

Carbon Literacy for Healthcare elearning pathway: Toolkit Overview

This document gives you an overview of what's included in the Carbon Literacy for NHS elearning pathway. This includes extracts from the elearning hosted on the [NHS Learning Hub](#), the slide deck, trainer manual and other support documents.

For further details, please visit our website:

<https://carbonliteracy.com/healthcare/>

Toolkit explained

Carbon Literacy
Project



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 we advise attending a CL course before delivery.

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 within the sector - all learners must pledge an individual and group action.

The trainer must submit learners' evidence forms to evidence@carbonliteracy.com within approx. 2 weeks of the training with a [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?

eLearning
(NHS
Learning
hub)

Slide
Deck

Trainer
Manual

Pre &
Post-
Course
Forms

Evidence
Forms

Activity
pack

Running order



Blue – slides that are designed to be edited 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.

elearning breakdown	
Modules	Time needed to complete
An introduction to climate science	30 minutes
Impacts of climate change to our environment and health	30 minutes
Vulnerability to climate change and pandemics	30 minutes
Climate policies and legislation	30 minutes
Communicating and inspiring action on climate change	30 minutes

Workshop Modules	Slide / Activity	Total time
Introduction	Introductions / Tech check	0:06
	Introduction to CL	0:12
Module 1: Recap and climate risks	Introductory activity	0:15
	elearning recap	0:30
	Climate impacts	0:35
	Climate risks	0:51
Module 2: Footprints	Carbon footprints vs carbon handprints	0:54
	How does working from home influence your carbon footprint? *Optional	0:56
	NHS carbon footprints	01:11
Break		01:21
Module 3: Low carbon thinking	Co-benefits introduction & case studies	01:28
	Co-benefits of climate action	01:50
	Climate action case studies	02:05
	Imagine a zero carbon NHS	02:25
	Adaptation slides	02:37
Break		02:47
Module 4: Action planning	Action pledge slides	02:59
	Spheres of influence	03:09
	Complete your evidence form	03:39
	Wrap up	03:49
Total Time		03:49

elfh
elearning for healthcare

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NHS
England

Impacts of climate change on our environment and our health

Welcome to this session which forms part of the elearning element of the Carbon Literacy Project accreditation programme.

To complete this session, select and work through the 6 chapters listed below.

Here is a snapshot of how Module 2 of elearning looks like.

This module explores the impacts of climate change on our work and our services and the Earth's vulnerability to climate change

Impact in the UK

In this and the following chapter we will focus on some of the main impacts here in the UK:

- air pollution
- rising temperatures
- flooding
- environmental harms

Global impacts of climate change

Keeping the global average temperature rise to 1.5°C instead of 2°C would avoid approximately 153 million premature deaths [3].

Even warming of 1.5°C is not considered 'safe' for most nations, communities, ecosystems and sectors, and poses significant risks to natural and human systems [4].

Figure 1 shows the projected number of people exposed to climatic events at 1.5°C, 2°C and 3°C of warming [4],[5].

Projected number of people exposed to climatic events at 1.5°C and 3°C of warming

Event	1.5°C	2°C	3°C
Water stress	~3500	~4000	~4500
Heatwaves	~4000	~6000	~8000
Crop yield change	~1000	~1500	~2000
Habitat degradation	~1000	~1500	~2000

Figure 1 Projected number of people (millions) exposed to climatic events at 1.5°C, 2°C and 3°C of warming [4],[5],[6]



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Climate policies and legislation

Welcome to this session which forms part of the elearning element of the Carbon Literacy Project accreditation programme.

To complete this session, select and work through the 6 chapters listed below.

At any time, select the:

- home icon to return to this menu

Here is a snapshot of how Module 4 of elearning looks like.

This module examines how countries such as the UK are responding to the threat of climate change and consider how the NHS must adapt to meet its targets and achieve net zero emissions.

Climate policy aims

The UK's main policy aims are to reduce existing carbon emissions and to take carbon out of the atmosphere.

The Climate Action Tracker (an independent scientific analysis that tracks government climate action and measures it against the globally agreed Paris Agreement aims) rates the UK's targets as 'acceptable' and current UK policies as 'almost sufficient' [7].

However, the UK's international climate finance pledges have been rated 'highly insufficient'.

Select the > arrow icons to find out more information.

Net zero by 2045

NHS

4 of 7: The NHS must design care pathways which are not only better for patients, but better for the environment; for example, focusing on prevention and self-management whilst ensuring that care is efficient, effective and accessible.

Play YouTube link: <https://youtu.be/0KY4DLwTTao>

Reference: <https://www.england.nhs.uk/greenemhs/whats-already-happening/photography-exhibition/community-care-sussex/>



Social care and mental health

Before the training: Trainers are welcome to use their own case studies. Hide this slide if you don't want to use it.

Somerset NHS Foundation Trust

Spending time in green space or bringing nature into your everyday life can benefit both your mental and physical wellbeing as demonstrated by in this Somerset community allotment case study.

The allotment, which officially opened in August 2022, helps to give carers a quiet green space where they can relax and take some much-needed time for themselves, socialise with other carers and gain gardening skills.

Growing your own food and eating local and in-season produce can lead to significant emission reductions. Allotments can inspire staff and patients to reduce their food-based emissions and invest time and energy into their local green spaces.

Reference: https://www.somersetcountygazette.co.uk/news/20661790_carers-get-time-allotment-norton-fitzwarren/

Examples for ambulance services

Before the training: Hide this slide if you don't need to use it.

Cycle response teams

Before the training: Trainers are welcome to use their own case studies. Hide this slide if you don't want to use it.

London Ambulance Service

Ambulance teams are using bicycles in inner city regions to easily reach patients to deliver emergency care. Not only is this practical and makes their job much easier, this is also a low carbon transport mode which improves air quality and keeps responders fit and active.

Play YouTube link: <https://www.youtube.com/watch?v=-LelcrsNTQs>

Reference: <https://www.londonambulance.nhs.uk/calling-us/who-will-treat-you/single-responder/cycle-responder/>

This is a snapshot of a Blue slide.

Blue slides are embedded where trainers can include information that pertains to their organisation or use as given.

This slide is used to showcase a case study example of Somerset NHS Foundation Trust on mental health and social care.

Images: Trainer Manual on left, Slide deck below.



Social care and mental health

Somerset NHS Foundation Trust

- Mental health carers go green with local community allotment
- Gives learners a quiet green space where they can relax and take some much-needed time for themselves

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Co-benefits of climate action

Timing: 22 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

Co-benefits example (02:00)

The game that starts on the next slide involves learners working through some co-benefits cards and ticking the co-benefits which are associated with a low carbon action on each card. This is an example card. Please discuss the example card with the learners, and ask learners to identify the co-benefits that are associated with the card, so that learners understand the game on the next slide.

Some co-benefits you could discuss:

- More walking and cycling means fewer cars on the road and improved air quality.
- Using active transport can relieve stress and lead to improved mental health.
- More cycling and walking infrastructure allows for a stronger active community who share common values.
- More active staff and patients lead to a healthier population with fewer health issues. This increases NHS capacity.

Co-benefits of climate action (20:00)

(10 minutes for discussion and 10 minutes for feedback)

Learners will need to work through the co-benefit cards and tick the co-benefits which are associated with a low carbon action on each card.

The cards all describe a low carbon action which could easily be implemented by learners.

By the end of the activity learners should have a better understanding and awareness of how climate action can have many benefits for healthcare staff and our communities.

ONLINE:

- Allocate 2 cards to each breakout room e.g., group A discuss low carbon diets & active transport. Cards can be repeated for larger groups.
- Divide learners into groups of 3-6 learners.
- Once learners are in their breakout room, one group facilitator in each room needs to share their screen on the relevant page of the activity pdf with the co-benefits cards.

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 is the co-benefits activity where the learners need to identify and discuss the various co-benefits of associated actions.

Images: Trainer Manual on left, Slide deck below.

Action pledges

Individual action

- You, personally, can do this
- You do not need permission
- Time scale

Group action

- To be done alongside others
- Identify your specific role in the group



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Wrap up

Timing: 10 minutes

Purpose: To end the session on a positive note.

Online materials: Slide deck, video link

Face to face materials: Slide deck, video link

A call to action ... (05:00)

Before the training: There is a choice of videos. Choose ONE to show your learners.

Lancet Countdown: <https://www.youtube.com/watch?v=oSKJ7UI91XE> (1 minute)

Doctors for XR: <https://www.youtube.com/watch?v=11LJ9wbkLP4&t=21s> (5 minutes)

A call to action for nurses: <https://www.youtube.com/watch?v=mpFhiNzzExw> (3 minutes)

The Greatest Speech of Leonardo DiCaprio:
<https://www.youtube.com/watch?v=2Cc8E3BWOqA> (4 minutes)

ON: Make sure to paste the link to video into chat box- do not play in trainer presentation. Ask learners to comment in the chat box when they have finished watching the video.

What help is available to us? (01:00)

Trainers need to send out the resources document in a post training follow up email. Feel free to add your own resources to this email.

Learners can also find the [resources document on our website](#).

Greener healthcare webpages:

FutureNHS website:
<https://future.nhs.uk/system/login?nextURL=%2Fconnect%2Eti%2Fsustainabilitynetwork%20%C3%9F>

Apple podcast - Journal Spotting:
<https://podcasts.apple.com/gb/podcast/journalspotting/id1499660109>

Planetary Health Alliance: <https://www.planetaryhealthalliance.org/>

Greener NHS: <https://www.england.nhs.uk/greenernhs/>

Greener Healthcare: <https://sap.sustainablehealthcare.org.uk/>

Healthcare Without Harm: <https://noharm-europe.org/>

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.

This video reflects on the importance to take action and includes various videos from Lancet, Doctors for XR, etc.,

Images: Trainer Manual on left, Slide deck below.





Complete your evidence form

Timing: 30 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 (30:00)

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_b0i4Oi28B7V_6i6vp_vR5mW5EiBkZsQuk7TBUQUk1SVFGMDRJSkdUQkVZQlpYSDBXUIZTRi4u&sharetoken=cF19PBDJupg1jFuy5IF

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](#).

Currently there is no 'save and continue later' feature in Microsoft Forms. If learners intend to complete the form later, please ask them to record their answers somewhere else.

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

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.

Every learner must pledge an individual and group action as part of their training.

Images: Trainer Manual on left, Slide deck below.

Action pledges

Individual action

- You, personally, can do this
- You do not need permission
- Time scale



Group action

- To be done alongside others
- Identify your specific role in the group

