

Catharsis Environmental Policy

At Catharsis we are committed to providing therapeutic services that are tailored to the needs of a diverse range of clients. Our skilled therapists and versatile approach to creative psychotherapy allows full engagement at all levels.

Catharsis approach to the environment

Catharsis takes its responsibilities to the environment seriously and aims to be environmentally conscious in its operation. Catharsis sees itself contributing towards a safe and healthy environment for today's children, young people and for all future generations.

We commit to a number of key features to meet our environmental responsibilities. We strive to adopt high environmental standards in our delivery by reducing or removing environmentally damaging activities and encouraging activities that improve or conserve the environment.

Net Zero Commitment

Catharsis Ltd is committed to supporting the UK's transition to a low-carbon economy and to achieving **Net Zero greenhouse gas emissions by 2050**. As a small specialist provider, we recognise our responsibility to minimise the environmental impact of our operations and will continue to identify practical opportunities to reduce our greenhouse gas emissions through sustainable working practices, responsible procurement, reduced business travel and efficient use of resources. We will measure and reduce our greenhouse gas emissions through proportionate carbon management and continuous improvement, as set out in this policy.

Actions

- Assess on a continuous basis the environmental impact of our activities.
- Comply with all relevant environmental legislation and regulations and aim to go beyond compliance where possible.
- Request therapists / staff take a pro-active response to sustainability upcycling and recycling of resources.
- Promote environmental awareness amongst clients, staff, children and young people, parents and partners.
- Use environmentally sound transport; encourage use of public transport or cycling to work where possible and encourage vehicle sharing where practical and possible.
- Source venues close to the client's home in order to reduce the need for transport, where this is possible and appropriate.
- Support home working where this is possible and does not impact negatively on others
- Minimise the use of all materials, supplies, and energy, and, wherever possible use renewable or recyclable materials and components.
- Consider unnecessary emails and the use of 'reply all'
- Ensure our therapists share resources with the institution they are based at, so as not to double up on materials.
- Encourage use of Play and Recycling Centres to obtain resources.
- Source and promote product ranges, which minimise the environmental impact of both production and distribution.
- Highlight environmentally positive behaviours in supervision and share good practice
- Use 'waste-free' processes wherever possible, i.e. IT systems in preference for paper-based systems.
- Minimise waste by evaluating operations and ensuring they are as efficient as possible.
- Actively promote recycling both internally and amongst customers and suppliers.
- Review environmental performance annually.
- Engage suppliers on environmental sustainability where proportionate.

- Consider environmental impacts when making purchasing decisions.

Environmental concerns can be raised by staff or clients at any time via the Catharsis Senior Leadership Team

Altered Practices

In situations, such as a pandemic, other public health or emergency situation where environmental standards might be temporarily impacted, new ways of working are required in order to protect lives. It is recognised that single use resources, increased use of cleaning products and bagging up of disposable items, does have an impact on the environment. Catharsis therapists, staff and clients are encouraged to follow government guidance, whilst at the same time consider what resources are absolutely necessary for any given activity.

Carbon Management

Catharsis will establish a proportionate greenhouse gas emissions baseline based on the environmental data available to us. Initially, this will focus on our allocated gas and electricity consumption for our office premises. As our environmental reporting develops, we will review opportunities to include additional relevant emission sources where reliable data is available.

Progress towards our Net Zero commitment will be reviewed annually as part of the Environmental Policy review. This will include reviewing environmental performance, identifying practical opportunities to reduce greenhouse gas emissions and updating our action plan where appropriate.

Review

Implementation / Review date	Reviewers
July 2026	Hannah Robertson
Next Review date	Keren Adler
August 2026	