

## Sustainability

### 8. Environmental Policy and Achievements

London Metropolitan University is committed to using all its resources effectively, efficiently and sustainably. We are very proud of our achievements in becoming a more sustainable organisation and since 2016 we have won 14 awards for our work.

The Environmental Sustainability Policy Statement can be viewed from the following link: [Environmental Policy Statement](#). The Environmental Sustainability Strategy is available from the following link: [Environmental Sustainability Strategy](#). This document sets out a number of challenging targets in key areas to ensure London Metropolitan University becomes a much more environmentally sustainable organisation. Visit our website [www.londonmet.ac.uk/sustainability](http://www.londonmet.ac.uk/sustainability) to find out what we are doing to meet these targets.

Please help us to reduce the University's impact of the environment, and become a more sustainable organisation by following the guidance below.

#### 8.1 Green Impact

Green Impact is an environmental accreditation scheme that brings together staff and students across the University to play an active role in improving the sustainable practices of their office, building or department. At the end of the year teams, students and management come together to celebrate the part they have played in creating a positive impact at the University at our awards ceremony.

To find out more visit <https://staff.londonmet.ac.uk/employment-support/sustainability/green-impact/>

To register visit <http://www.greenimpact.org.uk/londonmet>

#### 8.2 Electricity

Nearly 60% of London Metropolitan University's carbon footprint is due to electricity. This is something we all have control over so please switch things off when they are not needed.

##### Computers

Turn off your monitor when you go for lunch. Please switch off your computer completely if you will be away from your desk for a number of hours.

##### Printers, scanners, phone chargers, etc.

Please switch off when not in use, preferably at the plug as these devices can continue to draw power even when switched off.

##### Lights

Please switch off lights when not needed, either because of daylight or because no-one is in the room. Switch off lights in common areas such as toilets or kitchens if no-one is in the room.

Please take particular care to switch things off at the weekend, and especially if you are away from your desk for a longer period such as during the Christmas and Easter closures.

### 8.3 Heating

The heating at London Metropolitan University is controlled by a Building Management System. This measures the outside temperature and automatically turns on the heating when the external temperatures drop below a set point. The heating is turned off when the building reaches the temperature set out in our [Space Temperature Policy](#) which is 19 - 21°C.

Although heating is controlled centrally, there are measures you can take to increase the temperature in your office:

- Ensure radiators are not blocked by furniture
- Close curtains and blinds when you leave to keep the heat in
- If your radiator has a Thermostatic Radiator Valve (TRV), this can be adjusted to make the room more comfortable. Generally the best TRV setting for offices is 3.
- The temperatures of the settings are:



0	*	1	2	3	4	5
Shut Off	7°C	11-13°C	15-17°C	19-21°C	23-25°C	27-29°C

#### Use of Portable Heaters

Portable Electric heaters and fires may not be used unless:

- Consent has been given by the Estates Department/Helpdesk, and
- The heaters have been PAT tested.

Plugging in an electric heater in a room with a thermostat causes the heating to go off in neighbouring rooms. This is likely to cause your colleagues in other rooms to feel cold and they too may plug in additional electric heaters, increasing our carbon emissions.

## 8.4 Water

Please help us reduce our water consumption by turning off taps and reporting any dripping taps to [ask@londonmet.ac.uk](mailto:ask@londonmet.ac.uk). A dripping tap wastes enough water to fill a paddling pool every week for the whole summer.

## 8.5 Drinking Water

It takes 3 litres of water to make 1 litre of bottled water. With this in mind, the University has introduced a policy to provide free drinking water across all sites. To find your nearest drinking water outlet visit <https://staff.londonmet.ac.uk/employment-support/sustainability/action-areas/>

## 8.6 Waste

### Reduce

If you use a reusable mug on campus you can get a 30p discount on all hot drinks in Costa outlets and 10p discount in other cafes. Cups can be purchased at catering outlets or through the University [eshop](#).

Please try to reduce paper waste by sending documents electronically, recipients can print them if they need them – this avoids unnecessary copies being produced.

Do not print meeting minutes but use meeting rooms with screens available to share minutes with your colleagues.

### Reuse

Where possible, try to find second uses for things, for example reusing envelopes or finding a home for unwanted furniture or equipment. Contact [sustainability@londonmet.ac.uk](mailto:sustainability@londonmet.ac.uk) if you have furniture or equipment you wish to dispose of. We use a recycling platform called “Warp-it” where unwanted furniture goes to charities across the London.

We have a stationary give-away to students to redistribute any excess or unwanted stationary. If you have any unwanted stationery, get in touch with the Sustainability Team.

We also give away used coffee grounds at all outlets to fertilise garden at home and repel snails! You can collect these at any outlet. Please register your interest by emailing [catering@londonmet.ac.uk](mailto:catering@londonmet.ac.uk)

### Recycle

None of the University’s waste goes to landfill.

**Food** – each staff kitchen has brown food waste bin for fruit peelings, any leftovers, coffee grounds and teabags.

**General waste and mixed recycling** - please use our dual bins Black & Green colour

**Paper** - blue bins (often found by the printers)

**Batteries** – red battery bin boxes are across the estate

**Clothes** – yellow TRAIID boxes are provided in each building

**IT cables** – bin located at Tower Building T5-20

**Textile** – Pink bins located at Calcutta House - CM-04, CM-05 and CM5-03

The mixed dry recyclables collected from the department goes to a Materials Recovery Facility where recyclable material is recovered. The residual waste is diverted from landfill to an Energy from Waste plant where it is used to create energy to run local homes.

Mixed recycling	Black Bin
Office paper and cardboard (white, coloured, magazines, envelopes, books and hand towels) newspapers, small pieces of cardboard, aluminium cans, tins, clean plastic packaging, yoghurt pots, Tetra Pak, milk bottles, plastic bottles.	With food contaminated paper and plastic packaging, coffee cups, tissues and paper towels, contaminated film, polystyrene, crisp packets and bottles with liquids. Crisp bags and sweet wrappers

### Single use plastics

We recognise that plastic use has an adverse environmental impact and have been taking some steps to reduce the use of plastic on campuses.

**Reusable Travel Cups** - We are encouraging the use of reusable cups through the introduction of a discount for drinks.

**Compostable takeout containers** – the best way to stop plastic is to stop purchasing it entirely, for instances where this is not possible we have been using compostable containers on all campus outlets in order to reduce the amount of plastic on campus.

**Reusable water bottles** – We have upgraded the number of drinking water fountains to encourage people to refill rather than buy water. Details of the locations of fountains are available at [www.londonmet.ac.uk/sustainability](http://www.londonmet.ac.uk/sustainability)

**Straws** – The Rocket Bar no longer use straws and do not include them as a standard aspect of service.

## 8.7 Transport

Cycle parking locations are available here:

<https://staff.londonmet.ac.uk/employment-support/sustainability/action-areas/>

### Cycle Skills sessions

Everyone who studies in the borough of Islington and Tower Hamlets can get a free cycle skills training sessions. Please follow the below links to find out more:

[Islington Council cycle skills sessions](#)

[Tower Hamlets cycle skills sessions](#)

### Shower facilities

You can use the gym changing rooms and showers at the following locations:

- Tower Building Benwell Extension on the third floor next to the sports hall and dance studio
- Gym changing rooms and shower at the Science centre
- Calcutta House ground floor gym

## Lockers

We have lockers for folding bicycles at Moorgate and at Calcutta House/Old Castle Street.

You can get the keys for various location lockers in few easy steps:

Old Castle Street Lockers:

1. Log in to our e-shop: [eshop.londonmet.ac.uk](http://eshop.londonmet.ac.uk)
2. Make a refundable deposit of £10
3. Bring receipt and staff ID to room CMG-60, Calcutta House and collect locker key.

Moorgate Basement lockers:

You can request a key from Moorgate reception.

## Dr Bike maintenance sessions

The University runs Dr Bikes sessions where experienced mechanics check everything on your bike from wheels, brakes, gears and tyre pressure to lights, racks, pedals, saddles and more

The latest sessions are available on our website [here](#).

### 8.1.1 Green Spaces and Biodiversity

Although within the University we are limited in our green spaces, we try to make the most of what we have. We have various green spaces to relax during lunch breaks or have work meetings.

- The gardens at Old Castle Street
- Holloway road campus Green Zone lounge patio
- Calcutta House rooftop garden
- Holloway Road roof garden (this garden is only accessible during Gardening Club)

### Become a member of Gardening Club

Everyone has a chance to grow and take home veggies and herbs as well as have lunch on the roof. Gardening Club runs every Wednesday 1-2pm in our Holloway Road roof garden.

### London Met bees

We have installed two beehives on top of the roof in our Holloway campus with 40,000 bees. You can watch bees 24 hours a day [online](#).

## 8.9 Reporting Issues

The Estates Helpdesk is here to help everyone at the University with requests or problems relating to the buildings or facilities. Please report any dripping taps, flickering lights, broken radiator valves, lights left on, heating issues etc. We will endeavour to swiftly and effectively help anyone contacting the Helpdesk..

**Please contact the Estates help desk on:**

- Self Service Helpdesk: <https://servicedesk.londonmet.ac.uk/sw/selfservice/>
- Cross site telephone number x 5555 via email [ask@londonmet.ac.uk](mailto:ask@londonmet.ac.uk)

**How else to get involved in sustainability?**

**ESMT**

Join the Environmental Sustainability Management Team to raise any issues you are concerned about and find out what others are doing and take part in projects to improve sustainability, email [sustainability@londonmet.ac.uk](mailto:sustainability@londonmet.ac.uk) to take part.

**Sustainability monthly newsletter**

Sign up to our monthly news to keep up to date with sustainability events across the campuses. You can sign up [here](#).

**Social media**

Follow us [@GreenLondonMet](#) at Twitter, Facebook and Instagram to receive updates and read our news stories to find out more about our projects.

Follow us [@LondonMetCycling](#) to find out latest projects and events about cycling at the University.