

BIODIVERSITY MANAGEMENT PLAN

The Royal Bournemouth and Christchurch Hospitals NHS Foundation Trust



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Introduction

The Royal Bournemouth Hospital (RBH), part of the Royal Bournemouth and Christchurch Hospital NHS Foundation Trust, is an acute hospital based in Dorset which opened in 1986. RBH greenspace comprises an area of land approximately 2.5 hectares in extent, located along the north west boundary of the Royal Bournemouth Hospital grounds, Ordnance Survey Grid Reference SZ 125 943 (412528, 94361). The site is situated between the A338 to the North West and the A3060 to the south west of the site.

Construction of the hospital started in the early 1980's and has gradually grown ever since in terms of clinical services, patient and visitor amenities, hospital infrastructure and staff facilities. The Hospital greenspace is dominated by planted mixed woodland dividing hard-standing car park areas, interspersed with patches of amenity grassland surrounding the hospital buildings and a central lake.

The Trust recognises the importance of regular access to natural environments for its patients, staff and visitors. The Trust wants to raise the awareness of biodiversity and sustainable practices to help promote the link between green spaces and their positive benefits for mental health & wellbeing.

Hospital greenspace can provide the following:

- Accelerated patient recovery (Ulrich 1984)
- Facilitate stress reduction which helps the body reach a more balanced state
- Help a patient summon up their own inner healing resources
- Help a patient come to terms with an incurable medical condition
- Provide a setting where staff can conduct physical therapy, horticultural therapy, with patients
- Provide staff with a needed retreat from the stress of work
- Enhance mood, self-esteem, lower blood pressure
- Provide a relaxed setting for patient/visitor interaction away from the hospital interior
- Improve air quality, reduce surface temperature and risk of flooding

The Estates Department have adopted sympathetic and sustainable approaches to their management of the hospital grounds, including log piles to encourage biodiversity and wildlife, limited use of pesticides, and recycling of waste plant material. The Trust has also produced a Biodiversity Statement and Management Principles for Grounds Staff.

The Trust became the first NHS Trust within the United Kingdom to gain the Green Flag Award in 2016. The Trust was also awarded the Building Better Healthcare 2016 award for Best External Environment- recognising the work that had been carried out in the hospital greenspaces.

This document has been produced in order to give a guide to the day to day operational management of the RBH estates. The plan will help to ensure that the Trust continues to provide a quality greenspace that provides staff and patients a sanctuary for rest and recuperation.

Current situation

The site lies to the north east of Bournemouth town centre, and comprises an area dominated by planted mixed woodland dividing hard-standing car park areas, interspersed with patches of amenity grassland surrounding the hospital buildings and a central lake.

The main ecological value of the site includes:

- The mixed woodland throughout the car park areas although relative immature, holds native species and provides a wildlife corridor through the site
- Bat foraging and commuting ground, including the lake and woodland areas
- The lakeside; providing a home to many bird species including herons, moorhens, woodpeckers, cormorants, and kingfishers

The lakeside area is located in the centre of the hospital site and covers an area of approximately 1 acre. The lake is accessible on all sides with a small island in the centre of the lake.

The lake has areas of marginal wetland flora. The marginal vegetation is dominated by soft rush (*Juncus effuses*) with occasional water pepper (*Persicaria hydropiper*) and Meadow sweet (*Filipendula ulmaria*) in association with Ragged robin (*Lychnis flos-cuculi*), birds foot trefoil (*Lotus corniculatus*) and Alder and Silver Birch saplings (*Betula pendula*). The lake margins also comprise of species typical of disturbed grounds including Ox-eye daisy (*Leucathemum vulgare*), Dock spp. (*Rumex spp.*), Spear thistle (*Cirsium millefolium*), Common Ragwort (*Senecio jacobaea*), cut-leaved cranesbill (*Geranium dissectum*) and Smooth Sow thistle (*Sonchus oleraceus*).

Within the centre of the lake there is an island which has been planted with Common Alder and Crack Willow (*Salix fragilis*) with dominant ground cover of Common Nettle. This provides good cover for the young ducklings.

There is also a woodland stand along the south western margin of the lake comprising Alder, Crack Willow, White Poplar (*Populus alba*) and Hazel (*Corylus avellana*).

Unlike recreational parks, the public wouldn't necessarily choose to visit the greenspace at RBH but are often here as a result of requiring medical treatment or visiting family or friends who are patients, but when here the space provides a sanctuary for relaxing and reflecting. The Trust is very privileged to have such a facility as the lakeside, which is used by patients, visitors to the hospital and staff, as well as surrounding companies who used the grounds recreationally during the warmer months.

The man-made lake was developed to act as a surface water run-off from the hospital site to reduce the risk of localised flooding. It is fed from the main hospital roof and any hard-standing areas from around the site, with a run off in the far corner going to the storm water drain. An annual treatment of a very fine chalk is added to help improve the water quality and provides a natural breakdown of sediment in the lake.

The lakeside has a number of seating areas located across the site- from individual chairs to large picnic tables. During the summer, these picnic tables are used to hold staff meetings, allowing meetings to be held in the fresh air and allowing staff to enjoy the physical benefits of being outside. The seating at lakeside has proven to be very popular and as a result additional picnic benches were provided in 2015 and 2016. Often these benches are donated by members of the public in memory of loved ones.

The Trust understands the importance of way-finding and there are a number of paths around the lakeside. Some of these paths are made up from bricks bought from The Trust charity. Staff & patients are encouraged to walk around the lake- approximately 600 steps, taking around 10 minutes, and are advised of the health benefits this will in turn provide them, through the Interpretive Noticeboard.

During 2013 the Interpretive Biodiversity Noticeboard was created from recycled wood by a member of staff from the Estates department. The artwork was produced by an apprentice from within the Trust, and the text was written by two Estates managers. This board is now sited by the lakeside (see photo 1), and communicates the benefits that our green spaces have to our staff and patients.

The Royal Bournemouth Hospital is home to a range of biodiversity, which has been further encouraged through the continued improvement of our green spaces over the last couple of years. The Hospital lakeside is a popular location for a number of bird species including herons, moorhens, woodpeckers, cormorants, swans and kingfishers. The lake itself harbours a range of coarse fish species such as koi carp, mirror carp, grass carp, and ornamental goldfish.

Bees, butterflies, and other insects have also been attracted to the site through the development of a wildflower meadow on the far side of the lake (see photo 1). This area is closed off to staff and patients, and is currently being managed by a dedicated member of the Estates team. In addition, there are other pockets of wildflower meadow situated around the site which have purposefully been left to grow freely.

Over 30 bird boxes and duck houses have been built using recycled wood which was otherwise destined for disposal. These have been situated around the site, including the lakeside, wildflower reserve, and a green space between two car parks at the rear of the site (see photo 2). One of these bird boxes has been inhabited by a colony of bees, and there are plans to move them into a new beehive which will be sited in woodland at the rear of the site and managed by a member of staff who is also an experienced beekeeper. Several duck houses have also been sited on an island within the lake, which has had a positive impact on the amount of ducks we are seeing on-site; in 2015 the Trust even witnessed the successful breeding of several pairs of moorhens residing on the island.

In 2016 the Orchard Garden Project delivered a new therapeutic courtyard garden situated directly outside the chemotherapy suite and next to the pathology department. A sensory walkway was also established to link the courtyard to the lakeside, and a new garden decking area designed so patients who need medical equipment like drips etc. can also benefit from the gardens and give them a retreat from their treatment.

The lake is a relaxed location which staff and patients can enjoy, and supports the benefits that green spaces have been demonstrated to have on patient recovery.

The hospitals has an estimated 800,000 visitors each year, including

- 4,356 staff
- 238,352 outpatients (follow-up) appointments
- 137,414 new outpatients
- 112,141 inpatients
- 87,015 attendances in the Emergency Department

The lakeside is managed by the Estates team, with the main contact point being the Building Estates Manager, Martin Lovell.

Photo 1: Lakeside biodiversity board. The wildflower meadow reserve can be seen on the opposite side of the lake, with a heron sitting by the water!



Photo 2: Green space between two car parks at rear of site. Several bird boxes have been erected in this area, and a creative use of this space has encouraged birds and even a colony of bees!



Our aims

The aim is to continue to provide a positive and inviting environment where patients, visitors and staff can come to relax, recuperate and reflect. The Trust wishes to

1. Provide a welcoming and informative greenspace for all patients, visitors and staff.
2. Provide a healthy, safe and secure greenspace for all users
3. Provide a well maintained and clean greenspace
4. Continue to manage the site in a sympathetic and sustainable manner
5. Encourage biodiversity and wildlife at the Royal Bournemouth Hospital site
6. Actively engage with the community on work carried out within the hospital grounds
7. Communicate internally and externally the work being carried out
8. Ensure the highest standard of service in terms of grounds and resource management

This document has been produced in order to give a guide to the day to day operational management of the RBH estate, and to assist with the judging process in the Trusts maintaining The Green Flag Award.

1.0 A welcoming place

The lakeside can be accessed from the main hospital, the restaurant and a number of car park positions. From the main hospital, the actual lake is partially hidden by a beech hedge and also by the hospital itself. Those people who have not been to the site before are pleasantly surprised by the lakeside area.

The lakeside greenspace can be viewed from the Oasis restaurant, the dining area and also a number of wards. These wards include the stroke unit, elderly persons wards, renal, cancer care and orthopaedic. The wards have direct access to the greenspaces. It is thought that a green view from a ward environment can influence recovery and has a positive effect.

The current signage around the lakeside highlights buildings rather than the outside space; it is proposed to introduce additional signage as part of a larger way-finding project for the whole site. There is a large interpretive noticeboard at the entrance of the lakeside greenspace with brief information on the purpose of the lake, biodiversity of the site, walks around the lake. There are also plans to construct a second interpretive noticeboard in 2017 on the opposite side of the lake.

The majority of the lakeside has good quality pathways allowing equal access for all with ample seating.

In 2016, the Orchard Garden Project was delivered, improving the hospital grounds in three main areas:

1. Therapeutic Courtyard Garden – this is situated directly outside of the chemotherapy suite and next to the Pathology department, specifically the waiting area for blood tests. Here the Trust has created a peaceful setting with seating, climbing plants and canopies so patients can enjoy the garden throughout the year.
2. Sensory garden walk way to link the courtyard to the lakeside – this will give those who have more time to pass as well as those who would like some gentle exercise, the opportunity to take in the sights, smells and sounds of a traditional sensory garden. Seating has been provided at key points along the walkway so those who need to rest can do so and those who simply wish to sit and reflect can.
3. The Lakeside development will be a garden area to benefit all patients including those within the renal unit. The new area, with a slope access, has been designed so patients who need medical equipment like drips etc. can also benefit from the gardens and give them a retreat from their treatment.

These improvements within the lakeside environment are aimed at providing more therapeutic spaces for patients, visitors and staff to use, where they relax and use as an enjoyable distraction from their hospital visit.

Photo 4: Decking platform with disabled access overlooking the lake, part of the Orchard Garden lakeside development



Photo 5: Sensory garden walkway to link courtyard with the lakeside



Current initiatives:

- Delivery of Orchard Garden Project;
 - Therapeutic Courtyard Garden directly outside the chemotherapy suite
 - Sensory garden walk way linking the courtyard and lakeside
 - Lakeside decking development providing an area for patients in wheelchair/ with medical equipment such as drops to access the gardens and give them a retreat from their treatment
- Improvement of walk ways around the lakeside- new level paths accessible by wheelchair users around the western edge of the lakeside.

Actions for 2016/2017:

- Identify funding for the install of an external gym for use by staff, patients and visitors.
- As part of Trust wide Way-finding Strategy increase signage around the lakeside
- Delivery of a Petal Garden project in hospital courtyard – a dementia friendly garden
- Develop second interpretive noticeboard on 'Jigsaw building' side of the hospital lake

Strengths	Weaknesses
<p>Paths around the lake allow access to around 95% of the perimeter.</p> <p>Reasonable amount of signage around the lakeside.</p> <p>Available land to form an external gym to allow staff and patients exercise for short period of times.</p>	<p>Some areas lack signage.</p>
Opportunities	Threats
<p>To increase the path to allow access for all.</p> <p>Improve the signage to highlight areas like WC's, restaurant, drinking water.</p> <p>Seek funding for an external gym.</p> <p>Further development of hospital courtyards</p>	<p>Limited budget available for non-essential schemes.</p>

2.0 Healthy, safe and secure

The lakeside can be accessed from a number of entrances and there is no method of securing them, nor would The Trust wish to. The Hospital is open 24 hours a day; 365 days a year and so are the green spaces. Most members of the public will access lakeside from either the main hospital or the restaurant.

There is vehicle access for the fire service via the fire road which follows alongside the lakeside. The road around lakeside is accessed a few times a day by our sterile service department delivering to the hospital theatres. They adhere to the speed limit on-site of 10mph. Any other access to the fire road is restricted.

The restaurant and Oasis Coffee Lounge provide views to the lakeside and hospital greenspace. This facility is open to staff, patients and the public. Food can be purchased and then taken outside to the lakeside. Free drinking water points are available in the restaurant and the Oasis Coffee Lounge; this is communicated to staff through the Trust intranet site via [Google maps](#).

The Trust recognises the importance of green spaces for health & wellbeing and the Catering Department holds regular BBQs by the lakeside, in the warmer months, encouraging staff, patients and visitors to use the outside space. The Trust also holds regular events in support of health & wellbeing, including health walks through-out the year and quarterly events. A number of extra benches have been installed in 2016 in response to demand and increased numbers of staff, patients and visitors using the green space in the summer months.

The toilet facilities for the lakeside are located within the main hospital building, providing both male and female WC's. These are located by the restaurant, within the main atrium and by the eye unit (western exit of the hospital). There are wheelchair friendly toilets in the rehabilitation area and in the main atrium. All toilets are signposted throughout the building. There are also two hoists in the WC's to allow for adult changing. In 2017 the Trust will be also be installing a purpose built adult changing facility.

The lake is not fenced in apart from a small area by endoscopy where a small nature reserve is being formed. Natural planting 'no-mow' buffers have been left around the majority of the water's edge which acts as a natural barrier to the general public accessing the water. The lake varies in depth from around 200mm (8") to 900mm (3 feet). A decision has been made to not fence off the other areas of the lakeside in order to allow full access to the lake, but also does present a possible risk. There are two life belts around the lake which are checked regularly, and there are plans to add another life belt at the lakeside by the new Jigsaw garden decking area.

As the site is a hospital, dogs are not encouraged on to site in order to maintain the interest of public health. The only exception is guide dogs. In 2013, a dog toileting area was created for a member of staff working in the eye unit with an assistance dog. This area is at the rear of the eye unit with grass and concrete surfaces. A dog mess bin is also provided.

The Trust maintains a good light level around the site, and all external lights have recently been upgraded to low energy LED lighting.

Current initiatives:

- Increased number of benches around the lakeside, including 8 person benches allowing staff to hold meeting outside during warmer months

Actions for 2016/2017:

- Installation of adult changing facility
- Provide wheelchair friendly benches around the lakeside
- Install additional life belt by the new deck area at lakeside

Strengths	Weaknesses
<p>The area is available for all staff to use.</p> <p>The area is available for all patients and members of the public to use.</p> <p>The area feels very open and welcoming.</p> <p>The area being increasingly used as a place for holding outdoor meetings during the summer months.</p>	<p>Some may consider that the lake should be fenced in to prevent someone falling in.</p>
Opportunities	Threats
<p>Review risk assessments of green space annually and as situations change</p> <p>Continue to maintain the greenspace in a safe and secure condition</p>	<p>The fish are very tame and this can lead to people taking them.</p>

3.0 Clean and well maintained

The grounds maintenance is carried out by the estates in house team. Although a small team consisting of two full time equivalents, the team carries out the grounds maintenance at three sites; the Royal Bournemouth Hospital, Christchurch Hospital and the Sterile Services site at Alderney in Poole.

Their duties include:

- Bin emptying;
- Grass cutting, edging of paths and strimming;
- Planting bedding plants;
- Planting bulbs;
- Minor paving repairs;
- Hedge cutting;
- Tree management;
- Lake management;
- Winter gritting when required;
- Day to day maintenance of equipment

This Biodiversity Management Plan is for The Royal Bournemouth Hospital site, covering the lakeside.

There are a number of general waste bins and recycling bins around the hospital site which are emptied by the estates team. In the summer months, this task is carried out twice a day as the lakeside area is very popular for staff to congregate and eat their lunch.

In 2016, it is proposed to set up an annual stakeholder meeting to establish what staff and patients would like to see around the lakeside. It has been decided that an online forum for sharing ideas etc. regarding the green space at the hospital would be the best way to engage with staff/ gain feedback. It is hoped that this will be set up in early 2017.

It is currently the responsibility of the Estates Manager to carry out site walkabouts and carry out inspections of the greenspace areas. If any issues are found, a docket is raised to rectify the problem. There is currently no formal written procedure or record of findings. It is proposed that a formal procedure for capturing this data and the resulting actions is in place from April 2017 as this is currently pending an upgrade to the Planet Facilities Management Software used by the Trust.

Any member of staff can report issues via the estates docketline (extension 4287) or via the staff intranet. Typical repairs include loose paving slabs, rabbit holes on the footpaths or damaged benches.

Tree management is carried out the Head Gardener. Any actions are either followed up by the in-house team or an external contractor. In August 2015, one of the largest trees by the lakeside was struck by lightning. The lightning has caused damage to the bark and as a result the tree is currently being monitored due to its proximity to one of the hospital buildings.

The whole of The Royal Bournemouth hospital is a non-smoking site, except for six smoking shelters located across the site. One of the Gardeners responsibilities is to empty the cigarette bins located within these shelters. Sadly not everyone is happy to adhere to the site policy and smoke only within these designated areas so the Gardeners do need to sweep up cigarette butts around the site. This is carried out weekly.

The most common tasks the gardening team attend to include:

Task	Frequency
Grass cutting, strimming, edging	Weekly
Hedge cutting beech hedge	Every three months
Emptying bins	Daily
Litter pick	Daily
Sweep path	Weekly
Weed path	Every three months
Add Siltex to the lake	Annually
Check road gullies	Monthly
Tree survey	Monthly and after high winds/storm
Winter gritting	During snow / cold weather
External furniture	Monthly
External furniture decoration	Every two years

Current initiatives:

- Increased number of benches around the lakeside, including 8 person benches allowing staff to hold meeting outside during warmer months
- First NHS Trust to achieve the Green Flag Award in recognition of the lakeside and green space at Royal Bournemouth Hospital
- Winner of 2016 Better Healthcare Award- External Environment

Actions for 2016/2017:

- Develop signage to inform staff, visitors, patients and volunteers of spaces where wildflower is growing/ areas have been left to no-mow practices to encourage biodiversity.
- Increase number of recycling bins around the hospital lakeside
- Develop online Friends of Bournemouth Hospital forum for feedback and ideas sharing from staff regarding the green spaces

Strengths	Weaknesses
<p>The area is regularly used by staff and patients.</p> <p>The grounds are kept in good condition and inspected by the estates staff.</p> <p>Achievement of Green Flag status</p> <p>Winner of Building Better Healthcare Award – External Environment ‘16</p>	<p>No formal consultation on what the area is to be used for.</p> <p>No formal data is collected on when dockets are raised to when they are closed off.</p>
Opportunities	Threats
<p>To set up an annual stakeholders meeting to establish what the staff and patients would like to see around the lakeside.</p> <p>Set up reporting and monitoring procedure for capturing data on dockets raised in relation to greenspace maintenance.</p>	<p>Limited budget available for non-essential schemes.</p> <p>Limited resources to seek out additional information.</p>

4.0 Sustainability

The Trust has an approved and adopted Sustainable Development Policy. This Policy states that the Royal Bournemouth & Christchurch Hospitals NHS Foundation Trust (the Trust) takes the international requirement for action to prevent future climate change very seriously. It recognises that it has a social responsibility to reduce its environmental impact and associated carbon emissions.

The key areas for action are waste, energy, water and carbon management, travel and transport, procurement and food, green spaces, buildings and site design, organisational and workforce development, partnership and networks, governance, IT and finance.

We regularly review our green space provision and understand the health and environmental benefits it brings. The Trust runs an extensive Health & Wellbeing programme each year, promoting healthy behaviours amongst staff, patients and visitors, including lunch time walks and access to a monthly fruit & vegetable market.

The Trust works hard to ensure that its activities do not impact on the biodiversity of the site through a number of measures, including:

- All green waste that is produced on site from maintenance tasks is recycled where possible. Green waste that cannot be reused is sent for composting at a local anaerobic digestions plant, where it is composted and then re-sold.
- Peat based composts are not used within the Royal Bournemouth hospital site.
- Pesticides and herbicide usage is kept to a minimum and green-pest control is used in the form of a Harris Hawk.
- Habitat piles are left in appropriate areas to provide sources of food, shelter and hibernation sites.
- Bird boxes have been erected at suitable locations throughout the hospital site and monitored annually.
- The estates team took part annually in the Great Butterfly Count helping to assess the health of our environment.

Measures have also been implemented, where possible, to ensure that the whole hospital estate is energy efficient and reduces its environmental impact. These include:

- Our Valuing Staff and Wellbeing group continue to work with staff to improve wellbeing through health education, increased exercise, healthier eating and lifestyles.
- Energy efficient lighting for all external lighting and in many areas throughout the hospital.
- Public facilities are provided for the recycling of cans, bottles, paper and card.
- The Trust generates roughly 15% of our energy on site, through 3 solar PV installations and low pressure hot water which is produced as a by-product of on-site incineration and used to supplement the Royal Bournemouth Hospital's heating systems.
- The installation of Dyson air blade hand driers in non-clinical washrooms.
- In developing our services and facilities, we aim to meet the Building Research Establishment Environmental Assessment Methods (BREEAM) performance benchmarks in respects of the specification, design, construction and use of our buildings.
- The Trust has a Sustainable Procurement Policy and associated action plan, approved by the Procurement Steering Board.
- We are committed to ensuring staff, patients, visitors, suppliers and contractors are able to effectively engage with, and support, our carbon reduction and sustainability plans.

- The Trust scooped two national accolades for our environmental sustainability work at the 2014 NHS Sustainability Day Awards.
- The Trust gained the Building Better Healthcare 2016, External Environment Award in October 2016 in recognition of the work it had carried out in the greenspaces.

Current initiatives:

- Engagement with Green Champions regarding achievements related to the hospital green spaces and asking for feedback on what they would like to see in place

Actions for 2016/2017:

- Install additional recycling bins around the lakeside
- Install second interpretive noticeboard at 'jigsaw side' of lake

Strengths	Weaknesses
On lakeside there are three recycling bins and six household waste bins.	The household waste bins outweigh the recycling bins.
Using the woodlands by the tennis court as a composting area.	Composting area may encourage vermin
Opportunities	Threats
To introduce additional recycling bins around the lakeside.	Limited budget available for non-essential schemes. Additional labour costs.
Reducing the amount of green waste leaving site	May increase the cost of pest control
Investigate the potential of maintaining beehives at the Royal Bournemouth Hospital site.	

5.0 Conservation and Heritage

Habitats within the Royal Bournemouth Hospital are mixed woodland planted approximately 20 – 25 years ago with ground cover dominated by rank, acid semi-improved grassland. The latter predominantly comprises the grasses Yorkshire Fog with occasional Wood meadow grass, *Fescues* and Cocks Foot. There are also areas of hardstanding within the car park and hospital buildings interspersed with amenity grassland and scattered planted trees, and a large lake located within the centre of the hospital site.

No UK BAP priority habitats have been identified within the Royal Bournemouth Hospital site.

The woodland area comprises Scots Pine, Silver Birch, Ash, Pedunculate Oak, Aspen, Common Hawthorn, Blackthorn, Turkey Oak and Alder. The woodland is approximately 20-25 years old.

The ground flora of the woodland is rank semi-improved, acid grassland, comprising grasses, Cleavers, Common Nettle, Common Ragwort, Bracken, Red Campion, Creeping Buttercup, Lesser Burdock, Bramble, Common Vetch, Bittersweet and Self heal.

The strip of woodland running through the car park area forms a linear corridor feature and is considered to have moderate to high potential as a bat commuting and foraging zone.

The lake is located within the centre of the hospital grounds surrounded by buildings. The lake has concrete revetted banks with steep sides. The lake is man-made and is used to store surface rain water prior to discharging into the main storm drain. A number of the trees were planted around the lake at the time of construction in the 1980's. Others have self-seeded over the years around the perimeter of the lake between the soil and the lake liner.

The lake does have areas of marginal wetland flora, but these are found on the dry terrestrial side of the revetted banks rather than the lake side. The marginal vegetation is dominated by soft rush with occasional water pepper and Meadow sweet in association with Ragged robin, birds foot trefoil and Alder and Silver Birch saplings.

Within the centre of the lake there is an island which has been planted with Common Alder and Crack Willow with the dominant ground cover of Common Nettle. There was also a woodland stand along the south west margin of the lake comprising Alder Crack Willow, White Poplar and Hazel. The lake is considered to have moderate to high potential as a bat foraging habitat.

The trees on the island are pollarded every few years. Although at the time of the work it looks rather bare, the trees benefit from this practice and new growth is rapid.

The site supports a range of habitats favourable for nesting birds, in particular the mixed planted woodland in the existing car park area. The scattered trees throughout the car park areas and the planted woodland areas within the centre and along the south west margin of the lakeside also provide favourable nesting habitat for birds.

DERC holds records of several protected bird species within 1 km of this site including Mediterranean Gull, Turtle Dove, Kingfisher, Green Woodpecker, Kingfisher and Grey Wagtail. Some of these birds have been sighted over the last few years.

The lake also attracts a number of mallard ducks, and most recently a swan, some stay permanently onsite. A member of the Estates Team has created feeding stations, which are topped up daily. Dotted around the site are a number of duck houses, these have also been built by the Estates Team.

In 2014 a member of staff donated several Indian Runner ducks. These characterful ducks have increased in recent months. These bring much entertainment to patients, staff and visitors. A local pet supplies have kindly agreed to supply duck food to the Trust.

A small area by the Endoscopy ward has been set aside as a nature reserve. A member of the estates team has taken over management of this area. It now has a number of bird feeding stations, a bug hotel, duck houses, an area where we have left it to grow wild and a duck see saw. The majority of the timber structures were created using waste wood.

The lake was stocked in the mid 1980's with a number of Koi Carp, Mirror Carp and Ornamental Goldfish. This stock has steadily grown. The fish are regularly fed using food pellets supplied by a local pet store.

The Estates Department have adopted sympathetic and sustainable approaches to their management of the hospital grounds, including log piling to encourage biodiversity and wildlife, limited use of pesticides, and recycling of waste plant material. Around 30 bird boxes have also been installed across the hospital site, as well as a covered duck houses around the lake.

Current initiatives:

- Engaged with RSBP for advice and partnership on improvements around the site and planting ideas

Actions for 2016/2017:

- Set up an online Friends of Bournemouth Hospital forum for staff to contribute ideas for future projects
- Develop a shrub and dwarf tree planting guidelines in partnership with RSPB including nectar/pollen rich year round/ caterpillar planting/ moth planting for night scent/ autumn winter fruit planting/ birds nesting, shelter and hedging.
- Take part in the RSPB Swift Project
- Further extension of the wild flower meadow with clear signage
- Plug planting in long grass area

Strengths	Weaknesses
A good mix of wildlife visiting the site on a daily basis.	The site is home to a large number of pigeons who cause damage to the buildings.
The enjoyment the ducks provide to staff and visitors	People do feed bread to the ducks which can affect the quality of the water in the lake.
Opportunities	Threats
A sustainable method of pest control	Staff and members of the public who don't agree with control of pests.
To encourage people to feed the ducks with more suitable food	People still prefer to use bread from home.

6.0 Community involvement

The health of patients, staff and local communities can be dramatically improved by providing opportunities to exercise outdoors and access green spaces. Staff members are encouraged through the Health & Wellbeing campaigns to keep active and make the most of the outdoor spaces at The Royal Bournemouth hospital.

The lakeside interpretative noticeboard also encourages staff to follow a walk around the lake and highlights the health benefits of doing so- *“It’s approximately 600 steps to do one circuit of the lake, which should take less than 10 minutes. This will count towards the target for good health of 30 minutes of moderate intensity activity on at least 5 days of the week. 30 minutes of exercise can also burn up to 165 calories”*.

The lake is a relaxed location which staff and patients can enjoy, and supports the benefits that green spaces have been demonstrated to have on patient recovery and health & wellbeing.

The hospitals has an estimated 800,000 visitors each year, including

- 4,356 staff
- 238,352 outpatients (follow-up) appointments
- 137,414 new outpatients
- 112,141 inpatients
- 87,015 attendances in the Emergency Department

A number of opportunities are selected from the various national and international dates that take place each year, which the Trust supports by organising its own events to be held onsite. Historically these have included:

- National Walking Week
- World Breastfeeding Week
- The Big Butterfly Count
- NHS Sustainability Day, including the planting of native tree species

In September 2016, the lakeside and Education Centre were used to host the Trust Open Day. The event was one of the biggest public events hosted by the Trust in recent years and incorporated a range of family activities, health talks and the RBCH Annual Members’ Meeting.

The Trust also takes part annually in the Big Butterfly Count run by The Butterfly Conservation Society. During the 2015 count a common blue, a small white and a red admiral were spotted during the fifteen minute count at Royal Bournemouth Hospital.

RBCH also annually hosts a NHS Sustainability Day Event. This gives the Trust the opportunity to showcase all the work that had been done onsite to encourage and support biodiversity within the hospitals greenspaces. The work the Trust has done around biodiversity also helped contribute to the Trust winning an NHS Sustainability Day Award in 2014, and the Building Better Healthcare External Environment Award in 2016. The NHS Sustainability Day Event also invites a number of organisations to site for the event, to hold information stands and inform staff, patients and visitors of the important work that they do in the local area and how people can get involved.

In 2016 the Trust launched up a regular staff & visitor fruit and vegetable market stall at Royal Bournemouth Hospital. The stall provides a range of fresh, locally grown produce from a co-operative of local, not-for-profit organisations. Led by the Sustainable Food City

Partnership and including Holton Lee and Grounded Enterprises the market stall brings seasonal products direct to the hospital every month (fortnightly in the summer months)

- The Sustainable Food City Partnership is a group of over 500 local people, businesses and organisations working together to grow a flourishing city region where good food and better food choices lie at the heart of every community.
- Holton Lee is a local charity which provides horticultural therapy opportunities for people with learning difficulties, mental health challenges and those recovering from drug and alcohol addiction. They also provide a tranquil space for anyone needing quieter moments in their life.
- Grounded Enterprise provide a range of volunteering and training opportunities, supporting people to learn growing skills and contribute to meaningful work in the times and places that best suit them.

Together the three organisations work collaboratively to provide the best and most varied opportunities for their volunteers and to grow collectively to bring consumers a broad choice of local, seasonal fruit and veg, grown without the use of fertilisers or pesticides.

All the profits generated through the sales of the produce are used to support the work of the organisations. Fighting food poverty, providing more volunteering opportunities and supporting engagement with groups in need. Buying products from the market stall not only means customers are eating fresh, healthy food but that the profit from every £ spent also does good within the community.

The Estates Department regularly engage with hospital volunteers to help maintain the greenspaces and undertake practical conservation tasks.

Current initiatives:

- In February 2016 patients on the Stroke Unit at Royal Bournemouth Hospital built 10 bird boxes to encourage wild birds to nest in the grounds. The kits completed by the hospitals stroke patients re suitable for robins and blue tits and have now been placed around the hospital grounds.
- Monthly staff, patient and visitor fruit & veg stall
- Royal Bournemouth Hospital shortlisted in the Aviva Community Award for improving ward areas for dementia patients including a sensory garden.
- Advertising through 'Dissertations for Good' project partnerships available to student for site habitat mapping at Royal Bournemouth Hospital.
- Bournemouth University Postgraduate student carrying out a wayfinding analysis of the hospital
- Engaged with RSBP to review biodiversity enhancement plans and develop action plan going forward.

Actions for 2016/2017:

- Develop signage to inform staff, visitors, patients and volunteers of spaces where wildflower is growing etc.
- Continue promoting events around National Nest Box Week 2017.
- Liaise with local schools regarding making of insect houses for installation around hospital gardens

Strengths	Weaknesses
<p>The number of staff and members of the public who have an interest in who the estate is managed.</p> <p>National nest box week involvement.</p> <p>Successful awarding of the Green Flag Award.</p> <p>Engagement with patients through National Nest Box Week</p> <p>Provision of monthly fruit & veg stall to all staff and visitors</p>	<p>Not being able to provide the improvements people suggest due to budgets.</p>
Opportunities	Threats
<p>To engage with staff on improvements that can be made to the estate.</p> <p>To continue to engage with volunteers for the management of the hospital greenspaces</p>	<p>Limited budget available for non-essential schemes.</p>

7.0 Marketing

The Trust has a Carbon Engagement and Communications Plan, which includes the communications of information around the Trusts greenspace. Information is also regularly communicated through the Trusts Facebook page, SustainRBCH campaign twitter account and Instagram page.

The installation of the Interpretive notice board has helped to communicate the aims of the Trust in management biodiversity onsite and educate all users of the hospital grounds on the work being carried out by the estates and gardening teams.

As previously stated, people wouldn't necessarily wish to visit the lakeside/hospital, so to create a relaxing and reflective area is very important.

A number of internal and external articles have been produced promoting the work being carried out to enhance the hospital green spaces, one such being a recent articles regarding the hospital being the first NHS Trust to achieve the Green Flag Award which was published in a number of local papers.



Intranet pages have also recently been developed to promote biodiversity onsite and the work that has been done to support it along with an interactive sustainability map highlighting areas of interest around the lake to staff. Improved and updated site maps have also been added to the Trust external website.

A promotional video for Sustainability at Royal Bournemouth Hospital was also produced in January 2016 and featured the great work within the green spaces. This video is available on the staff intranet, public facing Trust website and has been circulated throughout many NHS best practice working groups and newsletters. The video can be found [here](#)

Current initiatives:

- Inclusion of biodiversity and green space related news on the Trust Facebook page and SustainRBCH twitter account.
- Successful NHS Sustainability Day Event aimed at staff & patients/visitors
- Promotional video produced and circulated amongst staff, general public and peers

Actions for 2017:

- Set up an online Friends of Bournemouth Hospital Green Space forum for staff to contribute ideas for future projects
- Install web cam in bird box with link to intranet and Hospedia patient screens
- Social media link with RSBP Give Nature a Home campaign
- Workshop with volunteers and grounds staff to capture ideas-vision-case studies-how staff and patients benefit.

Strengths	Weaknesses
In-house communication team	Only available for staff and not the public
Publications to the staff	The public would only use the facilities due to visiting the hospital and not through choice.
Opportunities	Threats
Using the team provides opportunity to spread information to many members of staff.	Limited budget available for non-essential schemes.

8.0 Management

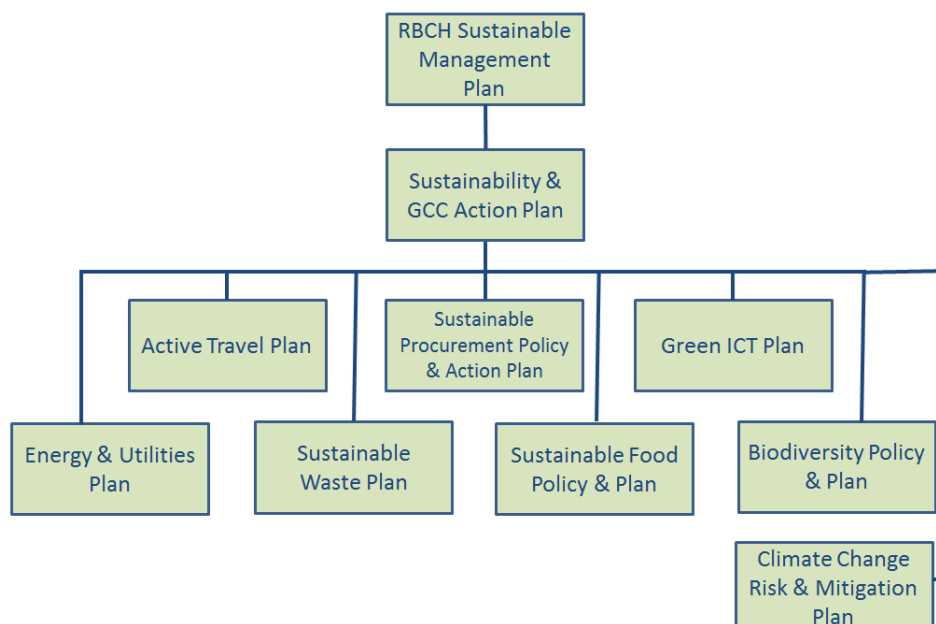
The Royal Bournemouth & Christchurch Hospitals NHS Foundation Trust employs 4,356 members of staff who provide a wide range of hospital and community based care to a population of around 550,000, which rises during the summer months, in the Dorset, New Forest and south Wiltshire areas.

The Grounds Maintenance Team come under the Estates Department and employs two full time equivalent employees and is responsible for the grounds maintenance of three sites: Royal Bournemouth Hospital, Christchurch Hospital & the Sterile Services Department at Alderney Hospital. The management of the grounds will remain under the ownership of the estates department for the foreseeable future.

The Estates Manager, Buildings, oversees day-to-day management of the hospital greenspaces. The Estates Manager is responsible for two full time gardeners as well as a few volunteers that carry out ad hoc work and external contractors.

Developments and updates on projects to increase biodiversity across the site are reported as and when to the Trusts quarterly Carbon Management Group. The overall objectives of the Carbon Management Group are to ensure the effectiveness of Trust policies on corporate social responsibility, workplace diversity and equal opportunity, and oversee, monitor and report on the environmental performance of the Trust.

The Trust also report progress regarding sustainable initiatives, including developments in green space management, against the [Good Corporate Citizenship Tool](#). This tool was created by the Sustainable Development Commission, the Department of Health and the Sustainable Development Unit. It allows the Trust to review progress against previous years as well as other NHS organisations.



This Biodiversity Management Plan will be continually reviewed and updated on an annual basis to reflect any developments and changes in practice. A Biodiversity Action Plan has also been develop in collaboration with the RSPB to ensure continued progress and improvements of the Trust green spaces.

Current initiatives:

- Six monthly benchmarking of Trust activities against the Good Corporate Citizenship model.
- Development of 2017 Biodiversity Action Plan.

Actions for 2017:

- Recruitment of additional gardener at Royal Bournemouth Hospital.
- Engage with volunteers to recruit voluntary part-time support.

Strengths	Weaknesses
In-house maintenance team	Sometimes two members of staff is not enough to keep the grounds in such good condition.
Opportunities	Threats
To provide work over the summer holidays to a local student.	Limited budget available for non-essential schemes.

9.0 The future of lakeside

The impact of construction work on biodiversity is carefully evaluated for each project, and where possible enhanced measures are introduced. The Trust aims to meet the Building Research Establishment Environmental Assessment Methods (BREEAM) performance benchmarks in respects of the specification, design, construction and use of our buildings

Since the hospital opened, buildings have been added with the newest building a £8 million Jigsaw Building, opening in September 2015. This building is currently being used for Woman's Health, Oncology and Haematology. Some of the treatment rooms in the Jigsaw Building over-look the lakeside and can provide comfort for those having life changing treatment.

2016 has seen additional work and planting within the hospital courtyards, including things such as sensory gardens and disabled raised beds. Currently charity funding is being sourced for the further development of further courtyards around the hospital. This will provide additional external relaxation areas for patients receiving treatment and seating.

For 2017, the Trust is looking at working collaboratively with the RSBP to further enhance biodiversity around the hospital site. A brainstorming meeting has already been held with a representative from the RSPB and the results of this have fed into the Trust Biodiversity Action Plan 2017 (appendix 5).

The Trust is also looking to enhance the use of the outdoor space for disable users and wheel chair users by installing wheelchair accessible picnic benches.

Current initiatives:

- Additional planting within hospital courtyards and disabled raised beds

Actions for 2017:

- Delivery of the Trust Biodiversity Action Plan in collaboration with the RSPB
- Installation of wheelchair accessible picnic benches

9.0 Appendices

Appendix 1: Mags4Dorset article regarding National Nest Box Week project in collaboration with the Stroke Unit

(<http://mags4dorset.co.uk/stroke-patients-build-bird-nest-boxes/#.WlirH9JdNZs>)



Back row (l-r) Allen Gilbert Stroud of Westmade with Trust Sustainability Manager Laura Dale and blue coat Stroke Unit volunteer John Warren.

Front row (l-r) occupational therapist Anna Perrin with stroke patient Ron Farrant and occupational therapist Coral Higgs

Patients on the Stroke Unit at the Royal Bournemouth Hospital have built 10 bird boxes to encourage wild birds to nest in the grounds.

Work started on the boxes during 'National Nest Box Week' in February when the building firm 'Westmade' in Verwood donated 10 nest box building kits to the hospital's Stroke Unit to be used for patient therapy.

Because natural nest sites for birds, such as holes in trees or old buildings, are disappearing fast as gardens are 'tidied' and old houses are repaired, National Nest Box Week asks those passionate about biodiversity and conservation to put up nest boxes for wild breeding birds.

The kits completed by the hospital's stroke patients are suitable for robins and blue tits and are now being placed around the hospital grounds.

Recovering stroke patient Ron Farrant was pleased to help build the nest boxes. He said: "I used to be the foreman of a workshop so I'm happy to do it. I've received very good treatment here in the Stroke Unit."


Stroke Unit occupational therapist, Anna Perrin, said: "We were so pleased to receive the bird box kits from Westmade. Every day in the Stroke Unit we have a programme of activities to help our patients re-build their confidence and develop skills they may have lost owing to a stroke, such as concentration and balance.

"Using the kits during our therapy sessions provided our patients with a fantastic activity aimed at improving their ability to function independently, whilst helping the environment."

For more information about the Stroke Unit at the Royal Bournemouth Hospital, visit www.rbch.nhs.uk.

Appendix 2: Trust external website article regarding the Building Better Healthcare- External Environment Award 2016

(http://www.rbch.nhs.uk/our_services/support_services/communications/latest_news/2016/09112016.php)

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Hospital team scoops two national awards

9 November 2016


The Estates Team at The Royal Bournemouth and Christchurch Hospitals NHS Foundation Trust (RBCH) has won two national awards for its innovative environment work and facilities services.

The Best External Environment Award focused on the lakeside environment, sustainability plans, and the development of the gardens by the Jigsaw Building.

The Estates Team of the Year Award reflected the delivery of the Jigsaw Building itself and the developments at Christchurch Hospital. This included the work with the GP and pharmacy, to provide their new facilities, and the partnership development of the health hub.

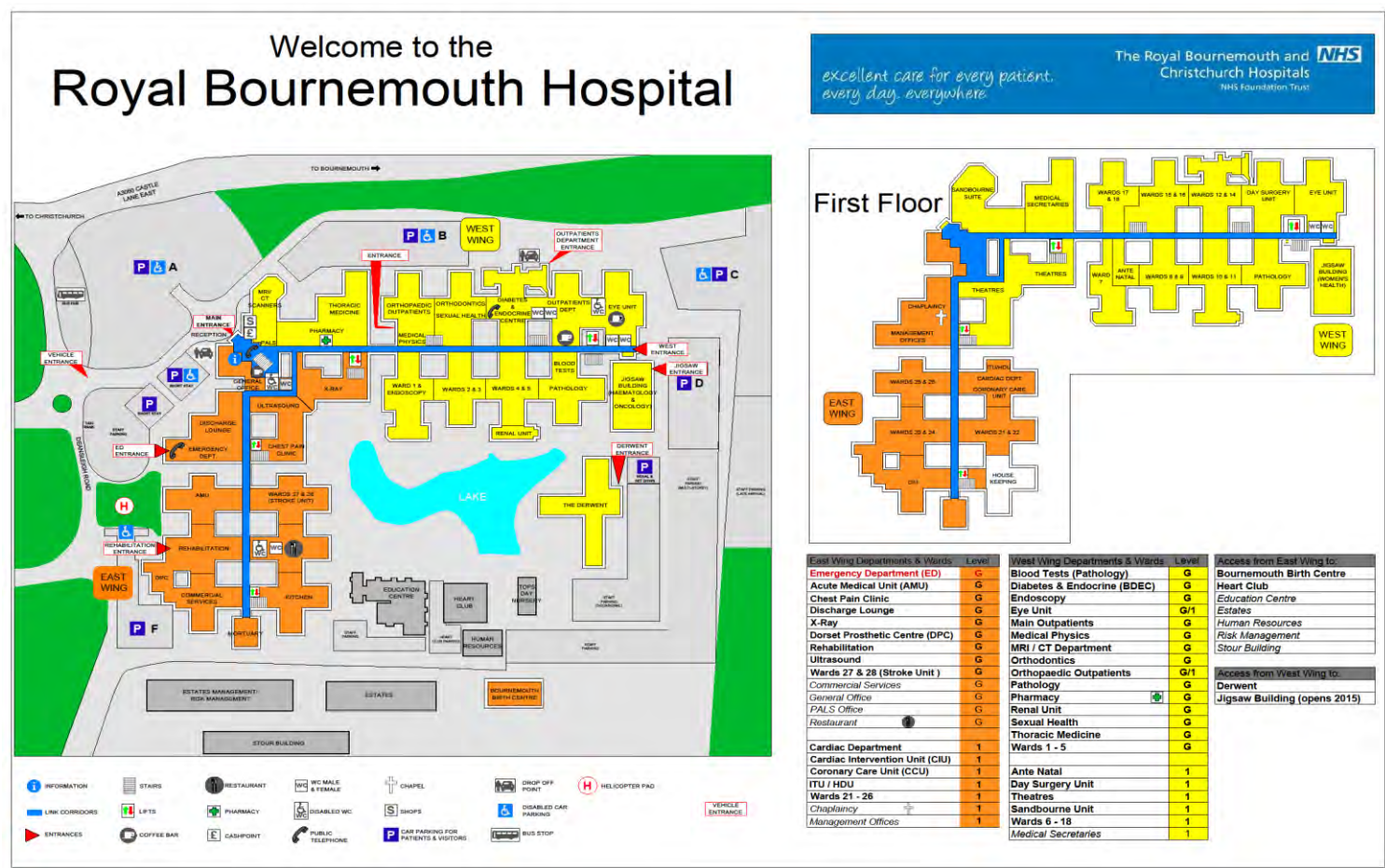
Edwin Davies, RBCH Associate Director for Estates and Capital Development, said: "The two awards highlight not only our ability to partake in large development projects but also the hard work our Estates Team put in on a daily basis to ensure our hospitals continue to run smoothly while these projects are going on. We are very proud to have won both categories."

The Building Better Health Awards 2016 were held in London last week and are presented to NHS bodies and industry in recognition of excellence and innovation in the built environment and facilities services.



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Appendix 4: Map of Royal Bournemouth Hospital



Appendix 5: Trust Biodiversity Management Action Plan 2017

Biodiversity Action Plan 2017				
			Issue 1.0	Dec 2016
No	Actions	Leader	Due Date	Progress Red/Amber/Green
1	A WELCOMING PLACE	M. Lovell		
1.1	Improve signage to and around the lake	E. Davies	Dec-17	Part of a Trust wide wayfinding strategy. Postgrad student undertaking project.
1.2	Improve walk ways around the lakeside	M. Lovell	DONE	Improvements made to access of lakeside by the Jigsaw building and west wing of hospital
1.3	Identify funding for the install of an external gym for use by staff, patients and visitors	D. Anderson	Feb-17	
1.4	Delivery of a Petal Garden project in hospital courtyard- a dementia friendly garden	M. Lovell	Mar-18	
1.5	Develop second interpretive noticeboard on Jigsaw Building side of hospital lake	L. Dale	Apr-17	
2	HEALTHY, SAFE & SECURE	M. Lovell		
2.1	Installation of adult changing facility	M. Lovell	Jun-17	
2.2	Provide wheelchair friendly benches around the lakeside	M. Lovell	Mar-17	
2.3	Install additional life belt by the new deck area at lakeside	M. Lovell	Mar-17	
3	CLEAN & WELL MAINTAINED	M. Lovell		
3.1	Increase number of recycling bins available around the lakeside area	M. Lovell	May-17	
3.2	Develop signage to inform staff, visitors, patients and volunteers of spaces where wildflower is growing/ areas have been left to no-mow practices to encourage biodiversity	M. Lovell/ L. Dale	Apr-17	
4	SUSTAINABILITY	L. Dale		
4.1	Install additional recycling bins around the lakeside	M. Lovell	May-17	
4.2	Install second interpretive noticeboard at the lakeside	L. Dale	May-17	
5	CONSERVATION & HERITAGE	M. Lovell		
5.1	Involvement in RSPB Swift Project	M. Lovell/ L. Dale	Apr-17	
5.2	Further extension of wild flower meadow	M. Lovell	Apr-17	
5.3	Plug planting in long grass areas	M. Lovell	Apr-17	e.g. Yellow rattle to reduce grass vigor- foster natural flower seeding in un-mown grass
5.5	Develop shrub and dwarf tree planting guidelines	M. Lovell/ L. Dale	Jun-17	
6	COMMUNITY INVOLVEMENT	L. Dale		
6.1	Liaise with local schools regarding making of insect houses for hospital	L. Dale	Apr-17	
6.2	Advertise through 'Dissertations for Good' project partnership available to student for site habitat mapping at Royal Bournemouth Hospital	L. Dale	Dec-16	
6.3	Develop signage to inform staff, visitors, patients and volunteers of spaces where wildflower is growing etc.	L. Dale/ M. Lovell	May-17	
6.4	Continue promoting events around National Nest Box Week 2017	L. Dale/ M. Lovell	Feb-17	
7	MARKETING	L. Dale		
7.1	Web cam in bird box with link to intranet and Hospedia patient screens	L. Dale	Feb-17	
7.2	Social media link with RSPB Give Nature a Home Campaign	L. Dale/ RSPB	May-17	
7.3	Set up online Friends of Bournemouth Hospital forum for staff to contribute ideas for future projects.	L. Dale	Mar-17	
7.4	Workshop with volunteers and grounds staff to capture ideas-vision-case studies- how staff and patients benefit	L. Dale/ M. Lovell/ RSPB	Sep-17	
8	MANAGEMENT	M. Lovell		
8.1	Recruitment of additional member of gardening team for Royal Bournemouth Hospital	M. Lovell	Feb-17	

NOTES:

- This plan reflects the main projects being managed or planned for the next financial year
- Reporting of progress to Carbon Group

	Risk to project completion or project delay has significant impact
	Risk to project timeline or potential risk to project implementation identified
	Project on target
	Complete
	Closed. Action not feasible/ relevant

