



Shepherd House

- Fifteen bedded inpatient Recovery Unit for adults experiencing psychosis, based in Worthing. Shepherd House provides a safe, supportive environment for service users, their families and carers in line with Sussex Partnership NHS Foundation Trust's core trust values.
- The occupational therapy team works collaboratively with individuals to identify interests, set goals, develop skills and encourage activity engagement. This is achieved through one to one interventions and participation in our extensive group programme that contributes significantly towards making a positive recovery and improving wellbeing.

The Shepherd House occupational therapy team are keen to work sustainably and have been reviewing our practices, working towards cost effective, efficient, low carbon services as outlined in literature (College of Occupational Therapists, 2015; World Federation of Occupational Therapists, 2012).

We believe that making small changes can have a big impact and have reviewed our groups to encourage our staff and service users to rethink their routines to forge more environmentally friendly habits.

Our Eco Mission Statement:

To promote and incorporate sustainable, environmentally friendly systems, habits and practices throughout all areas of Shepherd House considering the impact on individuals, our community and our planet.

What we are doing...

Out and About Group

- Help tackle impact of plastics and litter by joining local beach clean initiatives.
- Recycle at local centres as part of trips out.
- Alternate using public transport and walking to venues as well as using the unit car.
- Support small local businesses; encourage use of small independent coffee shops.
- Rate cafes eco credentials, encourage discussion with service users.
- Take a flask of coffee and reusable cups to introduce low cost activities.

Creative Group

- Where possible use recycled, recyclable or natural materials. Recent projects; wooden spoon mobiles, kites made from an old bamboo roller blind with pre-used tissue paper and Christmas decorations.
- Recycle used felt tips.
- Make eco bricks.

Shepherd House were proud to receive the **Silver Positive Practice Award, 2019** for Care without Carbon

Cooking Group

- Cut back on food waste by confirming group numbers.
- Take leftovers and food stuffs that have reached their use by date to local homeless project.
- Visit Surplus Food Projects: UK Harvest and Real Junk Food Project.
- Compost food waste.
- Recycle all plastic food packaging.

Gardening Group

- Built "bug hotel" to protect and support wildlife.
- Grow our own herbs and vegetables.
- Compost food and garden waste to create valuable and nutrient rich food for our plants.
- Working with "More Trees Please" in Shoreham to support with growing and planting trees in the local area.



Education

- Service users and staff volunteer at community meetings to become "eco warriors" to suggest and support sustainable practices within the unit.
- Encourage gentle discussion on environmental issues during communal lunches, groups, planning meetings etc.
- Have created information boards for staff and service users.
- Supporting individuals to use recycling bins effectively.



Community Partnerships

- Sustainable Sussex: a community garden project providing meaningful work experience, education and employment.
- Recycl Lancing: a recycling project that raises funds for local charities through recycling some items not taken by local councils.



Improve our recycling efforts

- On order– more recycling bins for placing in prominent areas to encourage more recycling.
- Clothing/ fabric recycling bins. Supporting clients to take unused clothing charity shops. We plan to buy sewing machines to teach skills in mending or repurposing items rather than replacing.
- Cigarette butt recycling.
- Support a community initiative that recycle foil crisp packets turning them into sleeping bags for the homeless.
- Recycle cosmetics packaging: tubes, tubs and pots.
- We have contacted West Sussex County Council and asked for them to visit to explain their services and discuss at how we may improve our efforts.

Improve our eco credentials

- Reduce cling film use, reusable containers on order.
- Researching bio degradable/ compostable food labels.
- Change to environmentally friendly washing liquids. Encouraging service users to hang their clothes on the washing line rather than use a tumble dryer.
- Organise some voluntary work experience at our local recycling centre for service users.

Eco Group

Will be starting a group dedicated to sustainable practices. To include:

- Eco brick projects– we will be making furniture for the unit with our non recyclable plastic waste.
- Repurposing clothing, furniture etc.
- Inviting educational speakers from local environmental projects.
- Organising trips to community projects.



Contact Details: Natalie Rowlands, Senior Occupational Therapist, Shepherd House
Tel: 0300 304 0060 email: natalie.rowlands@sussexpartnership.nhs.uk

Tel: 0300 304 0060 Email: natalie.rowlands@sussexpartnership.nhs.uk
Poster design: Rebecca Breen OT Technician, Shepherd House

References:

- College of Occupational Therapists (2015) Code of Ethics and Professional Conduct. London: College of Occupational Therapists.
- World Federation of Occupational Therapists (2012) Environmental sustainability, sustainable practice within occupational therapy (Position Statement). Forrestfield, AU: World Federation of Occupational Therapists.