

# Strategy in Action Meeting Highlights (02.07.2025)

Ewan Dick welcomed everyone to the July “Strategy in Action” meeting and opened by with a recap of June’s Strategy in Action meeting where presentations were heard from Emily Gilberg, Laura Hodgson, Vic Mitchinson and Gemma James on the theme of People Plan, followed by presentations from Alison Barnes, Liam Casey, Rhiannon Coultate and Lisa Wigham on the theme of Community. Ewan explained that this will be the format of future Strategy in Action meetings and a schedule is being developed so everyone has notice of which themes will be discussed and when.

Ewan then recapped with an overview of our key strategic priorities and then moved on to the main focus of this months meeting, the Therapy Services Strategy in Action live event, taking place on 10<sup>th</sup> September 2025. The aim of the meeting being to discuss and present any ideas which would help shape the event and to gather everyone’s thoughts about what they would like to see and hear about.

Emily Gilberg then shared an interactive ideas board where members of the group were able post ideas under 3 headings:

- ideas for speakers,
- ideas for presentations / topics
- other thoughts and ideas.

Once everyone’s thoughts had been collated, Ewan opened a discussion with the group to develop the highest ranked ideas to work on establishing a more structured plan for the event. Next steps will be for this to be taken forward by the PMO group to be shared with teams/departments.

The initial plan and ideas for the event include for a 2hr event to be run across RVI, Freeman, Regent Point and Quadrant. Events at other Community settings are also being considered.



The Newcastle upon Tyne Hospitals  
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The event will be structured as follows:

- Part 1 - Engagement session (30 minutes) to talk about strategy and share ideas
- Part 2 - Presentations (1 hour) comprising of 4 x 10 minute presentations topics include *NHS 10 Year plan and three shifts to meet the needs of our changing population, Wellbeing and staff survey, Opportunities and our contribution to Therapies strategy.*
- Part 3 – Reflections (30 minutes) building on ideas and keeping the conversation going.

Any further thoughts or ideas for the event can be submitted [here](#).

The next part of the meeting was focussed on **Sustainability** with each of the Heads of Service providing an update on their 10 step sustainability framework.

James Callaghan sent an update from the Clinical Board Sustainability Group, which was followed with an update from Helen Harrison on behalf of Dietetics Team. Helen highlighted that the majority of the framework steps are scoring as blue however James is keen to for all managers to be trained on the e-learning packages and the net zero. Dietetics are also hoping to roll out a project on recycling.



Vic Mitchinson was next to provide an update for Physiotherapy and Major Trauma. Good progress had been made, especially since the framework started off all red however this is starting to change. The Sustainability team have now developed a sustainability statement.

Uniform is the key CIP for Physiotherapy and have now developed a preloved scheme where staff can return any old uniform they no longer require and asking members of staff who leave the trust to hand back their uniform. Some other initiatives being looked at include use of QR codes for patient leaflets to reduce printing and recyclable/cheaper alternatives for Theraband.



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Anne Ewing provided an update for Occupational Therapy. This week the Occupational Therapy team have met with the sustainability team regarding their use of foam and have also been considering the use of taxis. The OT's have also developed a preloved uniform offer. Rachel Guyll for acute OT suggested carrying out an equipment amnesty and explained how the team are looking at single use patients slings and glide sheets.

Nikki Coates provided an update for Podiatry and shared their 10-step framework. The framework is mostly coloured yellow but Podiatry are improving connection and have a member of staff who attends the Therapy Services Sustainability group ran by James Callaghan. There are 2 main themes for sustainability which are being looked into which are travel (home visits) and wound care products which are individually packaged.

Jane Appleton provided an update for Speech and Language Therapy. Speech and Language have a 'think virtual first' campaign for Community services so any unnecessary travel for home visits can be avoided. Speech and Language also recycle their uniforms so any members of staff who leave and uniforms are in good condition stay in a uniform pool.

Sarah Helps provided an update for Psychology. A group has now been formed, which includes existing green champions, they have reviewed what's already happening across Psychology in Healthcare and are meeting on 22.7.25 to agree a statement of sustainability together with micro, meso and macro actions.



In the final part of the meeting, Felicity Pope shared the work she has been doing alongside Frances Slowie who is a Chief Sustainability Officer's Clinical Fellow to promote the **Thumbs up campaign** which links in to email carbon footprint.

The number of emails sent daily is expected to exceed 376 billion in 2025 with significant digital carbon footprints.

To help reduce this we can:

- Writing concisely and keep messages as brief as possible
- Only message those who need the information, don't reply all or cc in
- Acknowledging an email with a reaction is more environmentally friendly: Please accept this in lieu of a "thank you" for your reply. Excusing any brevity, please only reply to this email if you must.

If we sent one less unnecessary email per day the UK would reduce CO2 emissions by 16,433 tonnes per year.

You can read more about the thumbs up campaign here :

<https://greencitizen.com/blog/email-carbon-footprint/>

The Therapy Services live event will be on Wednesday 10<sup>th</sup> September which replaces the next Strategy in Action meeting. Following this, the next Strategy in Action meeting will be on Wednesday 8<sup>th</sup> October at 9am in the RVI Video Conferencing Suite or via Teams.