



Sustainability for LOCs

Discussion document



Association of British Dispensing Opticians



abdo

Sustainability for LOCs

October 2022



LOCs can lead the way in sustainability and make it easier for all practices in the area to work towards becoming sustainable. Here are FIVE ideas to help your LOC make a start.

- 1.** Appoint a sustainability champion, someone to lead the way on sustainability in your LOC. Finding a volunteer can be an issue so why not look outside the committee if you don't have someone with an interest in the topic to other practitioners leading the way in local sustainability who could be co-opted. Alternatively, could the sustainability champion work across several LOCs in your region.
- 2.** Research the issues for your area. Identify existing sustainability schemes. Ask committee members and practitioners about what their biggest challenges are, and how the LOC might be able to help. Look up the latest research on The Annual Carbon Footprint of NHS Sight Tests at Five Optometry Practices to see where changes need to be made to cut emissions.
- 3.** Encourage practices to do a sustainability self-assessment and sign up at the end for emails to help them make small changes each week.
- 4.** Pick a focus for your local area where you can make the biggest impact. Will you concentrate on carbon footprinting, travel, energy and water, procurement or waste? Choose some activities for your focus:
 - a. CARBON FOOTPRINTING:** Download a carbon footprinting workbook or take a carbon footprinting course or talk to a carbon footprinting consultant for advice.
 - b. TRAVEL:** do a travel survey to see how patients and staff get to local practices or ask local practices to take part in a car-free day or develop an initiative to encourage car sharing.

- c. ENERGY AND WATER:** talk to practices in the area about a 'switch off' campaign, encourage the installation of smart meters, and have a week where you ask practices to check for leaks.
 - d. PROCUREMENT:** Encourage practices to move to a paperless sight test, share good practice on packaging and develop a set of questions about sustainability for all local practices to ask suppliers.
 - e. WASTE:** show local practices how to carry out a waste audit, see if there is the need for a local scheme to collect spectacles or dummy lenses or contact lenses – combining forces across the area can help cut the cost of recycling.
- 5.** Consider sustainability when commissioning services. Read the IAPB's Guide for Environmentally Sustainable Practices in the Eye Health Sector for ideas to help you develop a local protocol on sustainability.

More ideas

Beyond this, we have heard of LOCs who have cut back on printed papers for meetings. Why not issue all papers online with a request to committee members not to print them?

Another LOC has moved its meetings online and no longer has an office. Could this work for your LOC?

At another LOC, some speakers turn down their fees so they offer the option to donate fees to a local sustainability cause. What cause would you support?



Explore ABDO's SEE hub for more ideas on sustainability, and why not take the sustainability self-assessment tool and sign up for emails to make sure you have plenty of inspiration.