

# Working together for a greener NHS

## Our choices

The choices we make effect the environment, our health and the health of those around us. We want to work together towards a greener NHS which is kinder to planet and to people and you can help!



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## Think about travel

With air pollution having a proven negative effect on health, consider if you could walk or cycle your journey and get the benefit of exercise too!

## Return walking aids

Sometimes we all need a helping hand but when you've finished with your walking aid, return it to one of our recycle boxes located at Frimley hospital sites.

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## Recycle blister packs

Participating Superdrug stores accept blister packs for recycling. Why not check if your local store does.

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## Recycle your insulin pen

**PenCycling** could not be simpler and is completely free of charge. A pre-filled Novo Nordisk pen can be recycled. Visit your local Boots pharmacy to learn more.

