

DoP Green Team – Spring Newsletter, May 2023



Welcome to the first newsletter of 2023! We'd like to introduce our Student Sustainability Ambassadors who have been working with us this year: Yvette Homerlein and Devangana Prasad.



Yvette is pursuing a bachelor's degree in Arts and Sciences and is writing her dissertation on sustainable behaviour in green buildings, two interests of hers.



Devangana is currently an undergraduate psychology student. She is passionate about supporting humanitarian initiatives and sustainability projects.

Ongoing News

Extinction Rebellion



A recent sustainable action event you may have noticed was 'The Big One' - an Extinction Rebellion event held between 21st and 24th of April 2023 in line with Earth Day events and activities. Activists gathered around Westminster and the House of Parliament to demand action from the government in addressing the ecological crisis. The series of events included a mass 'die-in' at Parliament Square, where participants lay down in silence in symbolic mourning for the significant decline in wild animal populations since the first Earth Day.

Cycling & Walking

With a return to fully in-person teaching, it's time to think about how we get to campus. Walking and cycling are great ways to get in that keep your carbon footprint low, help you stay healthy, and help you get familiar with the lovely environment at Bloomsbury.

Whether it's on your own bike or one of over 10,000 hire bikes around London, cycling to UCL is a great way to keep the journey short as well. UCL has plenty of bike racks across campus, so no matter where your class is, your bike is safely and conveniently stowed. For those thinking of buying a bike, check out Cyclescheme on UCL's website to find the steps to buy a bike tax free.

Here's a helpful map of bike racks and shower facilities around campus:

<https://www.ucl.ac.uk/sustainable/staff/cycle-and-walk-ucl/cycle-parking-and-security>

UCL Initiatives

Nearby Nature

The DoP logged 45 locations to come second in the Nearby Nature competition which ran during March (thank you to all the contributors!).

You can view the Nearby Nature Map on [Google Maps](#).

Here are some places close to Maple House we have added to the map that you can explore:

- [Triton Square](#) - table tennis!
- [Regents Square Plaza](#) - bug hotels!
- [Whitfield Gardens](#)
- [Howland / Cleveland SE Pocket Park](#)
- [Howland / Cleveland NW Pocket Park](#)
- [Fitzrovia Children's Play Area](#) - adventure playground!

Whether trying to enjoy the summer sun or fancying moments of peace and quiet in a hectic Term 3, these places have got you covered!

You can still add locations to the Nearby Nature map using [this link](#). We encourage you to add your favourite spots to the map - the more the merrier!

Wellbeing Walk

Rosie Niven, our Wellbeing Champion, is leading a walk which will visit some of the Nearby Nature locations around Maple House at 1pm on 18 May – sign up on [Eventbrite](#).

Recycling & Re-using

As you know, UCL is dedicated to becoming a socially and environmentally sustainable institution, including working with catering and resource suppliers to decrease their carbon footprint.

Here is a selection of sustainability-oriented things being done around campus:

- We are 1 year out from UCL's 2024 deadline to becoming single-use-plastic-free! Only essential items such as laboratory gloves will continue to be used, replacing other items with compostable material, recycled plastic, bioplastic, or other more sustainable materials.
- Swap shops are frequently held throughout the year, a great way to switch up your wardrobe and making sure your old clothes aren't going to waste.
- UCL's platforms Warp-it, Reyooz, Quartzly, and the Research Equipment Catalogue share and circulate furniture, laboratory items, chemicals, and other research equipment between departments and with external charities to ensure nothing needed goes to waste.

Vegan Recipes

From Yvette



Coming from Hong Kong, I always miss food from home and enjoy trying to recreate them here in London. One of my favourite dim sum dishes is a Chinese radish cake called 蘿蔔糕 (Lo Bak Gou).

This vegan adaptation makes it suitable for vegetarian and vegan diets, and makes use of white radishes which are in season here in spring!

I follow a [Mary's Test Kitchen recipe](#).

Having done some experimenting (some ingredients aren't readily available locally), it's safe to say that substituting the Daikon radish for regular white radishes, and fine rice flour with a mix of all-purpose flour and some cornstarch to thicken the mixture works well. However, if you're feeling adventurous, these particular ingredients are also very easy to find in Chinatown.

From Devangana



Try out this vegan recipe for [Katsu-style vegan rice bowl!](#)

This easy, appetizing, and nutritious recipe from Jamie Oliver is a perfect addition to your meal plan.

Plus, it can be modified to accommodate many of your usual leftovers: aubergine, sweet potatoes, pumpkins... you name it!

Sustainability Tips & Reminders

Single Use Plastic Ban

Reminder: Maple House is a single-use plastic free office! Here are some very simple ways you can help support this:

- Bring your own water bottles and mugs to refill.
- Use biodegradable and reusable menstrual products.
- Carry a spare bag with you every day in case you want to make a grocery shopping pit-stop (at our friendly neighbourhood Lidl store – other supermarkets are available!) on your way into or out of the office.

Tips To (Very Easily) Save Energy

Here are a few easy energy saving tips that you can do right from your desk:

- Use power-saving settings on your devices during the day, so they don't stay on and use energy while they sit idle.
- Remember to turn off your laptop, desktop, and other devices at the end of the day rather than leaving them in "sleep" modes which still use energy.
- Unsubscribe from newsletters you do not read (not this one, of course!) and avoid subscribing to unnecessary ones, every email takes energy to send that adds up over time.

DoP Green Team website

Remember to keep checking out our Green Team Website for more meat-free recipes, and other helpful resources and tips to support an environmentally friendly lifestyle, at work and at home!

<https://www.ucl.ac.uk/psychiatry/about/division-psychiatry-green-team>