

Sustainability Strategy progress 2023

Action	Baseline (2019)	Target 2022	Achieved 2022	Target 2023	Achieved 2023
1 - Reporting on event type & number	<ul style="list-style-type: none"> • 6x Green Workshops • 6x Community Days • 12x Repair Cafes • 6 x Free Bike Servicing • Go Green Week events • 4 x Guest lectures • 3 x Award finalists 	10% on baseline, improvement on number of events over the next 3 years	<ul style="list-style-type: none"> • 7 (+1)x Green Workshops • 5 (-1)x Community Days • 15 (+3)x Repair Cafes • 15 (+9)x Free Bike Servicing • Go Green Week events online • 8 (+4)x Guest lectures • 4 (+1)x Award SRA Award, Fairtrade Award, Hedgehog Silver Award and 1st in People and Planet Green League • Silver Hedgehog Friendly Campus Award <p>New (+13) Litter Picks (+18) Students trained as Environmental Auditors for ISO 14001 Litter Pick hub to the community supporting Keep Wales Tidy (+5) student work placement groups Real World Projects participation (+3) Fairtrade Steering Group (+4) New Botanical Dye Garden working group</p>	10% on baseline, improvement on number of events over the next 3 years	<p>Green Workshops x8 (+1) 26th Jan – Planet Friendly Food 23rd Feb – Winter Wildlife Walk 6th March – Natural Dyeing 28th Sept – Make your own green cleaning products 29th Sept – Natural dye 26th October – Fermentation for Beginners 23rd Nov – Pickling and preserving 7th Dec – Wreath Making</p> <p>Community Days x6 (+1) 17th Jan 23 14th Feb 23 14th Mar 23 24th Oct 23 21st Nov 23 5th Dec 23</p> <p>Repair Café x14 (-1) 19th Jan Cyncoed 9th Feb – Lla 2nd Mar - Cyn 16th Mar - Lla 6th April - Cyn 18th May – Lla 8th June – Lla 29th June – Lla 19th Sept – PG 21st Sept – Cyn 5th Oct – Lla 12th oct - Cyn 9th Nov – Lla 16th Nov – Cyn 7th December-LLa</p> <p>Free Bike Servicing x14 (+8) 19th Jan Cyncoed 9th Feb – Lla 2nd Mar - Cyn 16th Mar - Lla 6th April - Cyn 18th May – Lla 8th June – Lla 29th June – Lla</p>

			<p>Submission of Fairtrade Application</p> <p>Submission of Sustainable Restaurant (SRA)</p>		<p>19th Sept – PG</p> <p>21st Sept – Cyn</p> <p>5th Oct – Lla</p> <p>12th oct - Cyn</p> <p>9th Nov – Lla</p> <p>16th Nov – Cyn</p> <p>7th Dec- Lla</p> <p>Go Green Week events – 6th – 10th March 23</p> <p>Guest Lectures x6 (+2)</p> <p>Business in Action 20th Jan</p> <p>Envt Health 24th Jan</p> <p>Leading change for Sustainability 31st Jan</p> <p>Carbon Literacy at Cardiff Met 20th October</p> <p>13th Nov – Greenwashing – Sustainability Fashion students</p> <p>Envt Health – 26th oct</p> <p>Award finalist x3 (=)</p> <p>Cardiff Life Awards – shortlisted – Most Sustainable Business – Jan 23</p> <p>July 2023 – TUCO Winner – Sustainability Award</p> <p>Shortlisted - Global Student Living awards – Environmental Management award – Nov 23</p> <p>New Sustainability Social x2</p> <p>31st Oct – Eco – Anxiety and the power of storytelling</p> <p>28th Nov – Sustainability and Fashion</p> <p>Sustainability themed talks x1</p> <p>Eco-Anxiety 2nd Nov</p> <p>Interns x4</p> <p>Work Placements x4</p>
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2- Maintain continuous improvement with ISO 14001 and achieve zero non-conformities	2 minor non-conformities raised	Achieve zero non-conformities	Successful external audit in January 2022 with no non-conformities raised.	External audit in April 2023 with one opportunity for improvement raised.	
3 - Improve on 68th from 2019 People and Planet Green league	2019 league position 68th	Achieve position in the top 10 in the next 3 years)	People and Planet League table published in December 2022. Cardiff Met achieved 1 st in the UK.	People and Planet League table published December 2023. Cardiff Met achieved 6 th in the UK, 1 st in Wales.	

1 - Monthly reporting on events type, number.

Green Workshops/ Bee Workshops- In 2023 attendance at **Free Green Workshops** provided by a local social enterprise has improved greatly, with many events being fully booked. The series of events allowed for creating opportunities for greener living, a chance for staff and students to learn new tips and ideas and share experiences. A total of eight green workshops were held in person in the Outdoor Learning Centre and on Llandaff Campus exploring things such as: eco-friendly cleaning, pickling, fermentation, natural dye, making sustainable Christmas decorations.

Additionally, this year six **Bee Workshops** were delivered with the help of the sustainability interns and Rob Lewis, Cardiff Met lecturer. This workshop was designed to help people feel more connected with nature and learn about the importance of biodiversity.

Sustainability Social Club- In 2023 Academic year a new event was introduced, a Sustainability Social club designed to inspire motivated, and empowered the Cardiff Met community to make more sustainability efforts. The social club is often facilitated with the help of guest lecturers from across the university and discusses different sustainability topics such as: biodiversity, fashion, food, travel. At the end of 2023, 2 successful sessions have been run with further 5 sessions scheduled for the first half 2024.

Community Days – In 2023 six **Community Days** were held, a local community partnership with a Farmers Market – Cardiff Farmers Market, supported by guests joining them each month, Student Entrepreneurs, Cardiff Council Waste Management, Environmental Champions, Fairtrade, re-use and recycling of books and stationery and promotion of Free Green Workshops provided by a social enterprise creating opportunities for greener living. This year, between **700-1000 items** such as books & clothes were given a second chance at life with the Clothes & Books Swaps organised at the Community Days. Throughout the six events, approximately **180 Free Haircuts** were given to students as a way of supporting with the cost of living.

Repair Cafes – continuation of Cardiff Met's Repair Cafes with fourteen events delivered in total, supported by a community Interest and not-profit organisation that facilitates pop-up events, offering training and advice to encourage communities that want to work towards a more Circular Economy, creating a culture of repair and re-use, directly addressing the ever-growing emergency of unsustainable growth in landfill and waste. An opportunity to invite our community and city on to Campus. The fourteen sessions we've run enabled staff/ students and community to bring broken items for our repairer volunteers to look at, saving items from landfill, providing advice and expertise. Even though we've run one less session compared to the previous year, we've managed more repairs, totalling at **317 different** items during our monthly Repair Cafes. Because of this, we've managed to save **-10337.7 kg of carbon emissions** from the atmosphere-the equivalent of what 492 mature trees would absorb from the atmosphere in one year.

Free Bike Servicing - a local Charity Cycle Training Wales provided Free Bike Service / MOT check, for over **200 serviced for free bikes** for staff, students and local community during Repair Cafes and Go Green Week.

Go Green Week - an annual national week of action on climate change in schools, colleges, and universities. The University celebrated Go Green Week **6th – 10th March 2023** with a range of Green events signposting to all Green Initiatives e.g. Smalls For All – Recycling initiative, Book swap, Fairtrade, Cardiff Digs and Environmental Champions, YMCA Clothes Collection, Waste Management on Campus and Recycling unwanted Christmas gifts.

Seminars / Lectures – The Sustainability team has facilitated as guests a total of **six lecturers in 2023**, presenting to cohorts such as International Business Management, Environmental Health, Fashion Marketing. The discussions presented touched on a range of subjects such as: greenwashing and how companies can achieve net zero. Moreover, in depth discussions were provided to present students with an overview of what sustainability means at Cardiff Met and how they can get involved.

Internships / Work placements- In 2024, 4 students undertook internships and work placements as part of the Sustainability Team- the students developed their sustainability knowledge and were given chances to put this into practices. The interns created and delivered one of our main events of the year- **The Bee Workshops** but also helped with all the other events of the year, with social media and spreading sustainability awards. E.g One of the students also guest lectured at the International Business Cohort and shared their experience with volunteering and sustainability, another created and launched of **Sustainability Newsletter in November 2023**, that reached 172 subscribers at the end of the year and an average **50% open rate**. Interns also helped with **Freshers Fayre and International Welcome Week**.

Awards – Cardiff Met was shortlisted by Cardiff Life Awards as Most Sustainable Business – Jan 23 and by Global Student Living awards – Environmental Management award – Nov 23. The University won a Sustainability Award in July 2023 from TUCO.

Social Media Engagement- In 2023 we concentrated our efforts on social media engagement, and we've made 105 posts and gained +2000 followers, our highest reach level was +5000 watches on an Instagram Reel. In 2023, we've engaged in 2 online campaigns: Be Mighty, Recycle and The Great Big Green Week 2023. The Recycling campaign has been run for 2 weeks, the first week coincided with Recycle Week in Wales, 6 Campaign videos have been published on Cardiff Met Sustainability Instagram reaching over 1000 views.

Fairtrade Steering Group – Fairtrade Steering Group set-up for renewal and Fairtrade SMART Action Plan has been updated. In 2023, there has been lots of progress made towards the completion of Action Plan to successfully achieved Fairtrade Award in 2024.

Litter Picks - The implementation of regular litter picks from each campus bookable for staff, students and the local community has been taken a step further this year, with a total of 19 litter picks organised. This contributed to removing over 15.000 bags of rubbish from landfill in Cardiff alongside our partner organisation Keep Wales Tidy.

Cycle Scheme – April – June 2023 – 34 staff members purchased a bike for work commute under the salary sacrifice Cycle Scheme. An Electric Bike demonstration on Llandaff Campus during the Cycle scheme purchase window.

Litter Pick Hub - provision of Litter Pick hub for community loan of litter picking equipment for Keep Wales Tidy, in 2023 we've rented out 103 pieces of equipment to 15 people.

2) Maintain continuous improvement with ISO 14001 and achieve zero non-conformities – Successful external audit in May 2023 with one non-conformity raised. Additionally, 12 students have been trained as Internal Auditors to help with continuous review and improvement.

3) Maintain 1th from 2022 league Sustainability Engagement – achieved 1st position in Wales in People & Planet Green League, 6th in the UK, with a total score of 75.3%.