

Clean air day

for all working in
health and care
system

20 June 2024



2024 campaign

Protect your health and the planet this **#CleanAirDay** by walking, wheeling, cycling or using public transport



Did you know: cars and vans are the biggest source of toxic chemicals in our air



Take action:
cleanairday.org.uk



Call on your local community to get on board with clean air this **#CleanAirDay**



Everyone should have the option to travel in ways that are better for our health and the planet



Take action:
cleanairday.org.uk



Find out why greener transport is the route to cleaner air this **#CleanAirDay**



Air pollution is the biggest environmental threat to your health



Take action:
cleanairday.org.uk



Clean air day activities



North East London
Health & Care
Partnership

Across London	Tower Hamlets	Newham	City of London
<p>Cleaner Air, Healthier Lives Summit</p> <p>Wellcome Collection; 183 Euston Road London NW1 2BE</p>	<p>St Stephen's Health Centre event, 12 – 4:30pm</p> <p>Information on air quality and green lifestyle tips.</p> <p>Gardening activities. Books, toys and plants for sale.</p> <p>William Place, E3 5ED</p>	<p>Tollgate Medical Centre event, 2 – 6pm</p> <p>Air pollution advice, group consultations on asthma and wheeze, Dr Bike mechanics, Local cycle groups.</p> <p>Tollgate Road, E6 5JS</p>	<p>Monday 17 June 3-5pm- Drop-in session- Artisan Library- promote air-aware, new resources + give aways, arts & crafts</p> <p>Wednesday 19 June 2pm to 4pm How does the urban realm impact on Air Quality – City of London walk A guided walk around the eastern part of the City.</p> <p>Friday 21 June 3-5pm Drop-in session- Barbican Library promote air-aware and new resources + merchandise give away, arts & crafts</p>

Free online training for healthcare professionals



Empower Your Patients

Learn actionable strategies and advice to guide your patients in navigating a polluted world

<https://www.newhamtraininghub.org/programmes/air-quality-awareness/>

Cycle buddies

Nick Butler & Mina Barber

Ages: 75 and 59
Borough: Havering

Why did you want a Cycle Buddy?

Mina: As a child in India, I had anearmis with a lorry and was never allowed to ride a bike again. Years later in Tower Hamlets, I would sit on the bus to work and watch all the people cycling and wish it was me. This year I finally had the time to fulfil my ambition to ride a bike — but I didn't have anyone with time to cycle with me.

Nick: I moved to Upminster in 2016 and was pretty scared of cycling due to the

intensity of traffic. In Havering, where do you cycle to? I like to go slow, I like to natter, and I've spent years finding quiet routes — now I want to share them.

What have you learnt from your Cycle Buddy?

Mina: Nick is such a kind person, so patient. We've done weeks of rides. When I'm with Nick, I feel more confident and I really enjoy spending those moments with him. Yesterday we got the train and cycled 13 miles around the Olympic Park. Nick takes me places I would never have gone on my own.

Nick: It brings me an awareness of other people's perceptions and the individual challenges people face. Mina's so determined. And even if you're riding slowly, when you're used to walking then cycling is very fast!

Mina: I'm definitely getting stronger too. I'm a Hindu and we do daily prayers at our household mandir. Before I started cycling my knees weren't bending, so I had to sit on a dining chair. Now I can fold my legs and sit for meditation properly. I just want to cycle all the time. If someone says 'Mina, let's go, I'll go!



When you join [Cycle Buddies](#) you can see all the people offering cycling help in your area.

Common things Buddies help with include:

- Returning to cycling after a short break
- Returning to cycling after a long break
- Finding quiet roads and cycle paths in your area
- Building confidence cycling on roads
- Planning and trying routes to work, schools, parks or shops
- Cycling at night
- Checking your bike is safe before a ride.

Your Cycle Buddy is just a few clicks away...

- Go to the website and sign up for an account.
- Create your profile including your name, the kind of help you want, your area, and what type of Buddy you're looking for.
- View Buddies in your area, choose one who meets your criteria, and send them a short message.
- Meet up and start cycling with your first Cycle Buddies session.

And remember, with Cycle Buddies you set the pace – you decide where to meet, when you start cycling, and how far and fast you go.

50% NHS discount

NHS workers

Santander bikes support NHS employees to cycle by offering a 50% discount on our annual subscription. That's a year of unlimited 60-minute rides for £60.

Just use your NHS email to contact enquiries@santandercycles.tfl.gov.uk. You'll be sent a promo code as soon as your request has been validated.



Other NHS travel discounts

*Lime Bikes – Apply for discounts via the Lime access program further details [here](#)
Download the app IOS | Android*

*Dott – 75% discount on pay as you go rides. Further details on how to access the discount can be found [here](#)
Download the app IOS | Android*

*Human Forest – 20% discount on rides.
Further details [here](#)
Download the app IOS | Android*



Current air quality programmes

NEL resources for professionals and animations

Whipps Cross Nitrous Oxide waste audit

DEFRA funded LBBB: Community Champions for Air Quality



NEL ICS Travel Survey for staff

NEL High quality, low carbon inhaler care

NEL ICB active travel webinars for staff

Green Wheels (LCC): To enable disabled children, young people and families (CYPF) and NHS staff

Super Low Emissions Zone – Victoria Ward

Various – Breathe London nodes



Bart's Health WeCycle Rehab Project (London Cycling Campaign)

Zero Emissions Network – Newham, Hackney, CoL, Tower Hamlets (+ Westminster)

Newham Community Pharmacy Asthma and Air Pollution pilot project

[Knitting the Air](#)

DEFRA funded air quality project: City of London, Hackney, Tower Hamlets and Newham

NEL ICS Air Quality Framework – Global Action Plan

Resources for professionals



Interim North East London
Integrated Care Strategy

North East London (NEL) Joint
Forward Plan

Maternity

Developing a people and
workforce strategy

People and services

Children and young people

Services across north east
London

Resources for children and
families

Caring for vulnerable
children

Helping children with
bereavement

Keeping our children safe

Hazards at home

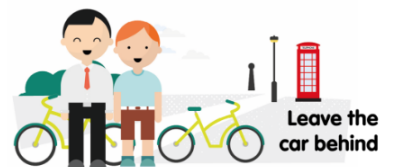
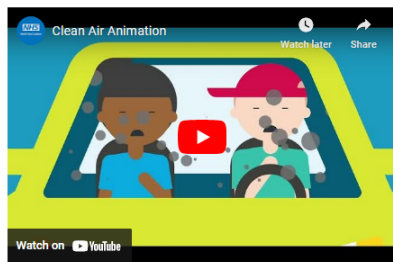
Your child's vision and
hearing

Air pollution

Free sessions for Newham
children with asthma and
wheeze

When your child is unwell

Air pollution



Visit here for information on free sessions for Newham
children with asthma and wheeze.



Downloads

Asthma stop smoking support
letter
[PDF 0.18 mb]

Air pollution screensavers
[PPTX 3.07 mb]

Air pollution and you checklist
[PDF 1.2 mb]

Air Pollution training
presentation for professionals
[PPTX 6.45 mb]

Air pollution toolkit
[PDF 0.25 mb]

Asthma housing support letter
[PDF 0.8 mb]



Useful links

Health professional training
video

Air Pollution in East London -
...

Source:

<https://www.northeastlondonhcp.nhs.uk/ourplans/children-and-young-people/resources-for-children-and-families/keeping-our-children-safe/air-pollution/>

Air quality training and local toolkits

Audience	All staff in the Integrated Care System
Difficulty rating	Beginners and intermediate
Time commitment	Between 40 minutes and a few hours
Number of places	Unlimited
Start date	Anytime
Format	100% virtual
Training provider	Various
How to sign up	Log into the relevant portal
Deadline to apply	Open all year

[All our health module: Air pollution](#) about how our health is affected by poor air quality via the eLFH portal (an nhs.net email is required).

NEL specific training webinars for health professionals to learn how to talk to patients and about air pollution
[Air Quality Awareness – Newham Training Hub](#)

NEL specific tools for health professionals to talk to patients and system partners about air pollution
[Air pollution - North East London Health & Care Partnership \(northeastlondonhcp.nhs.uk\)](#)

WHO Air Quality Toolkit
[Air pollution and health training toolkit for health workers \(APHT\) \(who.int\)](#)

Quotes from system leaders

“Clean Air Day enables us to work together to focus attention on air pollution to improve public understanding and how to reduce exposure of indoor and outdoor pollution.”



Increasing knowledge and understanding empowers small changes to improve health and wellbeing”.

Tori Hadaway
Community Children
Specialist Asthma Nurse

“Air pollution affects every organ of the body and worsens healthcare outcomes.

Therefore as a GP, I am fighting for clean air for all!
#inverseclimatelaw”.

Dr Farah Bede, GP



“The majority of us breathe air that is toxic by WHO standards due to the continuous burning of fossil fuels.

Dementia, depression, and psychosis have all been linked to toxic air, as has early pregnancy loss, diabetes and childhood developmental difficulties”.

**Dr Juliette
Brown
Consultant
Psychiatrist
East London NHS
Foundation Trust**



“Air pollution effects human health in many ways including increasing inflammation and clotting in blood vessels.

This leads to an increase risk of strokes, and of vascular disease contributing to dementia. This is why as a consultant neurologist I believe action for cleaner air is important.”

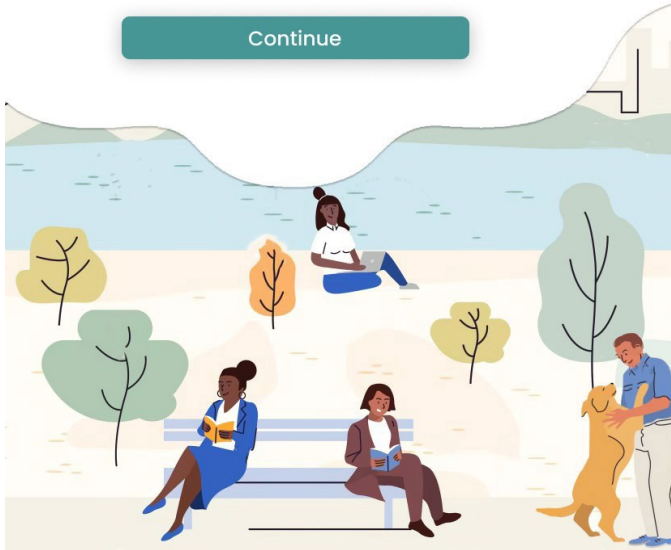
**Dr Anjum
Misbahuddin
Clinical Lead
for Neurology
Barking Havering and
Redbridge University Hospitals
NHS Trust**



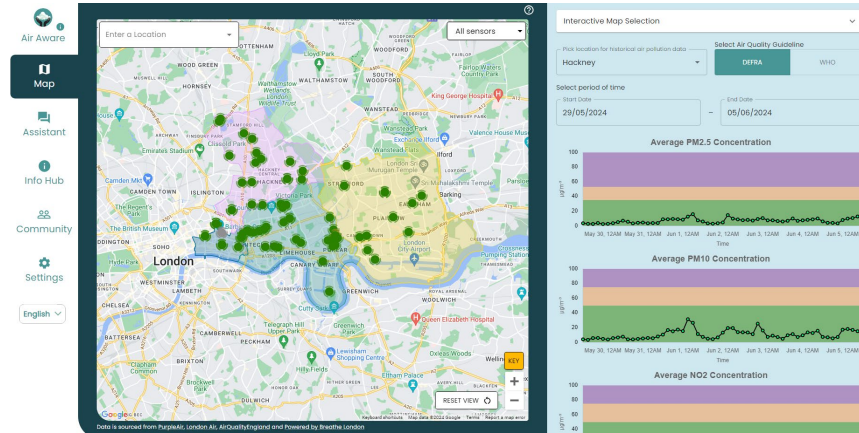
Air Aware

Cleaner air, healthier you – reduce pollution exposure with ease!

Continue



Air Aware – Transforming Air Quality Awareness Across London (air-aware.co.uk)



Search experiences...



The Community Air Quality Project

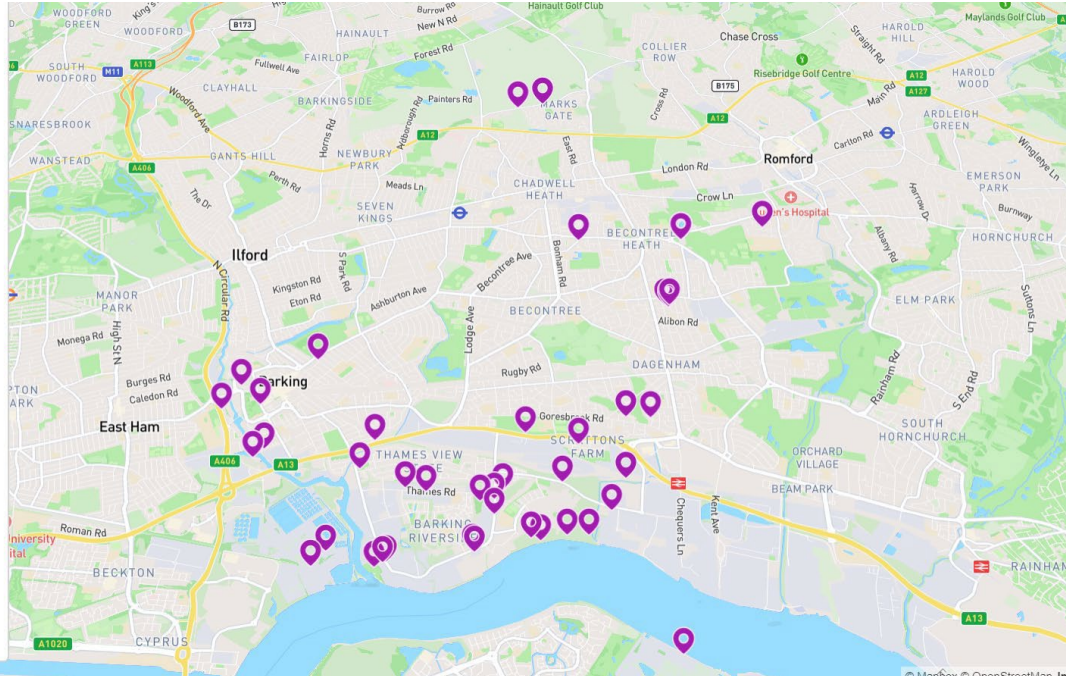
Breathing in Barking & Dagenham

Are you a resident of Barking & Dagenham with ideas or experiences related to air pollution across the city?

Please contribute to this map by clicking on the button below & filling in the form.

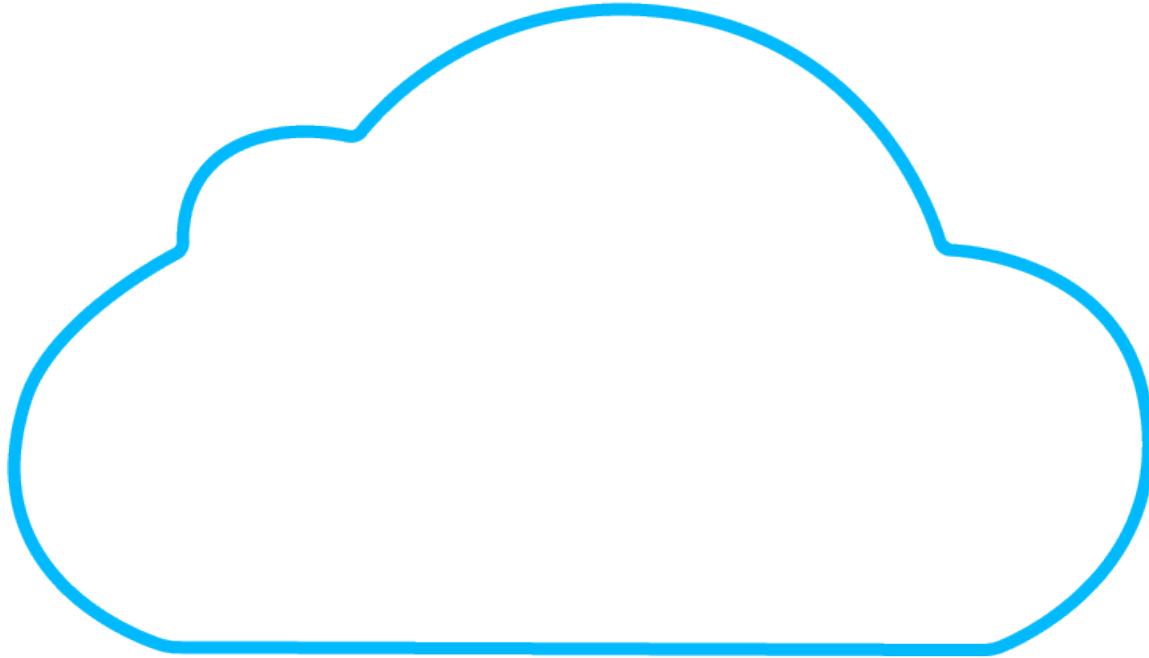
[More about the project](#)

[Add your experience](#)



Community Air Quality

I pledge to:



#CleanAirDay

Take action

Personal

- <https://www.airtext.info/>
- <https://www.cleanairhub.org.uk/>

Professional

- [Complete the NEL ICS Staff Commute Survey](#) – so we can improve active travel options
- Check out your employers cycle to work scheme
- [Air Pollution on NEL HCP materials](#)
- [Watch session 2: Low Carbon, High Quality Asthma Care webinar for Primary Care](#)
- <https://www.actionforcleanair.org.uk/health/knowledge-hub-health>
- [Read the NEL ICS Green Plan](#)

Political

- [Write to your local candidates standing in the General Election](#)
- <https://www.mumsforlungs.org/our-campaigns/>
- <https://stop-edmonton-incinerator.org/>
- [Stop the silvertown tunnel](#)