Community Acupuncture Team
Greenhouse Gas reporting 2021

Headline figures

Total CO2e produced in 2021
269kgCO2e (170kgCO2e less than 2019, 94 less omitting herbal CO2e from 2019)

Total CO2e off-set in 2021
1000kgCO2e

Accounting period 1st January 2021 - 31st December 2021

At Holistic Health we take our carbon impact very seriously. Chinese medicine came from an earth-based philosophy and we believe it is our moral imperative to make sure the world we pass on to our children is better than the one we received from our parents.

Our Process

2021 was the third year we undertook a greenhouse gas review. We used the DEFRA 2013 guidance to measure our emissions. Reporting on our scope 1, 2 and 3 emissions. We used BEIS's conversion factors to discover how much carbon equivalents we are responsible for, these are considered estimates as averages are used.

Organisational boundary

We decided to measure all of the emissions possible related to the business operations, including all of the products and as much of their full lifecycle as we were able to this year, even if we did not have financial or operational control of these. We felt this was important as we are a service company, and a lot of our emissions are in the products we use. We also felt it our duty to fully account for what went through our business.

Omissions

We did not account for energy where it was already delivered by a green provider, nor deliveries from DPD as they are carbon neutral. We also did not include our cleaning products where they were from a local carbon neutral refill company. We have not accounted for energy used by people using our products, for instance travel to the clinics. We no longer include herbal assessments in this business.

Data assurance

For now, as a tiny operation, we are self-reporting. We hope one day to be able to have this reviewed externally.

Some of the measurements are estimates, though every attempt was made to make them as accurate as possible, where it was not possible to be 100% accurate, we overestimated our figures. For instance, there is not currently a conversion factor for the production of acupuncture needles, the nearest was for steel cans.

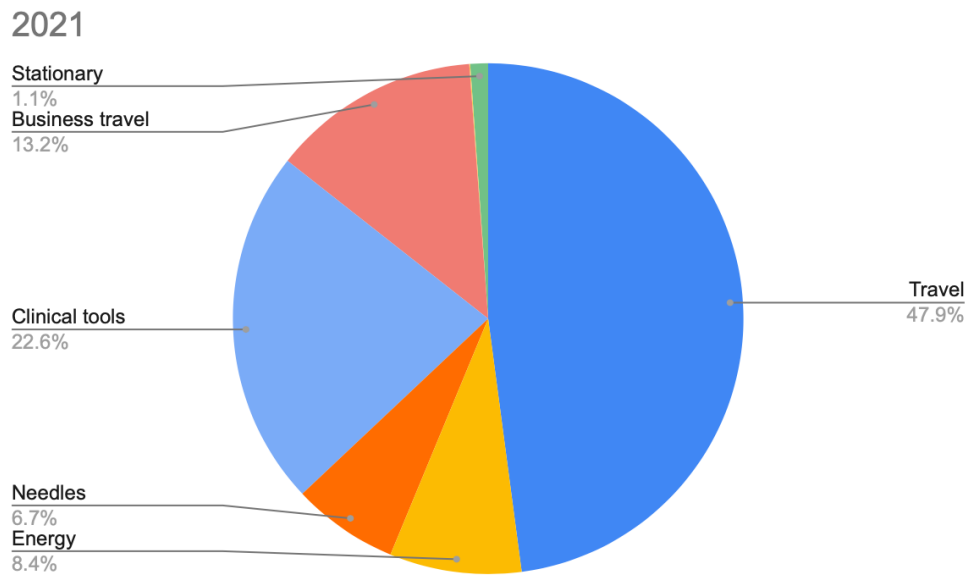
Intensity measurements

This year we have not used a normative factor. For such a small report we have kept kilograms, kilometres, kilowatt hours and litres.

Figures

Scope 1 (kgCO2e)	2021	2019	Change
Travel (km)	132.72	104.81	26.63%
Scope 2 (kgCO2e)			
Energy (kWh)	23.14	154.29	-85.00%
Scope 3 (kgCO2e)			
Needles	18.63	23.22	-19.75%
Herbal products	0.00	76.33	-100.00%
Clinical tools	62.70	65.89	-4.84%
Business travel	36.60	18.11	102.12%
Water	0.16	0.46	-65.21%
Stationary	3.12	3.86	-19.17%

2021 emissions



Base Year
Our base year for comparison was 2019

Discussion
2021 saw us go back to pre pandemic levels of treatments around 1500, compared to 900 during the pandemic. The carbon intensity per session was 0.19kgCO2e, an almost 22% decrease since baseline (with herbs excluded).
We were able to significantly reduce our emissions this year, predominantly part by making our website carbon neutral, but also by using eco needles, which reduced the impact of our needles by nearly 25%. Unfortunately travel was up due to more driving. Some of the improvements have been due to efficiency gains in the sectors as well.

Off-sets
This year we off-set a tonne of carbon through GoldStandard.org. Our contribution went to supporting a reforestation project in Costa Rica.

Targets
Medical practice can be a tricky industry to decarbonise. Hygiene standards must be followed, even more so this year! Needles are single use and must be incinerated and spaces must be safe and hygienic, it will therefore be very difficult to decarbonise these aspects of the business. We will reduce where we can, but they may go up as operations expand. Thus, they will always have to be off-set.

- Eliminate our stationary budget by using a bespoke online platform for practitioner notes.
- Try to reduce travel
- Reduce carbon intensity per session
- Push other practitioners to calculate and reduce their emissions

We will proudly remain carbon positive whilst serving more of our community.

The Community Acupuncture Team
www.holistic-health.org.uk
For more information email joe@holistic-health.org.uk