



# EEAST Monthly Update March 2021

Sustainability Update

Report Period: March 2021

EEAST: Sustainability Monthly Update  
March 2021

[www.eastamb.nhs.uk](http://www.eastamb.nhs.uk)

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## Key highlights

### Plastic Pledge

EEAST has signed up to be part of the NHS single-use plastics reduction pledge. Signing up to the pledge means we are committed to phasing out avoidable single-use plastic items such as: plastic straws and stirrers, plastic cutlery, plates, and cups made of polystyrene or oxo-degradable plastics by April 2021. Going beyond these commitments we also want to look at all waste streams to reduce other sources of avoidable single use plastic.



### Recycling Bins

Our new recycling bins have started to crop up across the estate please look out for them!



### 100% Renewable Energy Electricity Generation

A quick reminder that from the 1<sup>st</sup> of April EEAST will switching to 100% renewable electricity generation. The REGO scheme will help to build a cleaner, healthier, and resilient future for our staff and local community.



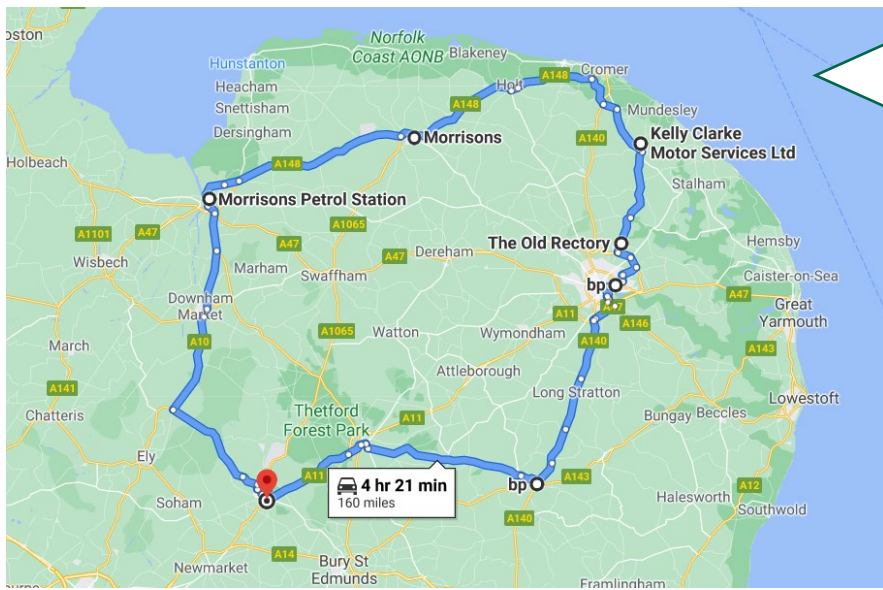
# Electric Vehicle (EV) vans back on the road

From the 1st of April our all-electric clinical engineering vans will be back on the roads. EEAST's sustainability team have been out and about conducting test routes along the national network as well as the Trust's own EV charging facilities to allow the vans to make a return to the roads. Our all-electric vans are much more efficient than petrol or diesel counterparts. For example, EV vans emit half the amount of CO2 of a similar sized small transit van and driving 100 miles will cost £5 in an EV compared to £14-17 in petrol. Being an ambulance trust we know that our fleet makes up the largest portion of our CO2 emissions (~75-80%). We are taking steps where possible to reduce these emissions to reach net-zero by 2040.



## Norfolk test route

- 160 miles travelled.
- 40 minutes total charging time.
- 31,376g of CO2 saved.



Vehicle CO <sub>2</sub> tailpipe emissions		
petrol	diesel	electric
125g	122g	0g
CO <sub>2</sub> per km	CO <sub>2</sub> per km	CO <sub>2</sub> per km

Figures from The Society of Motor Manufacturers and Traders New Car CO<sub>2</sub> Report 2018

# Recycling bins

Our new recycling bins have started to crop up across the estate please look out for these posters to ensure the correct waste is going into the bins.



**GENERAL WASTE**  
WHAT GOES HERE?

**GENERAL WASTE**

**YES**

- Food
- Hand paper towels
- Polystyrene

**NO**

- Clinical waste
- Batteries & other electrical goods

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**MIXED RECYCLING**  
WHAT GOES HERE?

**MIXED RECYCLING**

**YES**

- Paper
- Cardboard
- Glass bottles
- Juice cartons
- Plastics
- Cans

**NO**

- Food
- Hand paper towels
- Polystyrene

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**Battery Recycling**

- Household batteries
- Mobile phone batteries
- Power tool batteries
- Laptop batteries

**NO food waste, hand towels or contaminated packaging**

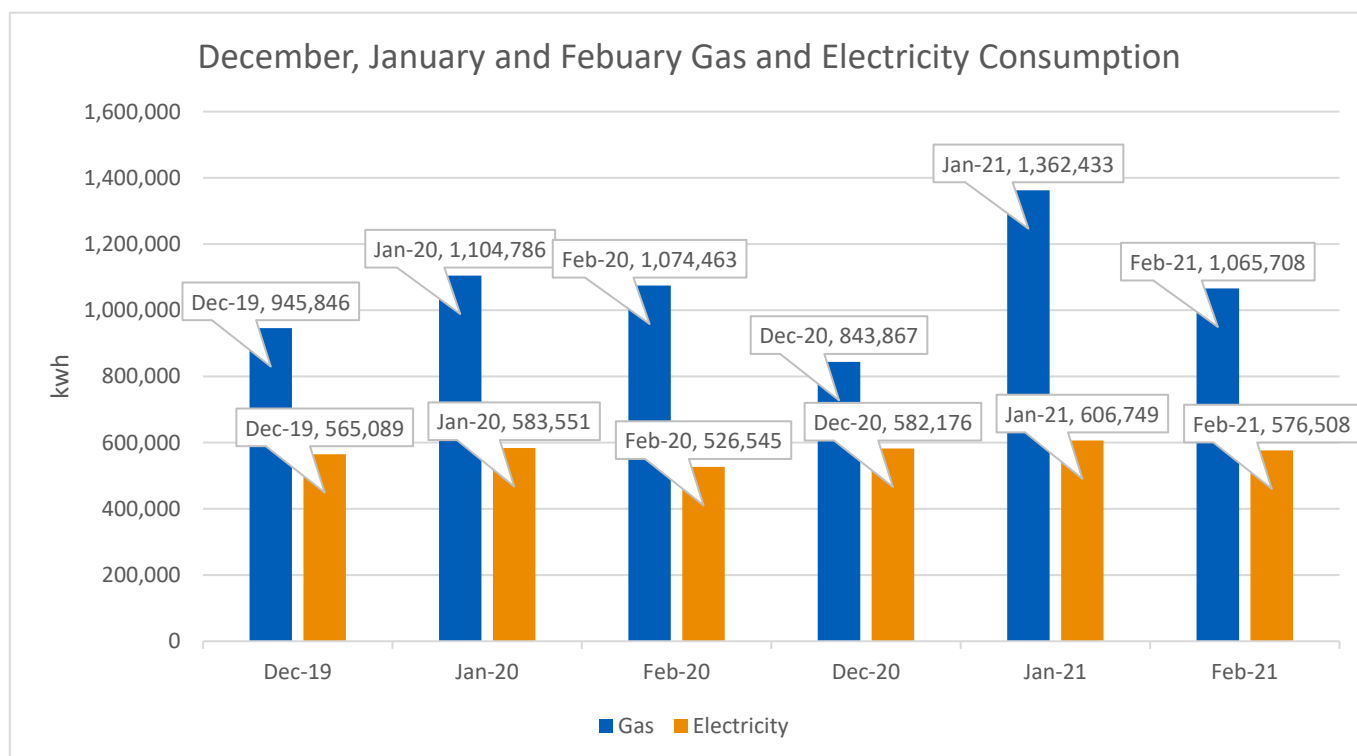
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## Upcoming sustainability dates:

- 07 April World Health Day
- 22nd April Earth Day

## Our energy performance

In February 2021 gas consumption reduced by 1% compared to the same month in 2020. This equates to ~10,000 kWh of gas and £10,000 worth of savings. Electricity consumption has increased by ~50,000 kWh in February 2021 compared to the previous year. Across the 3-month period total Gas consumption increased from 3,125,095 kWh in Dec-19 to Feb-20 to 3,272,008 kWh in Dec-20 to Feb-21. Electricity consumption also increased from 1,675,185 kWh in Dec-19 to Feb-20 to 1,765,433 kWh in Dec-20 to Feb-21. Overall, electricity and gas consumption are continuing to increase across our estate however in February gas consumption has reduced slightly (1%) compared to the same month in 2020. We hope to continue a downward trend in the months ahead as a result of energy efficiency measures currently being implemented across the Trust. The sustainability team are carefully monitoring and targeting sites with high energy intensity (see below) to reduce heavy consumption.





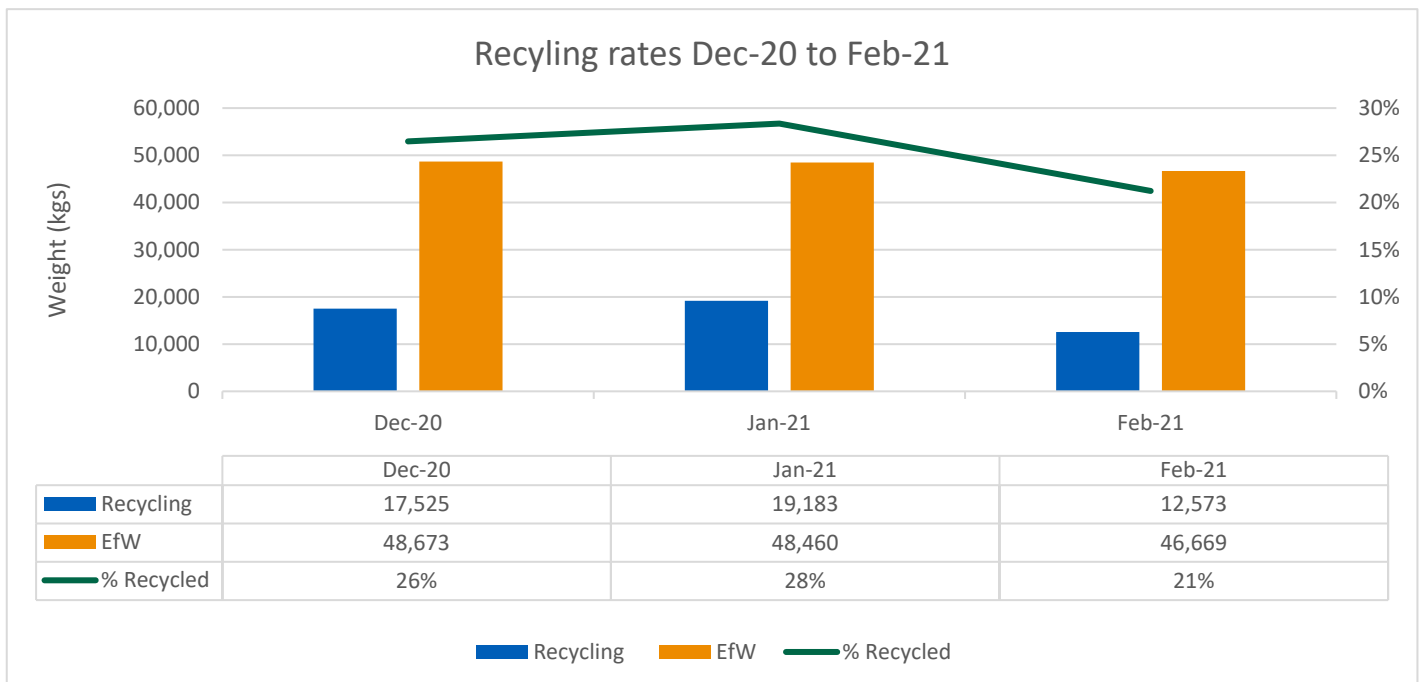
## Energy intensity

In February 2021, the sites with the highest energy intensity were Thetford, Kempston and West Hertfordshire. The Thetford and Kempston sites were also in the highest consuming sites in January 2021. In our strive towards net-zero it is important to keep sight of the sites with high energy intensity in order to understand where energy efficiency measures should be focused.

Site	GIA (m2)	Gas kWh	Electricity kWh	Energy Intensity	Total Cost (£)
1 THETFORD AMBULANCE STATION	229	13,753	1,648	67.36	£393.27
2 KEMPSTON AMBULANCE STATION	680	32,919	11,849	65.85	£124.56
3 WEST HERTS AMB. STATION	1,415	83,511	6,349	63.49	£3,972.81
4 EPPING AMBULANCE STATION	28		1,615	57.25	£246.22
5 LUTON AMBULANCE STATION	2,479	109,779	12,160	49.18	£10,499.79
6 CAMBRIDGE AMBULANCE STATION	1,098	33,799	18,307	47.44	£1,934.74
7 KINGS LYNN AMBULANCE STATION	446	20,680		46.33	£357.20
8 SWAFFHAM AMBULANCE STATION	178	6,926	936	44.13	£339.13
9 HELLESDON AMBULANCE STATION	3,228	58,956	78,864	42.70	£1,956.68
10 STOWMARKET AMBULANCE STATION	275	8,185	3,000	40.69	£94.40
11 PETERBOROUGH RAPID RESPONSE	56		2,264	40.22	£1,083.59
12 COLCHESTER AMBULANCE STN. (Halstead Rd.)	418	5,568	10,917	39.45	£285.18
13 BEDFORD LOCALITY OFFICE	1,642	23,219	41,361	39.34	£487.26
14 FRINTON-ON-SEA AMBULANCE STATION	60	2,160	186	39.34	£515.90
15 BIGGLESWADE AMBULANCE STATION	428	15,256	1,382	38.86	£147.70
16 WISBECH AMBULANCE STATION	239	7,929	1,263	38.43	£1,132.22
17 HARLOW AMBULANCE STATION	793	14,065	15,360	37.11	£452.64
18 COLCHESTER AMBULANCE STN. (Elmstead Rd.)	119	2,828	1,551	36.65	£272.25
19 CANVEY ISLAND AMBULANCE STATION	142	4,292	780	35.60	£733.50

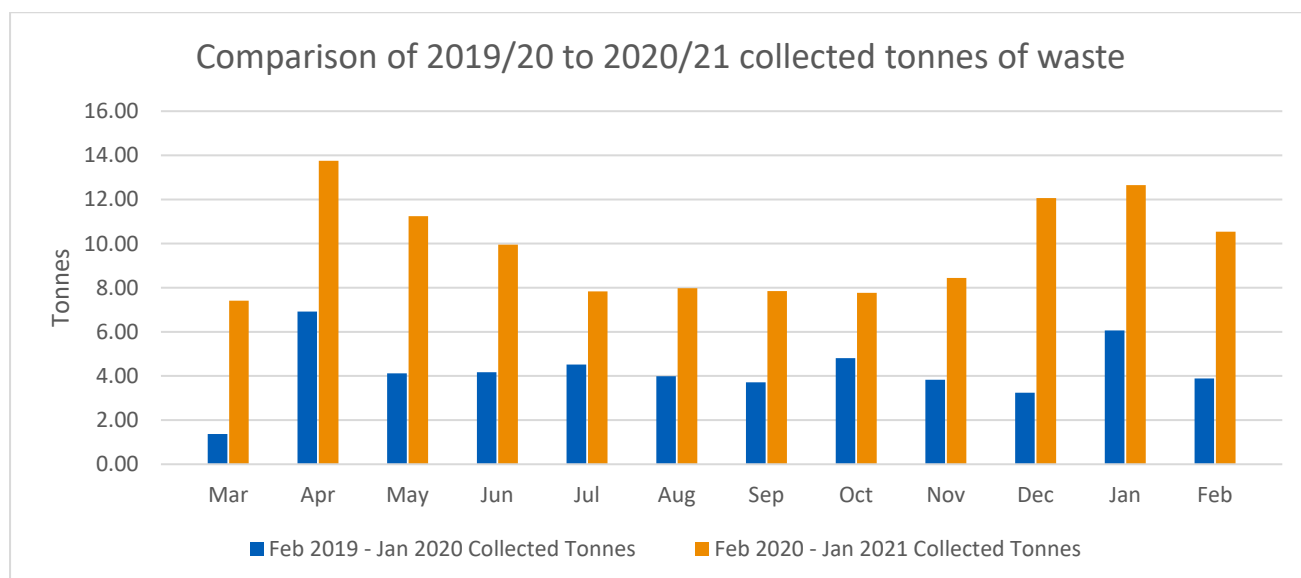
## Recycling December 2020 – February 2021

In December 2020 and January 2021 EEAST’s recycling rates were 26% and 28% of the total waste generated, respectively. In February 2021, this reduced slightly to 21%. The remaining waste is accounted for in commercial waste and thus goes to an Energy from Waste (EfW) plant. In January 2021, 48,459 kg of waste went to Energy from Waste (EfW) plant – that is equivalent to the total amount of waste an average human would use in 40 years. A major area of focus for the trust is to increase the amount of waste going into recycling streams (Cardboard, Metal, Mixed Municipal and Mixed Recyclate) to prevent large amounts of unnecessary waste going to Energy from Waste (EfW). Through several projects such as the rollout of recycling stations and communications and awareness programs we aim to boost these figures significantly over the coming months.



## Clinical waste

It is clear the impact of COVID-19 has had on the volume of clinical waste being generated through our day-to-day operations. When comparing data between Mar 20 – Feb 21 the Trust generated 117.5 tonnes of clinical waste, a 132% increase from the same period a year ago.



## What do you think?

Let us know what you think of the latest EEAST monthly news update, or what you would like to see more of: [sustainability@eastamb.nhs.uk](mailto:sustainability@eastamb.nhs.uk)