

Friends Medical Services, Carbon Reduction Plan

March 2025

Commitment to Achieving Net Zero

Friends Medical Service is fully committed to achieving Net Zero emissions (100% reduction of greenhouse gas emissions) by 2050 at the latest, in alignment with global sustainability goals and to support the transition to a low-carbon economy. As a healthcare provider, we recognise the importance of reducing our environmental impact while continuing to deliver high-quality care to our patients. To ensure this, we will implement a robust carbon reduction strategy that addresses emissions across Scope 1, Scope 2, and Scope 3 in line with our Environmental Monitoring Database.

- Scope 1 emissions will be managed by reducing emissions from company vehicle travel used for medical outreach, home visits, or other operational needs, as well as the burning of gas in heating systems and boilers at our medical facilities.
- Scope 2 emissions will focus on decreasing electricity consumption at our premises, including by switching to renewable energy sources, adopting energy-efficient equipment, and implementing sustainable practices within our clinical and administrative operations.
- Scope 3 emissions will be addressed through initiatives aimed at reducing the carbon footprint of staff commuting to work, business travel for medical conferences or meetings, and water supply and treatment (where data is available). This includes promoting telemedicine to reduce travel, encouraging public transport or electric vehicles for staff, and collaborating with local utilities to ensure sustainable water practices.

As part of our ISO 14001 certification, we will continuously monitor, measure, and reduce our carbon footprint across all activities. Our progress will be tracked using clear performance metrics, and we will report transparently on our emissions reductions efforts. Additionally, we will engage with staff, patients, suppliers, and the local community to create a culture of sustainability, encouraging energy-efficient medical practices, waste reduction, and green healthcare solutions. This holistic approach will ensure that our commitment to Net Zero not only supports the environment but also enhances the overall well-being of our patients and the communities we serve.

Commitment to Managing COVID-19 Impacts and New Ways of Working

In response to the ongoing challenges posed by COVID-19, our organisation is committed to supporting recovery and driving resilience through adaptive, sustainable service delivery. As an ISO 14001 accredited organisation, we already implement robust environmental management practices, which we will extend to managing the impacts of COVID-19 on our operations and supply chain. Our commitment will be delivered through a comprehensive Method Statement, detailing our approach to ensuring business continuity while fostering collaboration with our staff, suppliers, and communities.

We will introduce a timed project plan that focuses on ensuring the smooth transition to new ways of working, emphasising flexibility and innovation in service delivery. This will include quarterly monitoring of essential metrics such as energy usage (gas, electricity), carbon emissions, and waste

generation. We will employ tools like real-time energy monitoring systems and data collection processes that allow us to track progress and ensure that targets for recovery and environmental sustainability are met.

Our approach will involve clear reporting mechanisms, including quarterly updates, to ensure full transparency and effective communication with stakeholders. Regular feedback loops will be incorporated to measure progress and refine strategies, with an emphasis on continuous improvement. Additionally, we will engage with staff, suppliers, and customers to co-design recovery initiatives, provide relevant training and education, and foster a collaborative culture that supports the Policy Outcome. By integrating volunteering opportunities and partnerships, we will drive collective action towards recovery and long-term sustainability.

Emissions Reduction Targets

Our initial emissions reduction target for 2025 is to decrease emissions from 2023 levels by **2.5%** each year, covering the periods from **2024-2025** and **2025-2026**. After establishing our baseline and identifying the relative contributions of each emission source, we will review these targets to assess whether more ambitious reductions are feasible and appropriate.

Environmental Measures / Carbon Reduction Projects

The following measures and initiatives will be implemented across all contracts and projects:

- **Staff Training and Engagement:** All staff will be trained on our Environmental and Sustainability Policy. We will encourage energy-saving behaviours, such as turning off lights and ensuring equipment is fully powered down when not in use, instead of leaving it on standby.
- **Ongoing Awareness and Reporting:** We will regularly raise awareness of our carbon reduction efforts by providing quarterly updates to all staff, detailing progress and measurements.
- **Energy Efficiency in Service Delivery:** For face-to-face services, we will collaborate with landlords to monitor electricity consumption, transition to renewable energy where feasible, assess the potential for installing LED lighting, and enhance recycling programs.
- **Equipment Energy Efficiency:** We will work with suppliers to identify low-power alternatives for medical equipment, such as scanners, and explore energy-saving opportunities, such as automated power-downs or time-outs, where safe and applicable.
- **Minimizing Business Travel:** We will reduce business travel by enabling flexible working for administrative staff, promoting virtual meetings, and optimizing clinician travel schedules through effective rota management for inter-site visits.
- **Paperless Operations:** We will continue to prioritise a paperless environment to minimize resource usage.
- **Carbon Offsetting:** Where appropriate, we will explore and implement approved carbon offsetting initiatives.

Declaration and Sign Off

This Carbon Reduction Plan has been completed in accordance with PPN 06/20 and associated guidance and reporting standard for Carbon Reduction Plans.

Emissions are being recorded and will be reported in accordance with the published reporting standard for Carbon Reduction Plans and the GHG Reporting Protocol corporate standard¹ and using the appropriate Government emission conversion factors for greenhouse gas company reporting².

This Carbon Reduction Plan has been reviewed and signed off by the board of directors.

Signed on behalf of the Friends Medical Service Ltd:



(Managing Director)

Date: 14/03/2025

¹<https://ghgprotocol.org/corporate-standard>

²<https://www.gov.uk/government/collections/government-conversion-factors-for-company-reporting>