

LMH is committed to working sustainably and embedding sustainable learning through action and experience. Our community of students and staff drives our sustainability initiatives, and this report captures some of the College's activities and successes over the past year.



**6 hedgehog boxes** were constructed in Green Week workshops, and are now in place in the LMH gardens and at WildCRU. The College community have been engaging with our wildlife and biodiversity through **weekly wildlife walks**, an **observation hut** and **student gardening club**, and our Gardens Team have started to make and use their own **bio-fertiliser**. We also welcomed over **2000** new wriggly residents by setting up a **worm farm** in the gardens!



The College took part in **Green Impact** for the **5<sup>th</sup> year**, a national initiative which provides simple and effective ways for staff and students to embed positive environmental change. LMH was the first Oxford College to achieve the Gold award and we are aiming for the newly introduced **Gold+** level this year.

Over **100 disposable cups** and **300 food containers** have been saved from landfill each week since removing all single-use takeaway containers from Hall. Alternative re-usable boxes, **LMH KeepCups** and **Chilly's Bottles** are available to purchase, and **OxUnboxed** pop-ups have helped residents to refill and reduce waste.

### 2018-2019 at a glance



**7 weekly vegetarian cooking classes** were run by students.



These classes, along with regular film screenings and special events such as an in-conversation with **George Monbiot**, have helped to boost engagement with many areas of sustainability. Our newly established **Sustainability Working Group** gives everyone the opportunity to get involved.

**1569 bookings** have been made through the College's Community bike scheme, which encourages staff and students to make sustainable travel choices by enabling use of a community bike free of charge. That's over **8000 riding hours** over the past 12 months!



A partnership with **Cultivate** gives staff and students the opportunity to have **weekly veg boxes** filled with local, organic, ethical and waste-free produce delivered to College. In Hall we've introduced a **daily vegan option** and a number of initiatives in line with the **Sugar Smart** campaign.

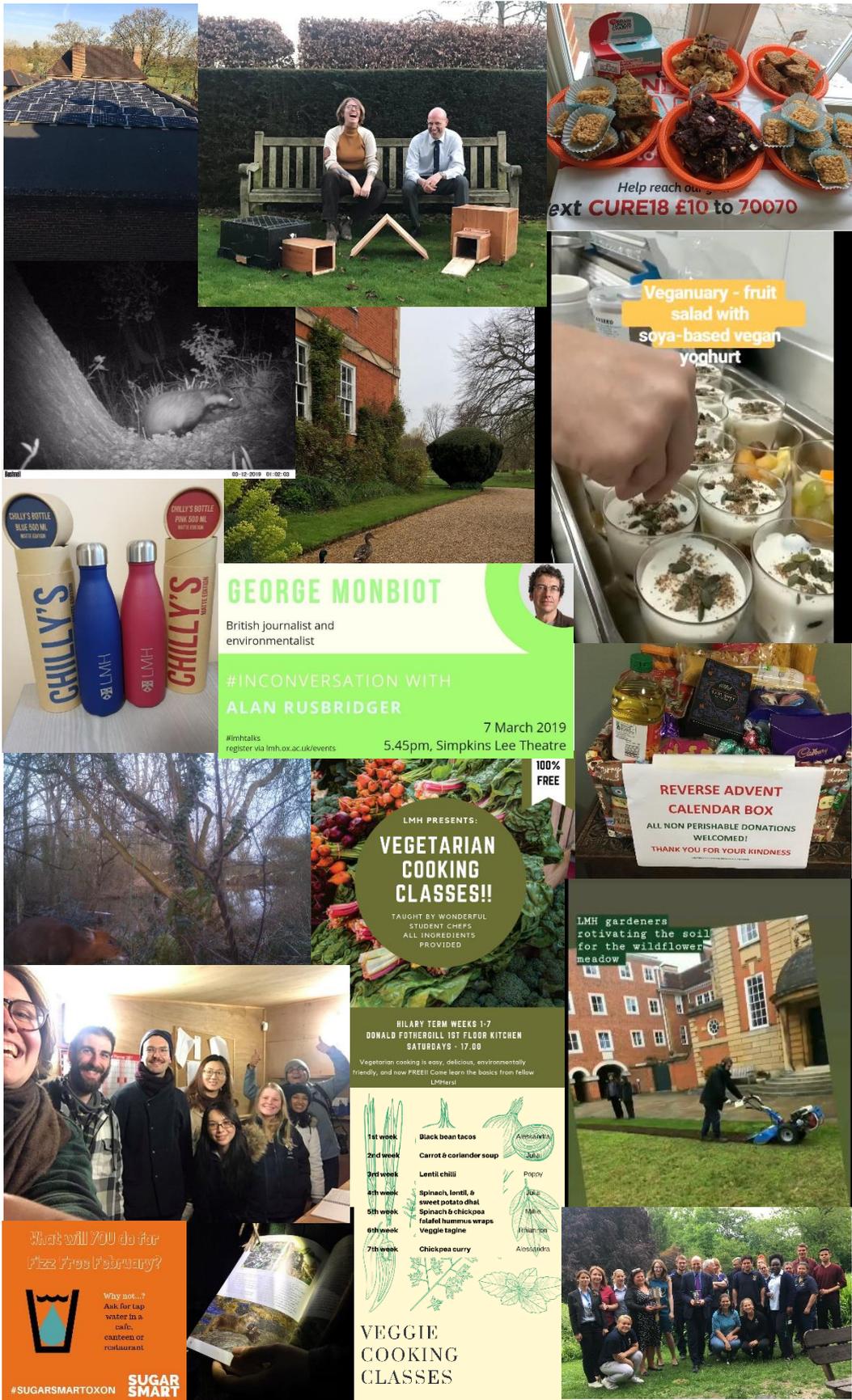


**66 new food waste recycling bins** have been installed in student kitchens. Over **23,000 kg of food waste** has been sent by the College for recycling in the past 12 months, and our average total recycling rate over that period has been around **50%**.



**68 digital TRVs** have been installed across two historic residential buildings through a partnership with Oxford start-up EcoSync. This gives users more control over the temperature of their room and enables the College to better monitor and manage heating across the site. We've also completed a scheme of work to **refurbish** a large tranche of our most historic and in-efficient **sash windows**.





**Help reach our next CURE18 £10 to 70070**

**Veganuary - fruit salad with soya-based vegan yoghurt**

**CHILLY'S BOTTLED BLUE 500 ML WITH LEMON**  
**CHILLY'S BOTTLED PINK 500 ML WITH LEMON**  
**CHILLY'S BOTTLED WHITE 500 ML**

**GEORGE MONBIOT**  
 British journalist and environmentalist

**#INCONVERSATION WITH ALAN RUSBRIDGER**  
 7 March 2019  
 5.45pm, Simpkins Lee Theatre  
 #lmhtalks register via [lmh.ox.ac.uk/events](http://lmh.ox.ac.uk/events)

**100% FREE**

**LMH PRESENTS: VEGETARIAN COOKING CLASSES!!**  
 TAUGHT BY WONDERFUL STUDENT CHEFS ALL INGREDIENTS PROVIDED

**REVERSE ADVENT CALENDAR BOX**  
 ALL NON PERISHABLE DONATIONS WELCOMED!  
 THANK YOU FOR YOUR KINDNESS

**LMH gardeners rotivating the soil for the wildflower meadow**

**HILARY TERM WEEKS 1-7**  
**DONALD FOTHERGILL 1ST FLOOR KITCHEN**  
**SATURDAYS - 17.00**  
 Vegetarian cooking is easy, delicious, environmentally friendly, and now FREE!! Come learn the basics from fellow LMHers!

1st week	Black bean tacos	Azulescilla
2nd week	Carrot & coriander soup	Poppy
3rd week	Lentil chilli	Black
4th week	Spinach, lentil, & sweet potato dhal	Red
5th week	Spinach & chickpea falafel hummus wraps	Yellow
6th week	Veggie fagins	White
7th week	Chickpea curry	Amalagindra

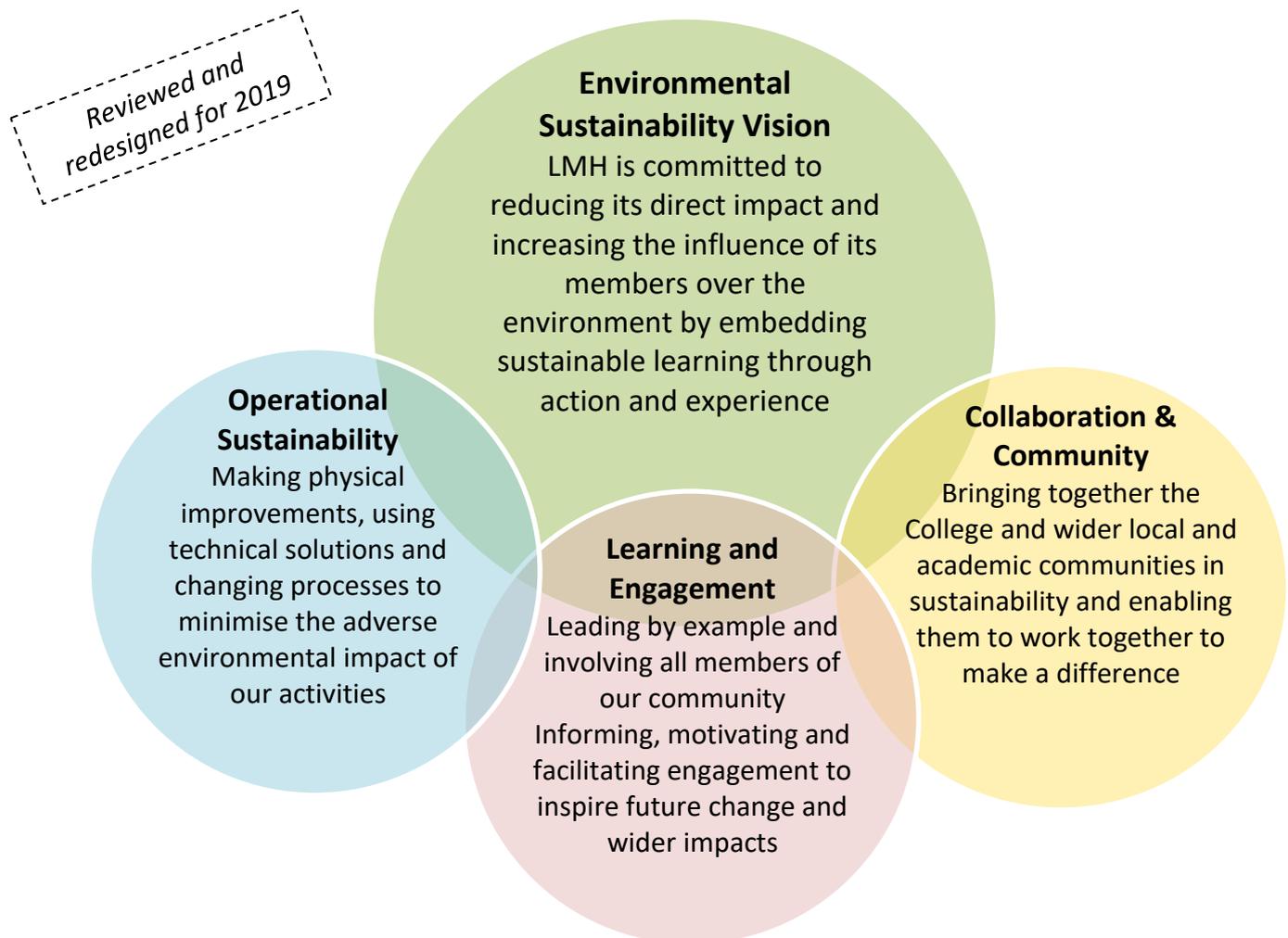
**VEGGIE COOKING CLASSES**

**What will YOU do for Pizz Free February?**

**Why not...? Ask for tap water in a safe, canteen or restaurant**

**#SUGARSMASTOXON SUGAR SMART**

This work has been possible because of the support of the LMH community – thank you!



LMH is committed to reducing its direct impact on the environment by improving the sustainability of our operation and embedding sustainability in our decisions and processes. The College continues to take steps to reduce direct and indirect pollution to land, air and water by meeting compliance with environmental regulations and legislation, managing environmental risk and minimising the associated indirect adverse environmental impacts of its activities for example through its supply chains. Improvements in operational performance will be made through reduction of greenhouse gases, reduction of energy and water consumption, transport planning, efficient management of waste and resources, efficient management and construction of buildings, biodiversity enhancement. Also by seeking to change the behavior of its members and visitors by informing and involving them.

LMH recognises that as a leading global place of learning it has the potential and responsibility to influence the environment through the actions of its members now and in the future. LMH aims to help its members contribute to wider impact on social change and sustainability issues in their future roles. It aims to do this by setting an inspiring example in its own activities, by making it easy and attractive to engage with current ideas, by facilitating and inspiring engagement, and through its own education and research. Our community will be motivated to have and use the knowledge and skills to address environmental sustainability.

## Significant Areas of LMH Activity

### **Buildings Management**

Introducing sustainable operating efficiencies and new buildings technology, and reducing the negative environmental impacts of our construction and refurbishment projects.

### **Water**

Using water efficiently in buildings and business use, implementing measures to reduce use of mains water and reduce pollution entering watercourses. Using technical solutions and behaviour change to achieve these goals.

### **Gardens & Biodiversity**

Limiting our negative impacts on natural ecosystems and environments within the College site, implementing measures to enhance biodiversity and increasing appreciation of the natural environment.

### **Energy**

Reducing overall energy consumption and increasing our use of renewable energy sources within that and so reducing carbon emissions. Using technical solutions and behaviour change to achieve these goals.

### **Travel & Transport**

Encouraging and supporting staff, students and visitors to use low and zero carbon modes of transport. Facilitating and encouraging multi-mode and active travel.

### **Waste**

Reducing our total waste produced and increasing recycling within our reduced residual waste. Minimising hazardous material waste. Using technical solutions and behaviour change to achieve these goals.

### **Food & Catering**

Working to reduce the environmental impact of our food (land use, water use, carbon and waste) through menus, sourcing and production. Raising awareness of how personal diet choices affect health and the environment.

### **Procurement**

Taking information about the environmental and social costs of the goods and services we procure into account as well as the financial cost when making purchasing decisions.

# Progress Report

## Policy, Education and Community

Areas of work	Maintaining the standard	Improvements made / new projects	Next steps
Policy and action plan	The College has a <b>sustainability policy</b> which sets out our vision, approaches, identified key impacts and objectives.	This year we have been <b>reviewing and redesigning</b> our policy framework to bring it in line with current approaches to sustainability, to capture what has been achieved in recent years and to present the policy in an accessible and meaningful way. 'Operational Sustainability', 'Learning and Engagement' and 'Collaboration and Community' have been identified as key elements that underpin many of our sustainability objectives rather than being objectives in their own right. We have also formed a <b>Sustainability Working Group</b> with students and staff who are working on an action plan of sustainability initiatives.	Agree the reviewed policy in Governing Body.
Collect, analyse and share data	<b>Monitoring and reporting</b> on water, waste and energy use.	Some suggested operating measures and KPIs have been agreed and data gathered. The SWG is working towards setting achievable <b>targets</b> against our KPIs and <b>installing meters</b> to measure the impact of individual buildings.	Agree <b>targets</b> and progress current actions.
Reporting and communication		Producing an <b>annual sustainability report</b> with engaging facts and figures.	Utilise the CORE site as a sustainability information and resource hub.
Supporting charities	LMH regularly supports charities through <b>community fundraising events</b> .	Our newly established Staff Social Committee has put together a calendar of charity events. We have also partnered with the Oxford Hub on a project to find student volunteers to support Dementia Daybreak, a day centre for older people living with dementia and their families based in our local community.	
Working collaboratively	The <b>Oxford College's Sustainability Guild</b> , which aims to bring together staff and students from across the collegiate network to share ideas and practices.	The Guild has continued to expand this year with increased engagement. LMH is also working with Kellogg College this year on a collaborative project to design an interactive biodiversity trail along the Cherwell.	Look at hosting micro-internships.
College community involvement	LMH has taken part in <b>Green Impact</b> for several years and offers the opportunity for staff and students to get involved in projects. Annual <b>Green Week and Fairtrade Fortnight</b> events are aimed at raising awareness and increasing engagement, and we regularly use our website, display screens and social media accounts to communicate about sustainability.	A sustainability working group has now been established to provide focus and continuity for the College's sustainability initiatives. We have hosted a number of educational events and film screenings this year including a conversation event with George Monbiot. We have agreed a phrase relating to sustainability that can go in all new job descriptions.	Look at embedding sustainability in all staff inductions and the student Freshers week induction programme.

# Progress Report

## Buildings Management, Gardens & Biodiversity, Travel & Transport

Areas of work	Maintaining the standard	Improvements made / new projects	Next steps
<p>Making physical changes to help support wildlife</p>	<p><b>Wildlife and bird boxes</b> are installed throughout the gardens, to monitor our wildlife populations and provide safe homes where possible. Our <b>wildflower meadow</b>, which replaced a mown lawn quad several years ago, helps to promote biodiversity by providing a food source for many types of bees and other pollinating insects such as hoverflies, butterflies and moths that in turn pollinate food crops and provide food for birds and bats.</p>	<p>Group activity in Green Week to build <b>hedgehog boxes</b> for the gardens. We have also started to expand our areas of <b>wildflower planting</b>, in an effort to increase our native wildflowers and biodiversity. We are sowing areas specifically for wetlands, ditches and riverside, as well as an area specially mixed to provide plants with seed heads, to provide food for birds over the winter months.</p>	
<p>Using sustainable materials and practices</p>	<p>LMH has a <b>pesticide policy</b> in place, a commitment to using <b>peat-free compost</b> and <b>rainwater harvesting</b> facilities in the gardens. We have reduced tightly mown areas, introduced <b>rough grass areas</b> and kept woodland/waterside habitats as natural as possible with plenty of growth along the banks to prevent erosion and provide cover for wildfowl.</p>	<p>This year we have started to <b>make and use bio-fertiliser</b> instead of conventional commercial fertiliser, which is made by fermenting the native microbes and mycelium (forest floor and mushrooms) at LMH. The mix contains all the nutrition on the forest floor we have by the river, and under our trees. Once fermented it is transformed into a readily available and absorbable 'living food'. The brews are used to feed, recover and re-activate soil biology, increase plant fertility and animal/insect health, also encouraging protection against pests and diseases. We have swapped a harmful bleach based chemical to a <b>natural enzyme based product</b> for cleaning moss and algae from our roads, walls and tennis court and are using <b>organic low-impact slug pellets</b>. We have also begun to replace our petrol powered hand tools with <b>cordless battery powered models</b>, reducing the use of petrol and improving both the operator's experience and that of other garden users as this means less fumes and less noise.</p>	
<p>Information and communication</p>	<p>Our <b>Biodiversity Gardens booklet</b> is available at the Lodge for all College members and visitors. We have <b>wildlife cameras</b> setup in the gardens along with a <b>wildlife observation hut</b>. Students have also been running a <b>gardening club</b> during term-times.</p>	<p>We are developing enticing informative <b>signage</b> and communications to get students engaged and promote custodianship. <b>Camera traps</b> have been re-introduced in the gardens and <b>weekly wildlife walks</b> started around the site to help educate and engage the College community.</p>	<p>Look into opportunities for <b>citizen science</b> projects.</p>

<p>Communicating travel options (staff and students, visitors)</p>	<p>The <b>LMH Travel Guide</b> sets out our commitment to sustainable travel and provides information on sustainable travel choices to and within Oxford (available on website, CORe, Intranet, staff induction, visitor info packs).</p>		<p>Review the guide in conjunction with <b>Travel Plan review</b> (Autumn 2019), and aim to include more information about the direct environmental impacts of different travel choices.</p>
<p>Collecting travel data</p>	<p>A comprehensive <b>Travel Survey</b> was designed and conducted for staff in 2018, to find out how our staff travel to work and what might encourage them to choose more sustainable modes of transport. Results were presented to staff.</p>		<p>Analysis from the survey will feed into the Travel Plan review. Look at ways to gather data from our <b>conference guests/visitors</b> about their travel choices.</p>
<p>Encouraging sustainable travel</p>	<p>LMH has had a <b>Travel Plan</b> and <b>Parking Policy</b> in place since 2013 which aims to reduce the number of car journeys necessary for commuting to and working for the College over time, and to fairly allocate the limited parking resources we have on site. We have a number of <b>initiatives to encourage cycling and public transport</b> including: extensive provision of bicycle racks on site, tools available at Lodge, Cycle to Work scheme, Cycle.Land pool bike scheme, season ticket schemes, flexible working policy. We hold regular <b>events</b>, particularly during Green Week and Wellness Weeks, to promote sustainable travel with pop-ups, free repair workshops, cycle lessons and rides etc.</p>	<p>Getting LMH involved in the <b>UniCycle</b> challenge</p>	<p>Carry out planned <b>Travel Plan and Parking Policy review</b> in Autumn 2019. Look at providing dedicated shower/changing facilities for staff/visitors travelling by bike.</p>

# Progress Report

## Water, Energy and Waste

Areas of work	Maintaining the standard	Improvements made / new projects	Next steps
Waste infrastructure	We provide <b>separated waste streams</b> in all residential areas and offices and have dedicated facilities and contracts for specialist waste. LMH has participated in the <b>BHF</b> en-of-year collections for a number of years.	Over the past year we have been working to <b>improving the bins</b> provided, particularly in student kitchens, and the associated <b>signage</b> to make it easier for users to separate waste at source. Our central recycling area has also been upgraded to improve the conditions for staff handling waste. We have also recently updated our <b>recycling guide</b> to reflect Select's four colour-coded waste streams. We have also introduced four <b>separate waste streams</b> into the self-clear stations in the Dining Hall to encourage recycling.	Get LMH involved in a <b>re-use scheme</b> .
Food waste	In the Catering department we implement measures to reduce food waste in everyday activities, and we have a <b>discounted food scheme</b> for unsold meals.	This year we have rolled out <b>food waste bins</b> across our residential areas so that students have the opportunity to recycle everyday food waste. We have also introduced a <b>worm farm</b> on site.	
Reducing single use items and plastics	We provide <b>reusable catering items</b> in Hall and for events as standard.	LMH has now removed all single-use <b>takeaway containers</b> from Hall, saving over 100 cups and 300 food containers going to landfill each week. We sell re-usable alternatives and KeepCups. In our catering outlets we have stopped using <b>disposable plastic containers</b> for desserts and pre-packaged cakes. Our Housekeeping Team have switched from using disposable to reusable cleaning cloths and cleaning products in reusable bottles, with 50-60% of products now re-fillable.	Quantify where the most <b>single-use plastics</b> are used and the areas that can be feasibly reduced.
Paper use	<b>Default printer settings</b> are set to black & white, two sided.	We have been targeting <b>paper wastage</b> in communal facilities, encouraging staff to use the Locked Print option, only printing when necessary and providing recycled paper.	
Communication and engagement	Regularly holding <b>events and competitions</b> to draw attention to issues around waste and invite waste saving ideas from the community.	Weekly <b>War on Waste</b> screenings and <b>OxUnboxed</b> pop-ups have been taking place throughout the year. In Trinity Term 2018 we held a <b>waste/recycling competition</b> with Keble to get our residents engaged with the topic. The Housekeeping Team have received new training in the same standard to improve efficiency on products and paper use.	Re-run <b>Battle of the Bins</b> with another College.

Water use	<b>Tap water</b> is provided as standard.	In the process of installing <b>water fountains</b> to replace bottled water used during the Conference season and no longer stocking bottled water in Hall.	Conduct a <b>site review</b> and develop some <b>practical actions</b> to reduce water use, particularly in residential areas.
Practical actions to reduce energy use	An <b>Energy Audit</b> took place in 2018 to help identify key areas for improvement on the site. We have a policy to replace old light fittings with energy-efficient <b>LED bulbs</b> and equipment such as hot-drinks machines are switched-off when not in use. We have an on-going programme to refurbish and improve air tightness for the sash windows in our Grade II listed buildings.	In 2018 we completed a scheme of work to refurbish a large tranche of our most historic and in-efficient sash windows across four buildings.	Set a <b>carbon target</b> for the College and an action plan for achieving this in the specified time frame.
Renewable energy	The College has invested in its own <b>Green Resources</b> , having installed 4 photovoltaic arrays, an array of solar collectors and a significant ground source heat pump system in recent years.		Embed renewable energy ideas in planned major <b>heating infrastructure review</b> .
Site management	LMH has partnered with Oxford start-up EcoSync on projects to install <b>digital TRVs</b> in some of our historic residential buildings, giving users more control over their heating and enabling the College to better monitor and manage heating across the site.	Extension of the project to other buildings and building an interface with our booking software to provide greater visibility of building occupancy.	Upgrade and consolidate our <b>building management systems</b> to produce better control over heating and hot water plant.
Communication and engagement	LMH has taken part in the <b>Student Switch Off</b> campaign for a number of years, achieving Platinum Level and winning the competition in 2017. We have <b>energy-awareness stickers</b> and posters in place throughout offices and communal areas and we <b>invite energy-saving ideas</b> from students and staff each year.		Refresh stickers and posters in residential areas for the next academic year. Organise an inter-collegiate energy saving competition.

# Progress Report

## Food, Catering and Procurement

Areas of work	Maintaining the standard	Improvements made / new projects	Next steps
Smart purchasing and sourcing	Our Catering department look to use <b>local suppliers</b> wherever possible and to use produce with <b>sustainable food certificates</b> including MSC and Fairtrade. We also <b>grow</b> some of our own supplies in the gardens seasonally with the student gardening club.		Analyse our <b>purchase supply chains</b> with a view to making more sustainable choices where feasible. <b>Collaborate with local food producers</b> and other parties to create a 'map' of local food suppliers who would be able to supply some colleges if there was the demand. Develop a specific procurement policy for the College with sustainability at the core.
Promoting sustainable food choices	We hold regular <b>promotions and events</b> for special produce (e.g. seasonal, local) in our Dining Hall.	This year we introduced a <b>Vegetarian Wednesday</b> scheme in our student servery and we now offer a daily <b>vegan</b> option. We promoted Veganuary by switching all vegetarian meals every Wednesday to vegan alternatives. We have implemented a number of initiatives in line with the <b>Sugar Smart</b> campaign and developed a <b>Food Policy</b> which includes aspects such as nutrition, seasonality and sustainability. LMH has also partnered with <b>Cultivate</b> , a collective that delivers local, organic, ethical and waste-free vegetables, to bring LMH students and staff special prices and free delivery of weekly veg boxes to College.	Look at creating a sustainable Conference package.
Fairtrade	We continue to offer <b>Fairtrade food items</b> in the Dining Hall, vending machines and catering services. Each year in Fairtrade Fortnight we hold <b>promotional events</b> to educate the College community about Fairtrade.	In June, LMH became jointly <b>accredited</b> as part of the Fairtrade University along with five other Colleges and some of the University departments.	Investigate potential <b>non-food items</b> to use and promote in the College context.
Education	We use display screens in Hall and point-of-sale <b>signage</b> to promote sustainable and healthy options and help diners make an informed choice about their food.	Our JCR have been running <b>cooking skills classes</b> this year, which have been a great success and example of peer-to-peer education and engagement. The LMH Catering Team have also established a Twitter account to improve communications.	Embed good initiatives such as the cooking skills classes to ensure continuity.

If you would like to get involved with any of the College's sustainability initiatives, or if you have an idea for a project that you would like to introduce, then get in touch by contacting [bursary@lmh.ox.ac.uk](mailto:bursary@lmh.ox.ac.uk) or through the JCR and MCR Green Reps.