

# **MESH Recommendations for Trusts**

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- Assess energy use and identify high consumption
- Implement 'quick wins': improvements with short payback periods that are straightforward to carry out
- Improve insulation and airtightness
- Consider combined heat and power and 'trigeneration' (heat, cooling and power) if you have mechanical cooling
- Consider heat recovery if you have mechanical ventilation
- Adjust controls to avoid unnecessary cooling
- Explore passive and night cooling
- Investigate automatic lighting controls and more efficient lights

- Recognize that sustainability is not only about energy and CO<sub>2</sub>, but includes:
- Water management – avoiding unnecessary water use
- Outdoor spaces – for use as therapeutic and recreation areas for patients and the public, and to promote biodiversity and ecology
- Waste minimisation – including recycling
- Travel and transport – for staff, patients and visitors. Draft a Travel Plan if you don't already have one.



# Addressing key challenges of sustainable refurbishment

16<sup>th</sup> March 2010

[www.shine-network.org.uk](http://www.shine-network.org.uk)

## Three questions:

1. What are you/ your clients already doing on existing estate sustainability improvements?
2. Why? What are the main drivers?
3. What else do you need to help you – possibly including recommendations for policy/ lobbying actions



**Thank you**

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**Sustainable refurbishment of the existing estate**

16<sup>th</sup> March 2010

**Low & zero carbon health buildings**

June 2010 (London)

**Low & zero carbon health buildings**

May – June 2010 (Regions)

**Occupant comfort and climate change**

Sept – Oct 2010 (London & Regions)

**Innovative finance and partnerships**

December 2010



- **Please hand in your evaluation form and name badge**

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