

How can Headspace Guildford tread lightly on the earth?

We, at Headspace Guildford, have a commitment to looking after the world and not contributing to its demise. We will work to effect and maintain change and see this as an ongoing process rather than a destination.

This is what we are doing now and what we are working towards.

What we already do:

REDUCE

- Electricity - Heaters use and lighting
 - Modern building so well insulated. This reduces the amount of energy required to heat the office and stops heat leaking out
 - To turn off switches when leave the office.
 - We have a commitment to make the office a warm and welcoming place to visit and we work to balance these two demands (office fit for purpose and office which respects the environment
 - Only heat the waiting room during clinics
 - To close the office door when in the office to stop heat escaping into the waiting room
 - Use LED light bulbs.
- Cleaning products
 - Refillable soap bottles
 - Refillable cleaning products
 - Eco Cleaning products
- Saving water
 - Water saving flush
 - Act quickly to report leaks
 - Turn water off over holidays/clinic gaps
 - Pipes lagged to prevent busting
- Printing:
 - Try to print double sided where possible
 - Try to only print off the essential information. Query where it needs to be printed or whether it can be accessed online or whether the resource is already printed off.
- Single use plastic
 - Refillable, glass water bottle and glasses
 - Recycle all pens which have run out

REUSE

- Resources
 - Laminated so reusable
 - Already reuse old folders and files when a case is closed.
- Travel
 - Premises accessible by bus
- Care taken over looking after premises to reduce use of new materials

RECYCLE

- Waste
 - Already separate recycling (card, plastic, foil/cans)
 - Food waste into hot bin
- Plants in office
 - Clean air
 - Nice environment
 - Propagate and pass on
- Printer Ink Cartridges:
 - Can be sent away to recycle them instead of throwing them away. Proceeds from this will go to charity.

What we plan to do/are working towards

- Audit what we currently use which is single use plastic
- Work towards no single use plastic
- Buy recycled paper
- Move from 5l refillable cleaning products to zero waste refillable products by finding a suitable shop which uses larger volume containers
- Provide more information on how the office can be accessed by public transport
- Listening to ideas and continuing to keep abreast of latest ideas which can help us to tread lightly on the earth

