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Decarbonising general practice -Energy

Your guide to a net-zero action plan for non-clinical emissions

> Humber and North Yorkshire Integrated Care Board (ICB)



Humber and North Yorkshire Health and Care Partnership

Energy

Your energy footprint

Energy is used for space and water heating and electrical equipment, lighting etc. Energy often has a high financial and carbon emissions cost for a practice.

Do you want to save money, energy or carbon? You can do all three simultaneously!

£260 = 233 kg CO₂e* = 1MWh electricity**

Reductions in use can be achieved through behaviour change and technological advances.

A recent survey of GPs revealed the majority were *more* interested in reducing their carbon emissions than reducing their expenditure.



Energy use contributes to around 25% of the non clinical carbon emissions from primary care.

In 2020, primary care emitted 250,000 tonnes of greenhouse gases through energy use.



How much does our practice spend?

An annual electricity bill of £6,000 is equal to emissions of over 5 tonnes of CO_2e each year.

Why address your energy footprint?

- 1. It offers huge financial opportunities up to 25% savings on energy bills in the first 1-2 years.
- 2. Energy often has the highest non-clinical emissions footprint
- 3. It is the easiest way to have a big impact on carbon emissions
- 4. Reporting of energy use and greenhouse gases emissions is **mandatory** for companies with more than 250 employee. More information is available <u>here</u>.

Energy hierarchy triangle

The Energy Hierarchy triangle is a classification of energy options with the most sustainable at the top.

Following the hierarchy approach helps to reduce the environmental impact of the energy use of the practice.

Leaner – The top priority under the Energy Hierarchy is energy conservation or the prevention of unnecessary use of energy. **The cheapest unit of energy is the unit of energy you don't use**.

Keener – The second priority is to ensure the energy that is used is consumed efficiently.

Greener – Thirdly, **BUY Green**. The energy that is used is from a renewable energy source. This describes naturally occurring, theoretically inexhaustible sources of energy e.g., 'elemental energy' from the sun, wind, wave, tide or rain (hydropower).

Cleaner – Fourthly, low impact energy production such as nuclear or fossil fuel with carbon capture and storage (not available at scale currently).

Meaner – Finally, energy production using unsustainable sources, such as unabated burning of fossil fuels.



Top actions you can take

- **1. Understand your current energy use better:**
- Carry out an energy audit.
- Install a smart meter for better monitoring.

2. Make a plan and incorporate the energy hierarchy:

- Making every kWh count: Investing in noregrets energy saving measures
- Preparing buildings for electricity-led heating: Upgrading building fabric
- Switching to non-fossil fuel heating: Investing in innovative new energy sources
- Increasing on-site renewables: Investing in onsite generation



What is your current energy usage?

Knowing the current energy use (gas and electricity) and identifying heavy users or wasted energy can help put plans in place to reduce use and bills.

How to monitor and measure

- Carry out an Energy audit (see box)
- Interrogate your bills for your annual gas and electricity use
- Calculate your practice floor print
- Use your practice floor print to work out energy per m²
- Compare your results to RIBAs 2030 Climate Challenge figures (see <u>RIBA</u> <u>targets for energy use</u>)

Energy	Current annual use (kWh)	Annual expenditure (£)	Practice floor print (m²)	Current benchmark (kWh/m²) OR (£/m²)
Gas				
Electricity				

Energy audit

- 1. Record the floor space of the practice
- 2. Use the bills to identify total use/expenditure
- 3. Identify equipment for heating and cooling (air conditioning, room heaters, fridges etc)
- 4. Measure the energy use of the equipment
- 5. Identify air leaks around doors, windows
- 6. Measure loft insulation
- 7. Identify type of windows (double glazed, single glazed)
- 8. Check lighting and other appliances

Plug in energy monitors can help understand the energy use of diffident pieces of equipment. Measure heating and cooling equipment first.

Find monitoring tools here.

Step 1: Energy saving

Reduce energy use through behaviour change

General Practice Energy Management Floorplan

This energy management floorplan can be used as a guide for ensuring that all rooms/areas have the correct energy saving options available. Sites can apply this as practically as possible, noting different estates types may allow for different solutions.





Treatment and phlebotomy rooms

- Ensure computers and printers/peripherals are switched off every night eliminating standby settings
- Set all PC monitors to go to sleep after 5 or 10 minutes of inactivity - a third of a PC's energy is used by the monitor.
- Use thermostats on radiators to control room temperatures

GP and nurse consulting rooms

- Close doors and window where
 possible
- Avoid electric heater as they can affect thermostats
- Reducing your PC monitor brightness from 100% to 70% can save up to 20% of the energy the monitor uses.
- Open blinds for natural light

Non-clinical areas

- Consider highest energy efficiency rated appliances within your budget when needing to replace
- Ask staff to only boil as much water is needed in a kettle.
- Use 'on-demand' water heaters instead of kettles

Step 1: Energy saving

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Equipment left on stand by can use £10 per year per socket



Case study

One practice asked their clinicians to switch off at the wall as part of their '*Electricity Responsibility Plan*'. The depowering of the rooms decreased the practice electricity consumption by 30%

Outside/Roof space

- Check and upgrade insulation where needed
- Annual maintenance of boilers and electrical items
- Look to improve thermal efficiency of doors and windows
- Prevent heat loss in the winter Close windows and doors, improve draft exclusion

Shared space/corridors

- Turn the thermostat down 1°C saves 8% in heating costs
- Lights on timers e.g., automatically off overnight
- When replacing equipment choose the highest energy efficiency ratings available

Longer term

Plan to replace a boiler with an air source heat pump in your action plan.

Step 2: Energy efficiency

Reduce energy use through by increasing energy efficiency.

E.g., improved fabric efficiency, upgrades to lighting and cooling equipment, controls and metering.

Short-term investments in technology:

- Examine the current insulation is it sufficient? The National Insulation Association can help.
- Is the thermal efficiency of windows enough? Do they feel cold? Are they double glazed?
- Heating are there thermostats to control individual room temperatures? There is evidence that multizone control can drive higher savings.
- Can you use an 'On demand' water heaters instead of kettles for hot water?

Electricity use

• Water softening: Build-up of limescale in a central heating system due to hard water can reduce the efficiency of heating systems. Practices can include measures for water softening.

Lighting

- Movement sensors, occupancy-controlled lighting, automatic light sensors
- Lights on timers e.g., automatically off overnight
- Change to LED bulbs

Computers & printers

 Put computers, printers and chargers on powerbanks can be turned off remotely or on a timer every night. Best buy reviews are <u>here</u>, <u>here</u> and <u>here</u>

Equipment

- When replacing equipment choose the highest energy efficiency ratings available
- Low energy AAA rated electrical equipment e.g., refrigerators



A twin approach to technology change and behaviour change combine to have the greatest impact.

Keener Energy efficiency

Greener - Renewables

Cleaner - Low

emission

Meaner -Conventio

nal

Leaner - Energy saving

Step 3: Renewables and low emissions

Switch to a green tariff

Only those that are increasing the amount of green energy provision should be invested in. The others are not actually changing the energy-mix on the grid.

To help reduce the amount of carbon used in the UK, you need to look more closely at your choice of tariff. The only truly carbon reducing tariffs are those that buy renewable energy and the REGOs (renewable energy certificates called Renewable Energy Guarantees of Origin) directly from the companies that generate it. **Greener is not more expensive**, most suppliers now absorb the costs of REGOs.

According to information from Ofgem and research by Which? and the Energy Saving Trust, the greenest tariffs are available from Good Energy, Green Energy UK and Ecotricity.



www.ecotricity.co.uk/for-your-business



www.goodenergy.co.uk/business/supply

www.greenenergyuk.com/Business







Switching to a green tariff Is easy look at Good Energy, Ecotricity or Green Energy UK.

Going further: Self generation and heat management

Self generation

Solar panels can be a cost-effective way of converting the natural power of sunshine into electricity or heat. Solar PV generates electricity on site which can be used by the practice, stored for later use or sold back to the grid. Solar Thermal uses sunlight to heat water and offset heating costs. Many UK solar energy manufacturers, suppliers and installers are members of the <u>Solar Trade Association</u> (STA).

Useful information on selling electricity to the grid is available at:

- www.goodenergy.co.uk/business/generation
- <u>www.ecotricity.co.uk/your-green-energy/solar-power-export</u>

Case study Urban practice

Panels installed on a practice generated 1.3 MWh in 2020. The practice pay the owner for what it uses and any excess is sold back to the grid.

The practice know where its electricity is generated, and the carbon emissions are zero.



Heat management

Pre-heating: Where the practice is sufficiently well insulated, it is possible to preheat ahead of peak times. This enables access to cheaper tariffs which reflect the reduced costs associated with producing power off-peak and reducing requirements for network reinforcement to manage peak loads.

Smarter heating management and use: A 3-6% reduction in heat demand can be achieved through more informed and smarter management of heating the practice.

Smart meters and real time displays have been found to result in energy savings of around 3%, driven by associated actions such as turning the thermostat down or reducing the amount of time the heating is on.

Case study Urban practice

Unit prices increased in the period studied by approximately 5% and 10%. Despite those increased unit prices, we have been able to reduce the energy bill in real terms by £2,500 ex Vat in the like for like period.

How?

Decrease energy consumption by reducing thermal loss using intelligent building management system. This refines the timings of the heating system to come on based on actual and predicted outside temperatures to reduce overheating the building when isn't being used.

Long-term actions

In 2021, the government consulted on reducing gas use for heating and replacing gas boilers with alternatives from 2025.

Options for future space and water heating includes heat pumps, electric (and infrared) heaters, district heating systems, biomass boilers and possibly hydrogen boilers. The upfront investment tends to be higher, but they can be cheaper to run – especially when combined with electricity storage battery options.

Air source heat pumps are several hundred percent more efficient than gas. There are grant schemes for investing in these. Plan to replace a boiler with a heat or ground source air-pump in your action plan when your gas boiler is in need of replacement. The Heat Pump Association is accessible <u>here</u>.

Practices have different requirements due to size, location etc. It is worth understanding the options prior to the disaster of a boiler breaking down

Some practices may be able to access Salix funding via the <u>Public Sector</u> <u>Decarbonisation Scheme</u>. This is likely to only apply to NHS Trust owned buildings and health centres.



Funding

A new government initiative – the Clean Heat Grant scheme – is scheduled to be is available from April 2022.

Current information suggests it will provide some upfront funding, although an up-to-date Energy Performance Certificate (EPC) is likely needed.

Application details and website are not available at the time of going to press but further information available <u>here</u> and <u>here</u>.

NHS Property services

NHS Property services are responsible for 3,000 properties including some GP premises and health centres.

They state "NHS Property Services will align with the ambitions of the wider NHS, aiming to become net zero carbon by 2050".

Their environmental sustainability strategy covers

- Carbon,
- Waste,
- Fuel,
- Water, and
- Environmental management.

Their pledges to reduce their carbon emissions are here.

Their webinar on designing and implementing a strategy to achieve the Net Zero goal is <u>here</u>.

Their contact is via <u>www.property.nhs.uk</u>.

OUR PLEDGE

To reduce our carbon emissions

Why is this important?

The Climate Change Act 2008 (2050 Target Amendment) Order 2019 commits the UK government to reduce carbon emissions by at least 100% by 2050, effectively establishing a net zero carbon emissions position by that date.



The health and care system in England is responsible for approximately 5% of the country's carbon footprint and therefore in January 2020, the NHS launched it's 'For a Greener NHS' campaign to accelerate efforts to tackle climate change with a series of co-ordinated measures to reduce its carbon output.

What have we done in the past 12 months

We have launched a series of initiatives as we commit to making our sites more environmentally friendly:

> In April 2020, we signed two new energy contracts. By moving to 100% renewable electricity, we will offset 37,000 tonnes of CO2 per year without any increase in costs to either the NHS or our tenants. With the implementation of a new procurement strategy, as part of the new contracts, we will be able to deliver some of the best prices in the market, while managing risk and maintaining budget certainty.

We have kicked off a three year programme to proactively install LED lighting in, initially, 40 properties which represents an investment of £1.65m, LED lighting can produce electricity savings up to 75% or more compared to traditional forms, are more adaptable and produce a dearer, orisper light to work under. Over this three year programme we anticipate the cost savings to be in the region of £1.5 - £2m, which is money that can be reinvested in other parts of the NHS, and reducing our carbon footprint by about 2,000 tonnes of CO2.

We are undertaking energy audits at our top 50 energy consuming sites and produce concise reports detailing findings and recommendations. These reports will be used to gather and consolidate Four step approach to decarbonise the NHS estate



Setting targets



Identify ways to reduce your emissions. Once you have calculated your greenhouse gas emissions, this information can help you reduce your emissions and help identify ways to save you money. Setting an emissions reduction target is one way in which this can be achieved.

Setting targets can help you deliver the strategic changes that are needed to reduce use and carbon emissions.

Regarding energy, a practice can set their own targets to achieve their goal such as:

- 50% energy reduction through energy efficiency savings within 3 years,
- Or, have a 100% carbon reduction in space and water heating by installing an air source heat pump by 2025,
- Or, changing to a 100% green energy tariff for electricity supplier by the end of this financial year.

How to set targets:

- 1. Carry out an energy audit in the practice
- 2. Identify energy-saving opportunities
- 3. Implement energy-saving settings where possible
- 4. Build a business case for energy-efficient replacements and include the payback period.

Route to reduce		Aim/target					
Area	Current footprint	3 years time		6 years time		9 years time	
		Total % reduction	How	Total % reduction	How	Total % reduction	How
Energy – electricity	200,000 kWh = 46,000 kg CO ₂ e	25% in use 100% to 'green'	Green team, behaviour change, energy audit Change supplier to 100% renewable	50%	Install on site generation, more efficient equipment	75%	Intelligent building management system for heating
Gas	35,000 kWh = 6500 kg CO ₂ e	20% in use	Improved insulation, reduced losses	80%	Replace with ASHP/GSHP	100%	Gas free premises

RIBA targets for energy use

The RIBA has developed voluntary performance targets for operational energy use, water use and embodied carbon.

These performance targets form the basis of the 2030 Climate Challenge. The performance targets align with the future legislative horizon and set out a challenging but achievable trajectory to realise the significant reductions necessary by 2030 in order to have a realistic prospect of achieving net zero carbon for the whole UK building stock by 2050.

You can use your practice figures for total annual energy use (gas and electric) and surgery floor size to understand your current performance. This can help inform practice targets.

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RIBA sets energy reduction targets for businesses including a reduction from over 225 kWh/m²/y to less than 55 kEh/m²/y by 2030.

RIBA 2030 Climate Challenge target metrics for non-domestic buildings

RIBA Sustainable Outcome Metrics	Current Benchmarks	2020 Targets	2025 Targets	2030 Targets
Operational Energy kWh/m²/y	225 kWh/m²/y DEC D rated (CIBSE TM46 benchmark)	< 170 kWh/m²/y DEC C rating	< 110 kWh/m²/y DEC B rating	< 0 to 55 kWh/m²/y DEC A rating

*Source: www.architecture.com/-/media/files/Climate-action/RIBA-2030-Climate-Challenge.pdf

Energy options

There are many options which can be considered when looking to reduce heat use or heat losses. This list covers the majority of topics which a practice can consider and research in more detail. The installations costs are a guide only and each practice will need to assess the impact and costs for themselves.

Proposed measure	Description	Potential level of impact	Implementation cost	Running cost*	Ease of installation
Heating, cooling, ventilation (HVAC)					
Heating	Air Source Heat Pump (with 100% renewable electricity supplier)	High	> £1,000	=	Difficult
Treating	Ground Source Heat Pump	High	> £1,000	=	Difficult
	Heating - electric heating (with 100% renewable electricity supplier)	Medium	£100 to £1,000	- = +	Easy
	Connect to existing district heating	High	> £1,000	_ =	Difficult
	Heating – thermostatic radiator valves or zone control valves	High	> £100	-	Easy
	Heating - discrete controls	High	> £100	-	Easy
Cooling	Cooling - plant replacement/upgrade	Medium	£100 to £1,000 - > £1,000	- =	Difficult
	Replacement of air conditioning with evaporative cooling	Low	£100 to £1,000	_ =	Difficult
/entilation	Fans – air handling unit	Low	£100 to £1,000	-	Easy
	Fans - high efficiency	Low	> £100	-	Difficult
	Ultrasonic Humidifiers	Low	Less than £100	-	Easy
	Ventilation - distribution	Low	£100 to £1,000 - > £1,000	-	Easy
Buildings and building fabric	Cavity wall insulation	High	> £1,000	-	Difficult
	Double glazing with metal or plastic frames	High	> £1,000	-	Difficult
	Dry wall lining	Medium	> £1,000	-	Difficult
	Loft insulation	High	£100 to £1,000	-	Easy
	Floor Insulation	Medium	£100 to £1,000 - > £1,000	-	Difficult
	Roof insulation	High	£100 to £1,000	-	Easy
	Secondary glazing	Medium	< £100 - £100 to £1,000	-	Easy
	Draught proofing	Medium	< £100	-	Easy
	Automatic/revolving doors	Medium	£100 to £1,000	-	Easy
	Radiator reflective foil (external walls)	Low	< £100	-	Easy
	Pipework insulation both external and internal	Low	< £100	-	Easy
	Building management systems	High	£100 to £1,000 - > £1,000	-	Easy
ighting and Lighting controls	LED - new fitting	Medium	< £100 - £100 to £1,000	-	Easy
	Lighting - discrete controls or centralised control system	Medium	< £100 - £100 to £1,000	-	Easy
Renewable energy	Solar PV	High	> £1,000	-	Difficult
	Solar Thermal	High	> £1,000	-	Difficult
Computers & IT solutions	CRT to LED monitors	Low	< £100 - £100 to £1,000	-	Easy
	Energy Efficient Server Replacement	Low	< £100 - £100 to £1,000	-	Difficult
	LED monitors instead of LCD (cost difference)	Low	< £100 - £100 to £1,000	-	Easy
	Network PC power management	Low	< £100 - £100 to £1,000	-	Easy
lot water	Flow restrictors	Low	< £100	-	Easy
	Hot Water - Efficient taps	Low	< £100 - £100 to £1,000	-	Easy
	Hot Water - Point of use heaters	Medium	< £100 - £100 to £1,000	_ =	Easy

*Running cost:

- More than current options
- Cost neutral
- Less than current options

Resources

Useful websites

- Energy Saving Trust
- <u>The Carbon Trust</u>
- <u>Small Business User Guide Measuring and reporting your greenhouse</u> <u>gas emissions</u>
- Business Link
- Envirowise
- WRAP
- Energy Saving Trust Green Fleet programme
- The Quality Assurance Scheme for Carbon Offsetting
- Royal Institute of British Architects (RIBA) Climate Challenge

Energy providers

- Big Clean Switch
- <u>Ecotricity</u>
- Good Energy
- Green Energy



Trade bodies

- Solar Trade Association
- National Insulation Association
- Building Services Research and Information Association (BSRIA)
- <u>Chartered Association of Building Service Engineers</u>
- The Association for Renewable Energy and Clean Technology
- Building Engineering Services Association

Other useful articles

- <u>Sustainable and environmentally friendly general practice</u>
- Energy saving opportunities for GP practices
- <u>Renewable energy good practice guidance</u>
- <u>Making energy work in healthcare Government guidance</u>

Resources – examples of providers



Resources – examples of providers



Resources – examples of providers Energy Energy Energy Solar Thermal **Boilers** Heat Recovery System National York Minster Energy Solutions HNY Region **9** York Ventilation Service **Green and Reliable Heating** R R alanmarcon@me.com info@minsterenergysolutions.co.uk info@vorkventilationservice.co.uk T 01904486048 R 08001182467 01904701117 www.minster-plumbing.co.uk/energyvorkventilationservice.co.uk/ greenandreliable.co.uk/ solutions National HNY Region **Q UK Green Energy** HoweCool **HNY Region** Envirowarm R info@ukgreenenergy.co.uk cliff@howecool.com R info@envirowarm.co.uk R 01977677077 01302966169 1 01482841225 www.howecool.com/index.php ukgreenenergy.co.uk/ • www.envirowarm.co.uk/ **Robinsons of Harrogate** Harrogate Hull 💡 **Eclipse Energy** HNY Region **9** NTS R contact@robinsonsofharrogate.co.uk info@nt.services savings@eclipseenergy.co.uk 01423503987 01482838080 01422414850 www.robinsonsofharrogate.co.uk/ www.nevilletuckerservices.co.uk/ www.eclipseenergy.co.uk/ Harrogate/York 💡 LPS Renewables York HNY Region **Q** York Plumbing and Heating Envirovent 01943871397 R 03452727807 office@yorkplumbingandheating.co.uk lpsrenewables.com/ 01904819624 www.envirovent.com/ yorkplumbingandheating.co.uk/#/ HNY Region **Alan Leighton** Energy 01482659305 **Smart Heating Controls** www.alanleightonhull.co.uk/ Energy Smart Meters York Plumbing and Heating York **Q Green and Reliable Heating** National **Q** office@yorkplumbingandheating.co.uk alanmarcon@me.com You can contact your energy 01904819624 08001182467 1 provider to request a smart https://vorkplumbingandheating.co.uk/#/ greenandreliable.co.uk/ meter installation.

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Resources – examples of providers



