

Chiltern.
music therapy



Chiltern Music Therapy Environmental Report 2022-23

Introduction

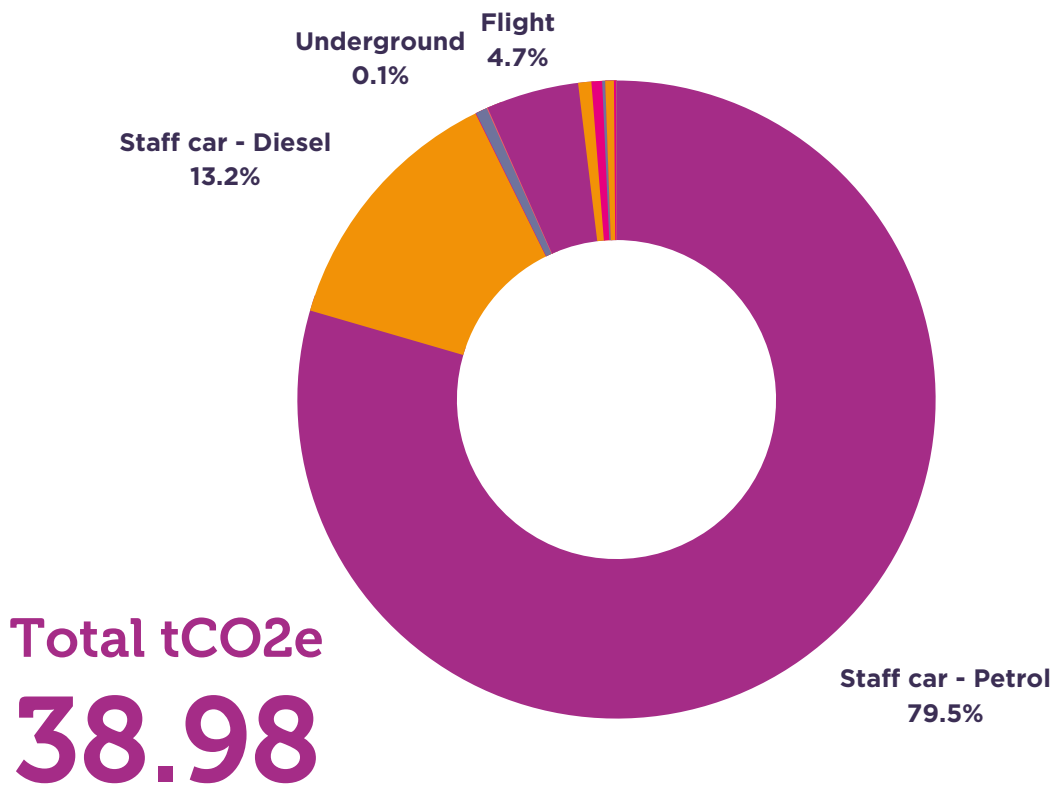
The world is experiencing a climate and health emergency, with climate change being described in the Lancet as “the greatest threat to global health of the 21st century”. At Chiltern Music Therapy we know we have a responsibility to act in an environmentally sustainable manner, and have committed to reducing our impact on the environment.

As stipulated in our first Environmental Policy and Action Plan (September 2021), we have implemented a carbon emissions monitoring process, which included systems to record emissions related to travel, office energy and water consumption, and office waste. This report outlines the results of our first full year of carbon emissions data (April 2022 – March 2023).

This set of figures will be used as the baseline against which future performance will be measured.



Overall Performance



Source	Total tCO ₂ e
Staff car - Petrol	30.99
Staff car - Diesel	5.15
Bus	0.01
Train	0.23
Underground	0.02
Flight	1.83
Office - Electricity	0.26
Office - Gas	0.21
Office - Waste	0.06
Office - Water supply	0
Office - Water treatment	0
Materials - IT	0.17
Materials - electric	0.04
Materials - paper	0.01

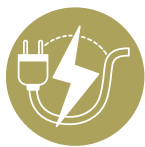
As can be seen from the chart, our key areas of impact are:



Staff travel: 93% of our carbon emissions from 2022/23 came from business travel using employee owned vehicles, with a further 0.7% coming from the use of public transport.



Air travel: although there was only one flight paid for by the organisation during this period, this contributed to 4.7% of our total carbon emissions.



Office energy and water use: a relatively small 1.2% of our total carbon emissions were created from the running of our small office (energy, water and waste).



Omissions: Unfortunately our office waste monitoring system was removed before any data was collected from it, but best estimates suggest this would have been a small fraction of the overall picture. Additionally, we currently have no way of collecting data from homeworking, which is something we hope to include in subsequent reports.

N.B. tCO₂e = the total amount of all greenhouse gases emitted, measured in metric tons of carbon dioxide equivalent

Energy efficiency actions

At Chiltern Music Therapy we recognise that we have an impact on the environment by how we operate, as is clearly demonstrated in the chart above. We have committed, where practicable, to reducing this impact as much as possible, and over the previous 12 months we have implemented the following actions in order to begin to reduce our carbon footprint:

Staff driving reduction strategy:



- Therapists and community musicians have begun working more locally to where they live, with further away clients handed over to more local therapists where appropriate.
- Staff have been encouraged to group sessions in a day by location, in order to minimise driving between clients.
- Staff are encouraged to use active travel (eg. walking or cycling) or public transport wherever possible, although distances and the need to transport instruments have been a barrier to this.
- We have engaged with other music therapy organisations in order to signpost referrals to somewhere else if they are too far from any of our therapists.

Office related activity:



- Staff training to minimise energy and water use at the office.
- Clearer recycling system to decrease waste to landfill.

Other:



- Implementation of a new **Flying Policy** to set a high bar for approval of use of air travel.
- **Engagement with staff** to promote a culture of environmental sustainability within the organisation, as well as in their own lives.
- **'Second-hand first'** policy for instruments, including creating the 'Instrument Shop' where staff can move unused instruments around the organisation.
- Trainings and meetings moved online whenever possible.
- Staff have been educated about the different types of pension fund, and encouraged to move theirs into an 'ethical' one.



Planned actions

Over the next year we intend to further reduce our impact on the environment in the following ways:

- Setting maximum driving limits for new referrals.
- Continuing to encourage active transport.
- Helping staff to transition to driving Electric Vehicles as soon as possible.
- Leaving our office and transitioning to using an ad-hoc office space when needed.
- Continuing to promote the use of second-hand instruments whenever possible.
- Introducing a 'Sustainability' clause in service agreements to encourage service users and settings to consider environmental sustainability, and provide resources to help them.
- Continue to liaise with BAMT and other MT organisations to encourage others to consider environmental sustainability in their organisations.
- We will switch to a more ethical bank.

Setting a Net Zero Target

As has been laid out in this report, the vast majority of our environmental impact at Chiltern Music Therapy is directly related to the staff travel that is a necessity of our operation. In fact 93% of our carbon footprint is created by staff owned vehicles that we have no control over as an organisation.

We will continue to work to reduce car mileage through the reduction schemes previously noted, but in order to meet the UN 'Race To Zero' interim target of halving emissions by 2030, it would necessitate a large uptake of electric vehicles, which is something we cannot currently legislate for.

With this in mind, we will spend a period of 6 months consulting with stakeholders including the Board, our members, and our service user Insights Group, in order to work out what is achievable before setting a Net Zero Target and relevant action plan.



Author:

Jim Davey-Hewins, Environmental & Sustainability Lead



Jim joined Chiltern in January 2018, shortly after he qualified as a Music Therapist and became a dad! Jim mostly works with school children and adults with learning disabilities at the moment, but has experience with clients with a range of diagnoses from nursery age all the way through to elderly care homes. He has a particular interest in working with people with psychosis, both in hospital and in the community. Jim is passionate about sustainability and created the Environmental & Sustainability Lead role at Chiltern at the beginning of 2021. He also works as a library music composer, with his music being used on Masterchef, Neighbours, Blue Peter, and many other programmes across the world.

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