

Carbon Literacy for Healthcare

Toolkit Overview

Generic Staff pathway

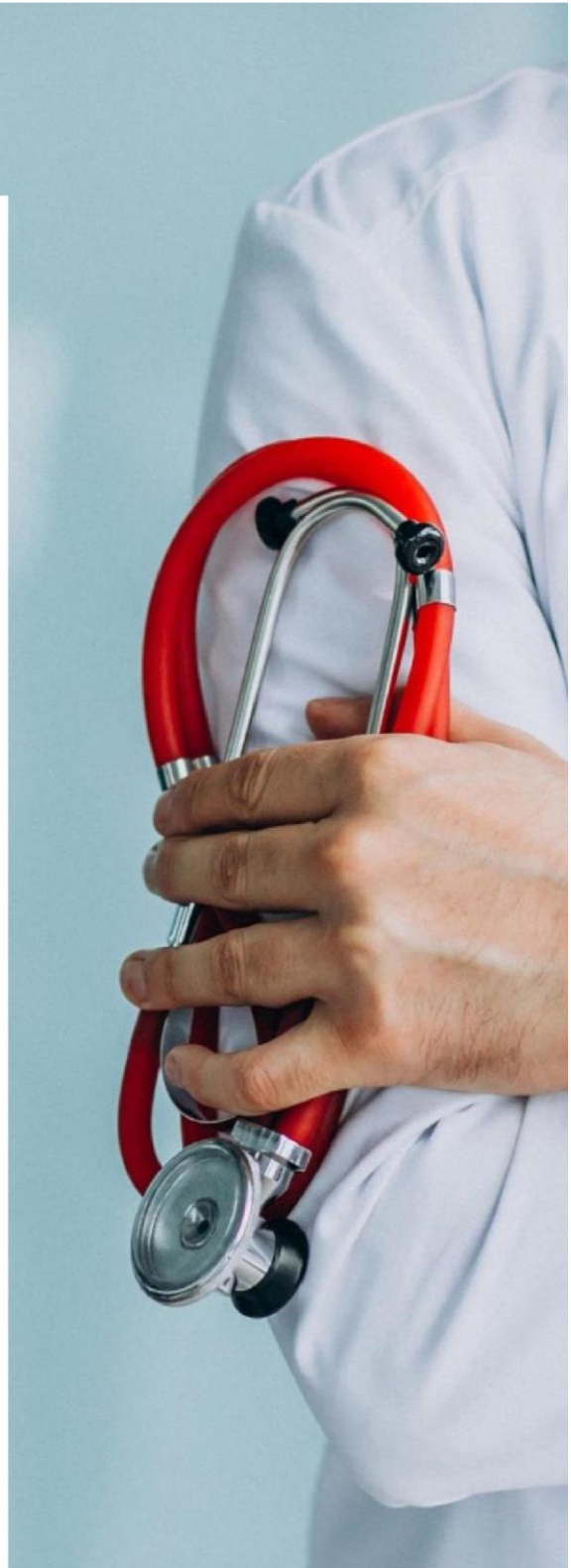
This document gives you an overview of what's included in the Generic staff Toolkit and includes extracts from the slide deck, trainer manual and other support documents.

For further details please visit our website:
<https://carbonliteracy.com/healthcare/>

The Carbon Literacy Project



Carbon Literacy Project





Toolkit explained

Sector Specific

Co-developed by people in the sector & designed to be delivered by peers.

Adaptable

Make it relevant to your organisation and area with customisable sections.

User Friendly

You don't need to be a carbon expert but have some interest in climate change and training.

Complete Kit

All materials needed for a day's worth of certified Carbon Literacy training are included.

Accreditation

The Toolkit is only licensed for **certified Carbon Literacy training** – at the end of the training, all learners must complete an action pledge form – consisting of an individual and group action. The trainer must submit learners' evidence forms to evidence@carbonliteracy.com within approx. 2 weeks of the training along with a completed Certificate request form.

Becoming a Carbon Literate Organisation showcases commitment to a low-carbon culture.

Before starting training

In our getting started pack you will find our bank details document and our invoicing setup form. Before starting training, please complete and return our invoicing setup form to accounts@carbonliteracy.com and set up The Carbon Literacy Trust on your accounting system. This allows us to issue invoices to cover certification costs and prevents hold-ups in returning certificates. Some organisations bulk purchase certificate applications in advance which reduces admin for both parties. Alternatively, we can invoice you for each batch of learners.

What does the Toolkit include?

Getting
Started
Pack

Slide
Deck

Trainer
Manual

Pre &
Post-
Course
Surveys

Evidence
Forms

Activity
pdf

Running order for the course



Blue – slides that are designed to be customised by the trainer.

Orange – are activities or involve active learner engagement.

Green – contain videos that learners watch on their own devices.

The total time for the modules is an estimate. If the trainer finishes a section early, the time can be used for other sections and discussions.

The training can be completed in an entire day or can be split to chunks.

		Total Time
Introduction	Introductions/Tech check	00:21:00
	What is Carbon Literacy/ Why in our sector?	
	Training outline	
Module 1	What does an emergency mean to you?	01:42:00 + (break 00:10:00)
	Climate Change - The Facts Documentary & Discussion	
	Scientific consensus	
	Weather and climate	
	The greenhouse effect	
	Climate graphs overview	
Module 2	Climate reports (IPCC) (including video)	00:56:00 + (break 00:10:00)
	Global impacts & health (including video)	
	Climate change impacts in "your local area"	
	Climate impacts: Air pollution	
	Climate impacts: Heatwaves	
	Climate impacts: Mental Health	
	How is everyone feeling?	
	Climate risks activity	
Module 3	Equity and vulnerability (including video)	00:33:30
	Climate change and pandemics	
	International policy (COP)	
	UK policy & UK progress	
	Policy problem solving: Net Zero, Offsetting	00:45:00
	Climate policies in healthcare	
	LUNCH	
Module 4	Carbon Footprints vs Carbon Handprints	00:16:00
	Carbon Footprints in healthcare	
	Personal choices	
Module 5	Co benefits case study & activity	01:22:00 + (break 00:05:00)
	Case studies (chose only 2 blue slides to go into detail)	
	Adaptation slides & example	
	Imagining a Net zero NHS	
Module 6	Action pledge slides	01:01:00
	Trusted messengers	
	Developing your action plan	
	Talking about Climate change (including video)	
Wrap up	Wrap up slides	00:10:00
	Climate action for healthcare professionals video	
	TOTAL TIME (including breaks)	07:31:30



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Trainer support

Online: Supported training sessions

We advise that the training is delivered by at least two people. This could either be as a lead trainer alongside a supporting trainer facilitator, or as two co-trainers. Having two people delivering the training allows one person to be delivering slides or facilitating activities, whilst the other person can prepare additional content or any links, and breakout rooms, and keep an eye on the chat box.

Additionally, having two people delivering the training helps if there are any technical or internet issues. However you can deliver the training as a solo trainer. If you are delivering training as a solo trainer, we strongly recommend that you familiarise yourself with the features of your chosen delivery platform, and all the content of this Trainer Manual. Solo trainers can run breakout room activities as plenary or chat box activities.

If you would like to be connected to other trainers to help with facilitating your training please contact info@carbonliteracy.com.

Solo trainer = a trainer working without a 'trainer facilitator'
Supported trainer = a trainer working with a 'trainer facilitator'
Trainer facilitator = another supporting person provided by the trainer to help manage the online experience e.g., security / breakout rooms / chat box etc.
Group facilitator = a learner nominated by their breakout group (other learners) to share their screen and to take notes.

Online: How to use a training facilitator

Delivering content

If your facilitator is familiar with the content and is comfortable training, we would recommend dividing the training between you. By doing this you can check timings, prepare video links and read through the next section when your facilitator is delivering their section.

Online training is tiring and having someone to take over a couple of sections can help with training fatigue.

Tech support

During interactive sections, having a facilitator in case you have any technology issues is really useful.

It is a good idea to move between breakout rooms to ensure groups understand the task and are staying on topic.

This is a snapshot of the Trainer Support.

There is detailed guidance on how to facilitate and deliver the training when it is a Face-to-Face vs Online session separately.

The below slide defines Carbon Literacy and a little bit of background about the project.

Images: Trainer Manual on left, Slide deck below.

What is Carbon Literacy?

“An awareness of the carbon costs and impacts of everyday activities and the ability and motivation to reduce emissions, on an individual, community and organisational basis.”

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Over 6,100 COVID-19 UK deaths could be linked to air pollution.

Reference: <https://doi.org/10.1093/cvr/cvaa288>

Air pollution, what's the issue? (01:00)

The burning of fossil fuels releases particulate matter, nitrogen oxides and ozone as well as carbon dioxide and carbon monoxide.

Here are some further facts about air pollution

- More than one in 19 deaths in UK cities and large towns are related to long-term exposure to just one type of air pollution: PM2.5.
- Premature deaths from air pollution cost the UK economy approximately £54 billion a year.
- 60% of deaths related to the combustion of fossil fuels are caused by the transport sector - we need to urgently decarbonise transport.
- Those who live in low-income areas are the most affected by air pollution and yet are often those least responsible for producing it.

References:

<https://www.scotsman.com/news-2-15012/air-pollution-killing-more-people-than-smoking-in-uk-1-4887961>

<https://academic.oup.com/circovasres/article/116/14/2247/5940460>

<https://www.bbc.co.uk/news/science-environment-56013240>

<https://www.centreforcities.org/air-quality/>

<https://www.kcl.ac.uk/news/higher-air-pollution-days-trigger-cardiac-arrests-and-hospitalisations#:~:text=Higher%20air%20pollution%20days%20in,hospitalised%20for%20asthma%20or%20strokes>

Air pollution in *your local area* (02:30)

You can insert your local area's air pollution statistics here.

Remember to use only one or two lines of text on the slide with an image for maximum engagement.

Please use this BBC article to access data based on your local postcode:

<https://www.bbc.co.uk/news/science-environment-42566393>

How does heat affect health? (1:00)

Heat stroke is the most serious heat-related disorder. It occurs when the body becomes unable to control its temperature, temperature rises rapidly, and the body cannot cool itself down. This condition can cause death or permanent disability if emergency treatment is not given. Small children, the elderly, and other groups including people with chronic diseases, low-income populations, and outdoor workers are at higher risk for heat-related illness

This is a snapshot of a Blue slide.

Blue slides are embedded where trainers should include information that pertains to their organisation.

This slide is used to showcase the air pollution to your local area. The trainer needs to access the link provided and enter their post code to access the results and feedback to your learners during training.

Images: Trainer Manual on left, Slide deck below.

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Air pollution in *your local area*

How polluted is your street?
Enter your postcode to find out:

Heavily polluted
6

4

Good
1

• This postcode is above average for Manchester which is a moderate 2/6



Module 5 – Climate action as a health innovation



Co-benefits of climate action

Timing: 27 minutes

Purpose: To ensure learners understand that climate action has more than just environmental benefits.

Online materials: Slide deck, activity pdf, breakout rooms

Face to face materials: Slide deck, print out pack

Why focus on the benefits of climate action? (00:30)

Read out the key points on the slide to set the scene for the following activities.

- Taking action on climate change can have wider benefits for our health, communities, economy and environment.
- As healthcare professionals and trusted messengers we have a duty to communicate information to our patients and communities relating to what is best for their mental and physical health.
- We want to create a more efficient NHS to reduce demand on our services, increase capacity and improve the quality of care and its delivery.
- By focusing on the additional benefits that climate action brings we can engage individuals who aren't already taking action to reduce their emissions. This can support us to reduce health inequalities and work towards a better quality of life for everyone.

Co-benefits case study? (2:30)

Before the training: There are three case study slides in this section. Choose ONE relevant case study for your cohort from the next four slides. Unhide the case study you want to use, delete the rest.

As you click through the presentation, the co-benefits associated with each theme will be revealed.

This should set the scene for the following activity.

References:

This is a snapshot of an Activity slide.

There is an activity pack included in the Toolkit package that can be used for both Online and Face-to-Face training delivery.

This activity reflects on the wider benefits of acting against climate change on the health of people, economy, environment, and communities.

Images: Trainer Manual on left, Slide deck below.

Activity: Co-benefits of climate action

- Spend time working through the cards in the activity pack
- Tick the co-benefits which are associated with the low carbon actions on each card

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<https://www.bbc.co.uk/news/av/embed/p079s2j4/48373540> (Video is 3 minutes 13 seconds long)

Copy and paste the link to this video into the chat box and ask learners to turn their microphones and cameras off to watch the video.

Once learners have watched the video ask them to write in the chat what they noticed about the individuals in the video.

Discussion points:

1. Individuals who are the most vulnerable to climate change in the UK are often from deprived backgrounds.
2. Individuals who are most at risk from air pollution live nearer to main roads in cities.
3. These individuals are more likely to live in deprived areas and often have a lower carbon footprint due to their financial status.
4. Flood damage to homes and infrastructure in deprived areas is less likely to be insured or repaired.
5. Climate change will widen existing health inequalities within the UK.
6. Older people are at most susceptible to extremes of heat and cold.
7. People living in deprived areas are less able to afford heating, have less access to green space and are more likely to experience the urban heat island effect.

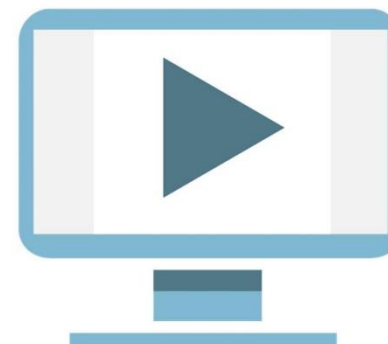
This is a snapshot of a slide with video.

There is step-by-step guidance on the links to follow for the video and what all points are to be discussed with the learners.

The video showcases the most vulnerable to climate change are individuals from deprived backgrounds and how their life is affected.

Images: Trainer Manual on left, Slide deck below.

Climate Vulnerability





Complete your evidence form

Timing: 40 minutes

Purpose: For learners to commit to work-based low carbon action pledges.

Online materials: Slide deck, evidence form (link to online Microsoft Form / Word document version)

Face to face materials: Slide deck, device (phone / laptop), evidence form (either the link to the online Microsoft Form needs to be emailed to learners or you need to generate an online QR code for the online Microsoft Form). You also need printed copies of the Word document version.

Complete your evidence form (40:00)

Before the training: If you are using our online Microsoft Form, you need to duplicate our template using your own email address. If you are delivering the training face to face and you are using the online Microsoft Form, after you have duplicated our template using your own email address, you need to email learners with the link to the form or you need to insert a QR code with the link to the form on the slide titled 'Online Microsoft Evidence Form'.

All learners must fill in an evidence form. It is best for learners to complete the evidence form during the training session, to ensure timely submission and reduce trainer admin.

There are two versions of our evidence form. Trainers should choose only one method of form completion to avoid confusion:

- 1) An online Microsoft Forms link: https://forms.office.com/Pages/ShareFormPage.aspx?id=5h69uub_b0i4Qi28B7V_6j6yp_vR5mW5EiBkZsQuk7TBUQUk1SVFGMDRJSkdUQkVZQlpYSDBXUIZTRI4u&sharetoken=cF19PBDJupp1jFuy5IF

It's easy for trainers to collate learner evidence using our online Microsoft Form, especially for F2F training. **If you would like to use this form, you need to duplicate our template using your own email address. If trainers share the link to the template form without duplicating the form to their own email address, learners will not be able to submit their answers (the submit button will be greyed out).** Learner submissions can be exported to an excel file for easy evidence submission. Further instructions on how to do this [can be found here](#).

**Microsoft has recently updated their systems to include a save to your account and complete later function, this allows learners to re-visit their forms at a later date.*

- 2) An offline downloadable Word document: <https://carbonliteracy.com/trainer-consultant/documents/>

For F2F training **print a few back-up copies of the downloadable Word document version of the evidence form** in case of any tech issues and for learners who haven't brought a device.

This is a snapshot of section around completing the Evidence Form.

There is guidance on the best suited method for learners to complete the action pledge form.

Learners are provided time to complete their action pledge forms to be eligible to submit for Carbon Literacy certification.

Images: Trainer Manual on left, Slide deck below.

Activity: Complete your evidence form

- Please answer every question
- Give as much detail as you can
- Try to base your actions within your job role

Page 1 – Getting to Carbon Neutral

1. Explain clearly the steps we need to take as a society, to be **carbon neutral by 2038***.

* Edit date to fit with local or organisational zero-carbon target.

Page 2 – Commitments

2. Create at least one **significant, new action within your individual control** to reduce carbon footprint. This action should, wherever possible, be taken in the context in which the training takes place.

3. Create at least one **significant, new action involving other people** to reduce collective carbon footprint via your workplace, community or place of education. This is your **group action**.

The information you write on this form alone will determine whether The Carbon Literacy Project can certify you as Carbon Literate or not.

