

**Palliative Care
Sustainability
Network Newsletter:
April 2023**



Welcome to our PallCareSusNet newsletter!

We aim to produce one around every 2/3 months. We'll share what's happening in the network, upcoming events and related sustainability news.

We'd also love to hear from you- if you have examples of sustainable action at your workplace, please share with us at pallcaresusnet@gmail.com.

Protest and Education

You may have heard that Extinction Rebellion are planning a large protest this weekend. There is a specific area for healthcare workers to connect with each other, with a variety of activities and talks.

More information here: [Planetary Health Hub – 21 – 24 April 2023. Outside Parliament](#)

Food, healthcare and the climate crisis: talks and resources

Our last meeting focused on food, in particular on food waste in healthcare settings. We heard from two speakers, Dr Victoria Hewitt's presentation on her project looking at what happens to oral nutritional supplements (clue: lots of waste!) is [here](#) and Specialist Dietician Clare Irlam's talk on reducing waste in nutritional support is [here](#). Thanks to both for their excellent insights!

Our speakers also shared resources with us, and these two stood out as particularly helpful:

Food First initiative: <https://www.bapen.org.uk/nutrition-support/nutrition-by-mouth/food-first-food-enrichment>

Challenging cancer diet myths: <https://www.bda.uk.com/resource/challenging-cancer-diets-myths.html>

Transport

You may have heard that the subsidised [bus scheme has been extended](#) until 30th June. Good news but we know local bus routes to some hospices remain problematic; and that NHS sites need to work with local transport providers to map staff journeys and advocate for improved public transport links.

Next meeting: plastic in healthcare- the good, the bad, and the future

May's theme will be plastic. With the [UK Government's ban on single use plastic](#) coming into force in October, what steps have your teams taken to reduce your use? Get in touch if you'd like to share what your team has achieved.

Our next meeting is on Thursday 25th May at 12:30pm on teams.

[Click here to join the meeting](#) Meeting ID: 384 105 285 169 Passcode: SXbKTP

Stay in touch:

Look out for updates on our [Centre for Sustainable Healthcare Network Page](#)

Via twitter [@pallcaresusnet](#) or on our facebook group

And you can always email us at pallcaresusnet@gmail.com