

The Environment Centre (tEC) is an independent charity working with local authorities and other funding partners to deliver specialist advice services relating to home energy and the environment. We help clients apply for grant funding to make their homes more energy efficient and we support them on their journey towards reducing their personal carbon footprint.

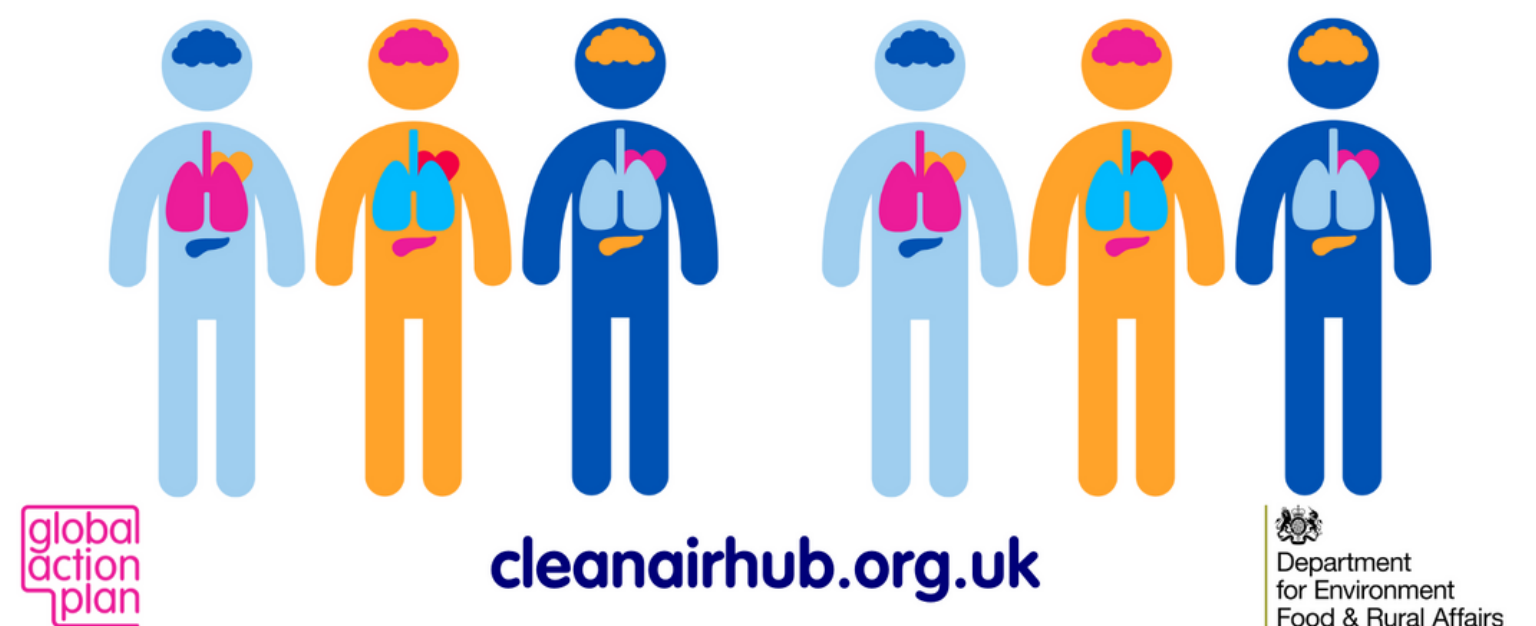
We also deliver projects to improve air quality and we work alongside Global Action Plan to celebrate Clean Air Day every year. Please find out more about us at www.environmentcentre.com.

Global Action Plan's Clean Air Hub

Global Action Plan's **Clean Air Hub** is the UK's go-to public information source on air pollution. It contains reliable, easy-to-understand facts and advice in one handy place.

Global Action Plan's **Clean Air Knowledge Hub for the Health Sector** contains free resources for healthcare professionals. You'll find training videos, ideas for talking to patients about air pollution, leaflets, posters, and graphics on this helpful website.

Air pollution impacts us all



The Environment Centre's wood burning campaign



Here at the Environment Centre (tEC), we deliver a wood burning engagement programme on behalf of four local authorities to raise awareness of the impact of wood smoke in neighbourhoods. This project provides information about the health and environmental damage caused by log burners, bonfires and fire pits.

www.environmentcentre.com/wood-burning | cleanair@environmentcentre.com



The campaign page above includes resources for learning about the impacts of burning wood, and it includes the short animation 'The Hidden Harms of Wood Smoke'. It also highlights recent blog posts, such as '[7 reasons to ditch the bonfire](#)', and the results of our [air quality monitoring](#) project last winter.

During the third session of our Clean Air Day webinar, we shared [an interview with Professor Stephen Holgate](#) who has carried out extensive research on the health impacts of air pollution. You're welcome to share the video on your social media platforms.

Our Clean Air Clear Mind speakers

Our webinar speakers kindly shared the following links in their presentations. For more detail and context, you can watch the full recordings again using the links sent via email.

Dr Ian Mudway, Imperial College
[More about Dr Ian Mudway's work](#)

Hazel Agombar, tEC
[NICE Indoor Air Quality at Home Guidelines](#)

Peter Knapp, Imperial College
[The Effect of Air Pollution on Sport](#)

Dr Ben Rusholme, NHS
[Video on Fourteen Fish](#)

Dr Louise Kelly, University of Southampton
[Carare Research Group](#)

Dr Debbie Chase, Southampton City Council
[Air Pollution on Health in Southampton](#)

Dr Matt Loxham, University of Southampton
[Non-exhaust Emissions from Road Traffic](#)

George O'Ferrall, Southampton City Council
[SCC's Clean Air Commitments](#)

How you, your patients and your family can breathe cleaner air

1. Use quieter roads when travelling.
2. Walk or cycle to work or school, rather than driving (pedestrians and cyclists breathe cleaner air than those travelling in a vehicle).
3. Check the [air pollution forecast](#) for your area and keep an eye on [pollution alerts and notifications](#) (or, for Eastleigh residents, [AirAlert](#)).
4. Turn your engine off when stationary.
5. Look after the air in your home – open windows which are away from busy roads.
6. Avoid all forms of burning – such as log burners, bonfires, fire pits and candles – or keep them for special occasions.
7. Ventilate your home wherever possible. Use extractor fans and cooker hoods when cooking, cleaning and bathing.
8. Use trickle vents and ensure they are unblocked.
9. Avoid moisture producing activities such as drying clothes inside. If that's unavoidable, dry clothes in one room with the door shut and ventilate that room where possible.
10. Use fragrance-free cleaning and personal products. Check the label for “low VOCs”. Volatile organic compounds are harmful and can be very bad for health even when inhaled for a short time.



Thank you for joining our Clean Air Day 2023 webinar. If you'd like to get in touch, please email cleanair@environmentcentre.com.