

## Specsavers Opticians, Haverfordwest

### WHAT WE DID

Our participation in the Greener Primary Care Wales Scheme came at the perfect time as it coincided with a relocation of our store to a new premises. This gave us the opportunity to incorporate environmental sustainability into every aspect of the business.

In 2024 we completed 43 actions. Some were small such as battery recycling and some were larger ones relating to our building design and provision of ergonomically equipped consulting rooms. We have installed energy efficient sensor-controlled lighting, changed our administrative processes to a paperless system and have made a huge effort on staff health and wellbeing.

Knowing that there was an award to win which could be added to our collection displayed in store motivated and energised us to work as a team. We provided protected time for one staff member to lead this work. The Scheme opened our minds, broadened our perspective on what constitutes environmental sustainability and made us realise there is no one way. Without having such a comprehensive list of actions, we never would have thought to have made some of the changes we did.

We faced our share of challenges along the way, which was to be anticipated given the level of change expected from staff and from a corporate perspective, however with perseverance and a willingness to compromise we managed to achieve **Gold** in our first year!

### WHAT ARE WE MOST PROUD OF

We are very proud of our group effort across many actions which has resulted in a reduction in the waste we generate, healthier eating whilst in work, and participation in more physical activity leading to a healthier and happier workforce. There were a few key members of staff leading by example and providing encouragement to others who were instrumental in this change.

We really appreciate working in such a great building with lots of space and natural light. Our patients enjoy sitting in the waiting areas admiring the views before their appointment.



**SPECSAVERS HAVERFORDWEST  
RECEIVED A  
GREENER PRIMARY CARE WALES  
GOLD AWARD IN 2024**



**TO FIND OUT MORE VISIT:**

<https://www.specsavers.co.uk/stores/haverfordwest>

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### WHAT DIFFERENCE DID IT MAKE

#### Environmental

Before moving to our new premises we used a free online tool to measure our carbon footprint. This year we will be repeating the exercise to determine what savings have been made as a result of all our changes. In addition to this we hope to plant bee friendly plants outside and provide nesting sites for swans and ducks.

#### Financial

There has been a small but noticeable improvement in our operating profit since joining the Scheme which we are attributing to reduced energy usage.

#### Clinical

Our newly designed premises means that patients can enjoy a calming view of the river and nearby castle whilst waiting for their appointment. Given that many arrive feeling anxious, we often receive positive feedback about how soothing and reassuring the waiting area feels.

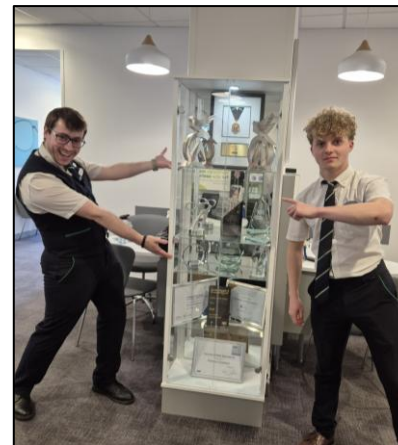
#### Social

We were particularly interested in the health and well-being benefits that the Scheme offered to staff. Novel initiatives such as our 'Sunday munch club', and simple changes like walking to work have improved staff morale and productivity. We're also a very competitive team therefore the award aspect to the Scheme really helped us work together on this agenda.

### WHAT NEXT

Over the next year we have some really exciting plans for an unused and unloved outdoor area, adjacent to the store and alongside the river. We hope to transform this public space into a mental health and wellbeing garden for the local community.

We're working with the Council to take over responsibility for the land and we'll be supported by the third sector and local schools to bring this vision into reality.



*“Smaller changes are the better ones... they're such small changes it's easy for people to adapt to and it becomes normal so then it sticks”*

### TOP TIPS

- Do what you can – even small changes are better than nothing
- Think outside of the box - brainstorm ideas with colleagues and consider all possibilities before deciding what is most achievable.
- Use your time wisely and don't leave it until the last minute
- Try a mix of easier and harder actions
- Fight for what you believe in and don't take no for an answer!

### CONTACT

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