

# Money Saving Tips

The Notts LMC Green Group want to share ideas that can save practices money, whilst also working towards being more sustainable.

## Heating

It might sound simple, but ensuring that windows and doors, where possible, are closed when radiators and heaters are in use, will stop heat escaping. Checking that room thermostats and any thermostatic radiator valves are set at the right temperature can make a difference in cost.



## Lighting

LED lights have a longer lifespan and are more energy efficient. Along with LED lights, having motion sensor lights that turn on/off automatically prevents rooms being lit once they are no longer in use. Having any outside security lighting on timer settings ensures that lighting only comes on when needed, particularly with changes to daylight saving.



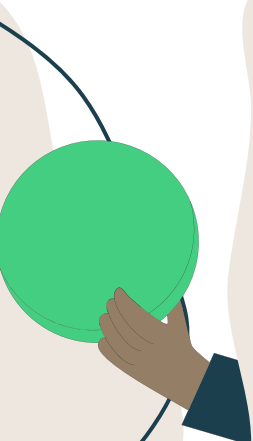
## Computers

Do you need to keep your computer switched on when you're not using it? If so, turning off the monitor can help save electricity. If you don't need to keep it switched on, turn it off when you have finished. This rule can be applied for printers, photocopiers and other equipment that doesn't need to be kept on overnight.



## Digital Communication

Over the last 2 years, digital communication with patients has become more common place. Communication with patients through text, email and telephone, where clinically appropriate, can help save on paper and postage of sending letters and helps reduce the overall footprint of obtaining care.



## Stock Control

Introducing stock control measures, such as stock rotation and inventory list, helps monitor expiration dates and reduce waste.

