity of the crisis is so great that such a decision is justified



[Medact's](#) mission is to support health professionals from all disciplines to work together towards a world in which everyone can truly achieve and exercise their human right to health. Medact works on social justice issues as well as environmental issues. Their Fossil Free Health campaign uses the respect and influence health professionals enjoy to convince health organisations to withdraw financial investments (i.e. 'divest') from fossil fuel companies. The campaign persuaded the British Medical Association (2014) and the World Medical Association (2016) to divest from fossil fuels and reinvest in organisations upholding environmental principles that benefit human health in the short and long term. Medact is currently involved with Health for a Green New Deal, pushing for a just transition to a sustainable economy.



health professionals for a
safer, fairer & better world



The [Climate Psychology Alliance](#) welcomes anyone and everyone who wants to engage in addressing the psychological aspects of the climate emergency. They have created a handbook of climate psychology available free online here - [Handbook](#).





Allied Health Professionals - WHY SHOULD WE LEAD?

Art Therapists	Music Therapists	Drama therapists	Chiropadists and Podiatrists	Dieticians
Occupational therapists	Operating theatre practitioners	Orthoptists	Osteopaths	Orthetists
Paramedics	Physiotherapists	Prosthetists	Radiographers	Speech and Language therapists



Health professionals have a duty of care to speak out to protect public health.

Health Professionals are respected and trusted by the public and therefore ideally positioned to educate, advocate, model and lead sustainable change with colleagues, patients, policymakers and the public.

Effective Communication and motivating and supporting behaviour change, are part of our core skill set.

Read this BMJ article by Fiona Godlee, recently editor of the BMJ, on Joining the Drs for XR protests - [Who cares about climate change.](#)

Allied Health Professionals (AHPs)

AHPs have long championed healthcare practices that contribute to empowering, person-centred and preventative models of care, with a far lower environmental and financial burden than medication or surgery.

AHPs often help patients reduce the amount of time they spend in hospital, whether through preventative care, facilitating discharge or keeping care in the community, all which reduces the carbon footprint of occupied hospital beds.





Many AHPs already promote the six key principles within the SDU's [model of sustainable clinical care](#):

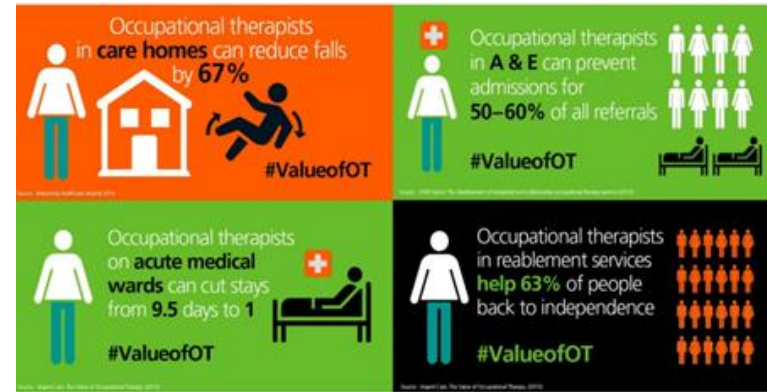
- living well,
- prevention and
- early intervention,
- enablement and support,
- acute and specialist rehabilitation
- dying well

Expanding the use of AHPs in healthcare will reduce carbon emissions and make a significant contribution to meeting NHS net zero targets.

In addition to their current contribution to sustainable healthcare, AHPs must now work to develop leaner care pathways and lower carbon treatment options. Carbon hotspots especially relevant to AHPs include building energy, waste and water usage and patient, visitor and staff travel.

The Royal College of Occupational Therapists (RCOT) programme 'Improving lives saving money', found that occupational therapists on acute medical wards successfully cut patient stays from 9.5 days to 1 day, saving a whopping 322kg of CO2e per patient.

Early mobilization of patients is another example of AHP contributions to the 'triple bottom line' of reduced social, environmental and financial cost.



Green Ward: University Hospital Southampton

Pioneering Early Mobilisation in a Cardiac Intensive Care Unit:

Early mobilisation from 48 hours after admission to intensive care improves outcomes. Therapy technician employed to run the project alongside a physiotherapist.



Clinical Outcomes:

- Reduced ventilation days by average of 4 days
- Reduced cardiac intensive care stay by average of 6 days



Financial:

- Total savings of £1,266,327 over 2 years



Environmental:

- Total savings of 48.5 tonnes CO2e over 2 years



Social:

- More rapid recovery, quicker discharge and return to ADLs
- Patients having more autonomy during their hospital stay
- Increased patient motivation
- Increased staff satisfaction



CENTRE for
SUSTAINABLE
HEALTHCARE



Education staff - why should we lead?

Educational staff have a duty of care to do 'what is reasonable' in all the circumstances to safeguard and promote the welfare of our pupils.

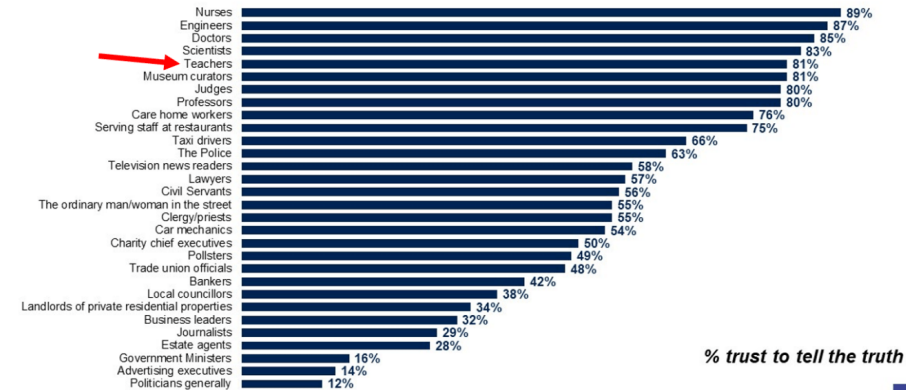
Educational professionals are respected voices and therefore ideally positioned to educate, advocate, model and lead sustainable change with colleagues, children, young people, parents, policymakers and the public.

Effective Communication, particularly translation of science in to lay terms and motivating behaviour change, are part of our core skill set.

In schools there is an opportunity to educate children and young people around climate change and wider environmental issues both within the curriculum and as part of extra curricula activities.

Veracity Index 2022 – all professions

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What opportunities are there in school?

Does your school or MAT have an environmental or climate change policy?

Is there a sustainability lead for the organisation or specialist subject?

What opportunities are there in school to engage with the children about climate change and the environment?

- Tutor time
- Before and after school
- School 'Green' clubs / groups
- Assemblies
- Curriculum mapping
- Community engagement
- School trips

[How to Declare a Climate Emergency at your School or College](#) – guide by Edmund Stubbs, Science Teacher, Morpeth School, London.

This [Climate Action Plan](#) from friends of the Earth is tailored towards schools and contains 50 top tips in a wide range of areas – including transport, energy and buildings, food and waste.



TEACH THE FUTURE

The [Teach the Future: Campaign for climate education](#) is calling for better climate education, climate friendly school buildings and an increase in vocational training for green skills. You can sign their petition [here](#).

79%

of secondary teachers say they are not teaching about the ecological crisis in a meaningful and relevant way

4%

of students feel that they know a lot about climate change.

68%

of students want to learn more about the environment.

70%

of teachers feel they haven't received adequate training to educate students about climate change.



Resources to support learning in the classroom

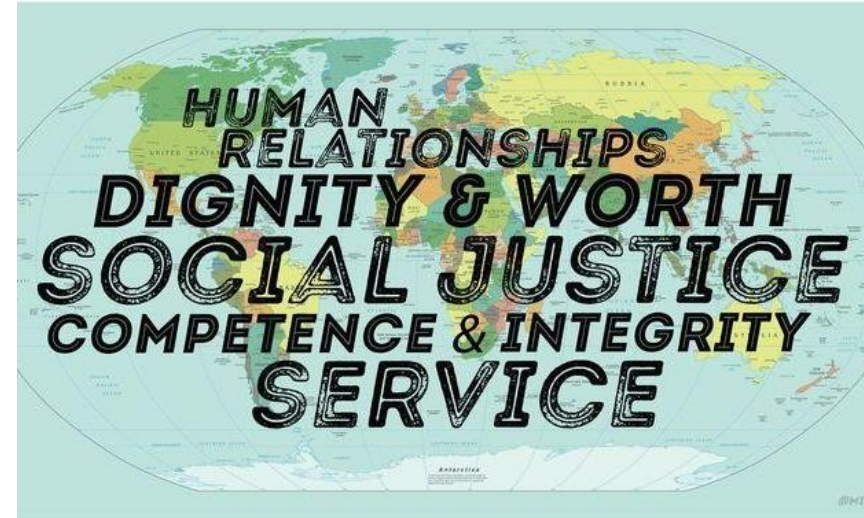
- [Climate Change Education in Schools](#) has a range of resources developed with Children and young people.
- The STEM learning website has a section on climate change with resources for teachers - [Climate Change Educational Partnership](#)
- The British Council have a [climate change hub](#) which includes lesson resources, training, and events.
- The WWF have a number of [resources and lesson plans](#) available for staff working with primary students and upwards.
- This [resource](#) from the RSPB is mainly aimed at early years foundation stage and primary aged children and contains lots of project ideas that can be part of the school curriculum on as a standalone club.
- Greenpeace has a range of [educational resources](#) tailored for age ranges from 7 upwards.
- NASA and NOAA have a series of web pages [For Educators – Climate Change: Vital Signs of the Planet \(nasa.gov\)](#).
- Also, Extinction rebellion has an Educators group – you can find their contact details here [Community Groups - Extinction Rebellion UK](#).





Working into the community - why should we lead?

Whatever your role and professional body there will be common themes to the core values of working into the community supporting children and young people. Everyone working with children and young people has a duty to [safeguard](#) and promote the welfare of the children in their care, alongside promoting the [rights of a child](#).





In this [report from Groundwork](#), young people have made it clear that they want to know and learn more about climate change and the environment.

The key findings are:

- Young people do not need convincing about the threat posed by climate change: almost all young people feel that tackling climate change is important to them personally.
- Young people are less confident in their knowledge about climate change: most feel that they did not learn enough about climate change in school, with documentaries and social media more likely to be their primary source of knowledge.
- Most young people want to be involved in climate action and feel that knowing more about local environmental activity would help them to do so.
- The pandemic created a greater opportunity for some young people to explore nature and learn about climate change independently and by connecting with groups online, but also made it more difficult for some other young people to engage because of worries about work and health.





Working with children and young people one to one or small groups gives an opportunity for discussion and to explore their feelings and answer their questions around climate change and the environment – especially in an outdoors session.

We hope this resource has helped you to feel confident to engage in this discussion respectfully and honestly. You won't know all the answers. That's Ok, as long as you acknowledge their right to ask and commit to helping them find the answers.

The list of resources below is intended to help support you in this.

- Climate Action [check list](#) for local Authorities – advice and support to support organisations with declaring a climate emergency.
- This [toolkit](#) contains a wealth of resources to support session planning and opportunities to find out more about supporting our natural environment.
- The social action movement [#iwill](#) offers support with environmental based projects.
- The [Youth in Nature](#) Network, based in America, offers free access to a library of journal articles and research relating to getting young people into the outdoors.
- In the North East, dance groups are looking at alternative ways to teach about climate change including Elliot Smith Dance and their work around fast fashion - [Fashion This!](#)