



CARES Campaign

Greener Nurses and Midwives Week 2-6th June 2025

C – Committed to population health

A – Advancing lower carbon care

R – Resilience and wellbeing

E – Enabling innovation and circular economy

S – Strengthening clinical leadership

1.

Do something outdoors today

2

Join your organisations Green Team or find out who your sustainability lead is

3

Join the National Nursing and Midwifery Sustainability Network or your professionals network

4

Complete learning on environmentally sustainable healthcare on E-Lfh training

5

Put effort into recycling at your work

6

Head to the to the new NHS England recipe bank for low carbon healthy recipes

7

Can you find a new lower carbon alternative, in your personal or professional life?

8

Work with your Infection prevention specialists to explore how to safely move to or use more reusable products

9

Take at least 3x 15 mins walks this week – get into nature

10

Read more about Greener NHS and the delivery plan to reach net zero

11

Learn about NHS England » Green social prescribing to improve health outcomes

12

Learn about the impact of air pollution; Air Pollution Companion | RCPCH

13

Connect with your QI team work to explore opportunities to embed sustainability.

14

What fruit and vegetables are currently in season, can you try something new?

15

How can you apply your new knowledge to support sustainability at work and in your community?

16

Read about how the supply chain can be more sustainable

17

Can you plan an outdoor scavenger hunt with friends and family?

18

Read about exciting case studies of action; Greener NHS » System progress

19

What could you improve in your service? For example digital opportunities, like paperless systems?

20

Can you pick a day to try active travel? Such as public transport, walking or cycling to work.

21

Promote the gloves off campaign where you work

22

Learn about high quality, evidence based, low carbon care and share with colleagues

23

Join green programs that show how fun and healthy nature is

24

Read this guide which helps innovators within the NHS to achieve its net zero ambitions

25

Ask your patients what helps them feel better during recovery or treatment.

26

Sign up to the Greener NHS Bulletin

27

Check out the 'Only Order What You Need' campaign (2024) to help reduce waste

28

Ask your pharmacy team how to cut down on medicine waste

29

If you have a youth team, work together on quality improvement ideas for sustainability

30

Liaise with your sustainability lead on existing green agenda



Changing childhoods.
Changing lives.