

Reducing the use of single use plastics in the medication process

The Darwin Centre is a regional 14-bedded inpatient unit providing specialist mental health services for young people and their families.

The Model for Improvement

What were we trying to accomplish?

Aim to replace the use of plastics with biodegradable or reusable cups and decrease the number of med tots used to reduce our carbon footprint.

What did we measure to test if our change was an improvement?

Costings:- total £173.91
 Current £127.55 per year for plastic cups.
 Med tots £46.36 per year
 Recyclable/biodegradable replacements:- no increase in cost

What changes did we make (including in-progress)?

The problem was shared with the young people on the unit and they were excited about sustainability and taking care of our planet. They coproduced a **Go Green** launch on the 4th Sept 2023 generating new ideas together.

Darwin house keeper - Replaced med tots and plastic cups.
 Use own water bottle at fountains.
 Recycled bins put in place at Darwin.
 Sustainability pledge tree more ideas were generated and carried through such as turning lights off, recycling bin and its impact flowed through to education in the art and a sustainability pledge tree was created.



Results and Next steps

- Single use plastics removed
- The young people loved the launch event , raised awareness and conversation
- Energy around green champion
- Increase compliance Environmentally Sustainable training ESH Training
- Activities more green arts
- A grant came in for Cedars school an enviro grant to progress more project ideas
- This has led to other projects in other parts of the trust – more green activities