

UCL Division of Psychiatry Environmental Sustainability Guidance

Recycling	Red bin liner for food, clear for recycling and blue for non-recyclable waste
Minimise consumption and waste	Re-use: WARP-IT, DoP book exchange, reusable drinks containers. Reduce: paper usage and printing
Meat-free Mondays	Reduce your environmental impact: give up meat on Mondays
Biodiversity	Keep a plant at work
Reduce water usage	Report leaks and dripping taps to Jacques Gianino, only switch on dishwasher when full, only fill kettle with as much water as you need but use ZiP tap as default.
Reduce energy usage	Switch anything off that you're not using: computers, lights, unplug chargers.

Environmental sustainability and climate change is an important issue that must urgently be addressed by everyone, without exception. It is certainly one of this century's greatest destabilizing forces that undermines our global economy, threatens our health, exponentially widens the poverty gap and increasingly leads to military conflict.

As a large, leading university, UCL is a huge consumer of energy (see our energy usage here: <https://platform.carbonculture.net/communities/ucl/30/>). Although the consumption figures seem shocking, they also provide us with an opportunity to make a significant difference and substantially reduce our environmental impact.

*“What is it about
those melting
glaciers and
desperate polar bears
that make us want to
look away?” Naomi
Klein*

The UCL Environmental Sustainability Strategy is built around five core aims:

1. To create a campus which supports UCL's academic, research and enterprise activities in a sustainable way
2. To enable, empower and support all UCL communities to address our environmental sustainability impacts
3. To provide the education, advancement, dissemination and application of sustainable development
4. To maximise the wider impact of UCLs environmental sustainability activities at local, regional, national and international level through collaboration, partnership and communications
5. To become a leader across the HE sector in terms of environmental sustainability

What is going on in the Division?

The Division of Psychiatry have a 'green team' who are responsible for reducing the impact the Division has on the environment and identifying positive impacts we can make. You can find out more about the Green Impact initiative on UCL's web pages by searching for 'green impact'. Below, small changes we can all make to our everyday lives are described. If you have any other ideas or comments, please share them with us.

What can I do?

Recycling

The Division operates a 3-bin recycling system:

Food waste (including tea bags and biodegradable tissues should be put in the **red bin liners** in the kitchens or in the food caddies. This will be composted so please remember this before putting anything other than those items listed in it!

All other **recyclable waste** (including paper, recyclable plastics, card, glass, tins etc) should all be clean from any food contamination and put in the bins with **clear plastic liners**.

Who is the green team?

Yana Kitova
Kirsten Moore
Noorjaben Monowari
Tamara Al-Janabi
Sarah Hamburg
Ros Brown
Sarah Dowling
Rebecca Jones
Jacques Gianino
Michaela Poppe
Kate Wolfe
Christian Dalton-Locke
Emese Csipke

Non-recyclable waste should be put in the bins with a **blue liner**. This should be a last resort if you really can't recycle it.

For other items such as computer equipment, ink cartridges and mobile phones, we have a separate box – ask one of the green team if you're not sure where these are. For sharps, lab waste and hazardous material (including blood etc), please speak to the green team's lab representative, Kate Wolfe.

*"Be the change you
want to see in the
world" Former UCL
student, Mahatma
Gandhi*

You can also recycle books by bringing them into the Maple House common room and leaving them on the bookshelf there. More about the book exchange below!

Minimising waste & consumption

Book exchange in the common room in Maple House, we have a bookcase with pre-loved books from staff and students. Books are free for anyone to take. Bring one in, take one home – a library without the fines!

WARP-IT UCL is on WARP-IT – a huge reuse network. You can search for furniture, lab equipment and stationery within UCL and beyond. Everything is free of charge. Within UCL you can arrange for Estates to collect and deliver the item(s) you have claimed. Before ordering anything, have a look on WARP-IT to see if you can save the money!

We all know that wasting paper is not very good for the environment. Do you really need to print that article? Do you really need to print that e-mail? Even when we recycle the already recycled paper we print an article on, it's still better for the environment to not have printed it in the first place. Print double sided and not in colour whenever possible.

Water and drinks bottles are another way we can minimize waste. There are now a lot of reusable drinks containers and bottles available (and they are intended for reusing whereas the bottle you buy your drink in is not and can be bad for your health if you reuse it too much).

Meat-free Mondays

Perhaps surprisingly, agriculture and farming are two of the biggest contributors to climate change. Put simply, we eat far too much meat, consume far too much dairy and don't fish responsibly enough for the Earth to sustain. Cutting out meat and dairy consumption altogether can seem like an impossible change but you can join us in having a 'meat-free Monday'.

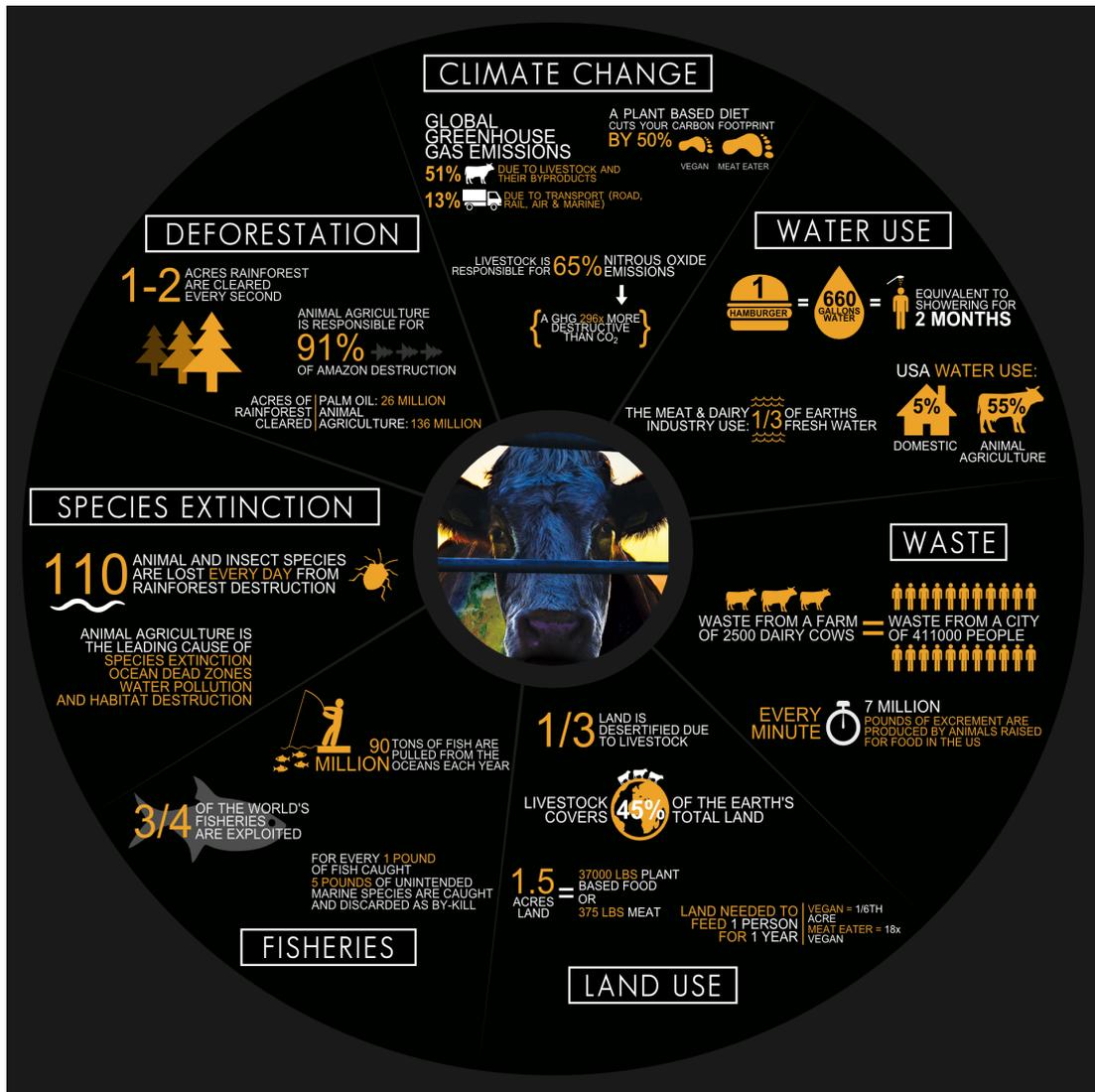


Image downloaded from <http://www.cowspiracy.com/infographic/> Data based on agriculture in the USA

Biodiversity

The green team in the Division is encouraging everyone with desk space to get a plant for their desk. Central London can be pretty devoid of greenery and having a plant will boost oxygen levels in your microenvironment and boost your mood too.

Reducing water usage

Remember to make sure taps are switched off properly and report any dripping taps or any leaks to a member of the green team

Reducing energy usage

Switch off lights when you leave the room and don't leave lamps and chargers plugged in when you're not using them. Surprising things also use a significant amount of energy. For example each Google search produces an estimated 0.2 – 7g of CO₂.



Shut down your computer at the end of the day! As well as significantly reducing your energy consumption, it is better for your computer to shut down frequently so it may install updates and cool down.

Taking the stairs instead of the lift also saves plenty of energy, as does walking or cycling into UCL instead of using public transport. Even doing these things once per week will make an impact on energy consumption. Maple House has a basement garage you can use to store your bike in if you cycle in to work. For more information about this, please contact Rebecca Jones. Any member of the Green Team will also be able to give you information on the showers on the 1st floor you may use when you cycle in.

Use teleconferences or videoconferences wherever you can instead of travelling to a meeting. Apart from saving money, this can save a substantial amount of energy and fuel consumption (and your time!) and can be equally effective. Ask any of the Division's administrative staff for information about teleconferencing or have a look at this link to see the videoconferencing services UCL offer: <https://www.ucl.ac.uk/isd/services/get-connected/videoconferencing>.

Finally, you can join the green team! Just speak to one of us and sign up and help make a difference at UCL.

