



Net Zero: Small Actions, Big Impact

Our GP Practice is Helping the Planet

Looking after the planet is part of looking after your health. Here's what we do and how you can help.



What We're Doing



Greener Practice

- Switching off lights and equipment when not in use
- Making sure taps are fully turned off
- Using heating and air conditioning only when needed
- Recycling more and using less paper



Medicines

- Reviewing medicines regularly
- Reducing waste and choosing greener options where possible



Travel & Care

- Walking, cycling, or using public transport to get here
 - Offering remote appointments when they are suitable
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How You Can Help

Please help us by:

- Making sure taps are turned off properly
 - Dressing for the weather so we can use heating and cooling wisely
 - Choosing remote appointments if they work for you
 - Walking or cycling to the surgery if you can
 - Returning unused medicines to your pharmacy
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Better for Your Health. Better for the Planet.

Thank you for helping us care for both your health and the environment.