



pearce & blackmore
green policy

Policy for Green Impact: Pearce & Blackmore Opticians

Sustainability in our practice is a key part of how we work and we are committed to appraising our choices in the workplace to ensure that green choices are being made wherever possible.

1. Energy Efficiency

All energy suppliers have been changed to a renewable energy source for both practices. Our monthly energy usage is monitored to flag up any increased trend compared to previous years. Heating is only used in areas that are occupied and low energy fan heaters are used for smaller areas to avoid the need for central heating.

2023 action points:

Install a new energy efficient boiler at the Llanishen practice.

Create a year on year comparison chart of energy use after two full years in Llanishen.

2. Lighting Responsibility Plan

Lights are switched off in areas not in immediate use. As light bulbs need replacing, they are replaced with energy efficient alternatives.

2023 action points:

Be aware of any changes to light bulbs available and continue to purchase the most energy efficient options.

3. Food and Drink

Loose leaf tea is the only tea used in both practices. This is sourced from either Brew Tea Co. who are a registered B Corp or from a local zero waste shop. Sourcing of the tea from Brew Tea Co. has been investigated and on top of being a B Corp, they are a member of the Ethical Tea Partnership and the Rainforest Alliance. Any tea used in practice is composted.

Coffee is purchased from Odd Coffee Co. which supplies dented coffee pods that the larger companies would otherwise throw away. Each pod is then emptied in practice. The coffee is composted and the aluminium pod is washed and recycled.

We do not drink cows milk but choose to drink homemade oat milk. Reducing animal products is proven to improve environmental impact and by making our own we are reducing any packaging plant based milk is purchased in.

2023 action points:

Continue to monitor that the tea and coffee companies are remaining ethical and sustainable.



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4. Water

Our water use remains very low at both practices and this is monitored with our water bills. Taps are not left running and a washing up bowl is used for washing dishes, ensuring that running water is not wasted. Drinking water is filtered from the tap and used to fill reusable bottles rather than disposable bottles being bought.

2023 action points:

Create a year on year comparison chart of water usage in Llanishen once there for two complete years.

5. Recycling and Waste Management

We have a recycling and general waste contract with Cardiff Council for our cardboard, plastics, glass and non-recyclable waste. We use a separate company for the disposal of confidential waste. We have facilities to recycle PPE and a separate facility for the recycling of spectacle and contact lens waste. Patients are encouraged to bring in any old spectacles or contact lens packets and we will organise recycling of them.

We have a range of frames called "New to Me" which are pre-used frames in good condition that patients can purchase rather than them ending up being recycled. This complies with the Reduce, Reuse, Recycle ethos.

Packaging from suppliers has been arranged to be returned back to them and reused. We wrote to each supplier of frames or spectacles to request a closed loop system and had some encouragingly positive responses. The letter has been made public to encourage other practices to follow suit. As a result, all packaging received from suppliers is separated in practice and returned when a suitable amount has been collected. One supplier now provides our orders completely plastic free and frames are packaged in wood shavings which are then composted.

Postage materials wherever possible are reused and we often post on our social media of any spare packaging for the public to collect and use. We have found this popular with local eBay sellers.

Both kitchens have compost facilities and the Llanishen branch has a composter in the garden. All appropriate waste is composted rather than thrown away.

2023 action points:

Ensure all recycling is separated appropriately and cleaned before disposal where necessary.



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6. Transport

Green transport is actively encouraged for all staff. This currently includes walking, cycling and train travel to and from both practices. The number of car free days are monitored and recorded to calculate how many car miles have been saved each month.

2023 action points:

Develop a reward system for staff members who green commute.

Look into public transport routes available for patients.

7. Paper

All records are paper free wherever possible at both practices. Clinical records have always been electronic, in 2022 we moved to electronic paper free records for dispensing and contact lens and the amount of paper saved has been recorded.

We use an electronic referral system to the hospital eye service and have been part of this since the launch of the system in its early phases. We keep up to date with any changes to this system to ensure referrals are paper free as often as possible.

Email addresses and mobile phone numbers are taken from patients to allow email or text reminders to be sent to patients rather than paper letters. Appointment confirmations are initially given by text and only written on cards at the patients request.

We moved our bank account to Starling at the beginning of 2022 and now have a completely paperless system.

2023 action points:

Increase proportion of email addresses taken from patients. Take email addresses at the point of registering new patients.

8. Prescribing

Reglazing and reusing existing frames is welcomed and always offered. We have the "New to Me" range of pre-used frames available if patients would like to have a different frame without having to buy a new frame. This range is frequently featured on our social media accounts. New spectacles are only advised when an improvement in vision is possible to avoid over prescribing. On collection, patients are asked if they want to decline a new case or cloth with their new spectacles.

2023 action points:

Continue to promote the "New to Me" range and look at adding pieces to the collection.

Monitor the number of reglazes done in each month.



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9. Premises

Outdoor spaces at both practices are maintained in such a way that wildlife is encouraged to thrive. Llanishen has both a front and back garden which are managed by a gardener. There is a bird feeder to encourage a range of birds and benches available to allow patients and staff to use the spaces. Appropriate kitchen waste is composted in the garden at the Llanishen practice and will be used by the gardener when ready. We have organised a gardener to tend the communal areas outside the Pentwyn branch and have requested wildflowers to be planted in the central planters to encourage pollinators.

Toilet roll is purchased from Who Gives a Crap which is a plastic free company and uses bamboo to make its products. The company is a registered B corporation and donates 50% of their profits to ensure everyone has access to clean water and a toilet.

Towels are used in staff areas in Llanishen rather than paper towels to reduce waste.

2023 action points:

Continue to maintain outside areas, being mindful of wildlife and pollinators.

Look at getting towels rather than paper towels for hand washing facilities in staff areas in Pentwyn.

10. Implementing our sustainability values throughout the practice

Our sustainability values are made known to all staff members and our green policy will be available to the wider public on request. Future action points are discussed at directors meetings and progress on previous action points are monitored. We are determined to put into place as much as possible to be as green as possible.

2023 action points:

Make the green policy available online and to the public.

Continue to invite feedback from the public via social media channels.