

# July 2022 Newsletter

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## AIR POLLUTION THEME OF THE MONTH: TRAVELWISE

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  - > Material available; leaflets, things for kids and more!
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## TravelWise

[TravelWise in Sandwell](#) has loads of information about making journeys across the borough by low carbon methods that are healthier and more sustainable. These is a great free resource to pass on to your communities. If you are lucky enough to have a ticket for the Commonwealth Games, there is also advice on travelling to the Games. There's a free car share option, finding people to car share with and calculating how much money you can save by doing so, a public transport route planner, cycle route planner and walking route planner. The benefits of using TravelWise are huge; not only do you save money, you improve your mental and physical health, improve local air quality and reduce carbon emission. Why not check out the webpage yourself, and share with your community!



## Progress Update Meeting

Sandwell Council's Air Quality team recently met online with the faith centres taking part in the air quality project in the first meeting where faith groups could meet each other and discuss what they're doing for the project. It was amazing to hear all the progress made and what has worked in different areas. We'd like to thank all the faith leaders who took time out of their busy schedules to attend.

## Seeking Next 8 Centres!

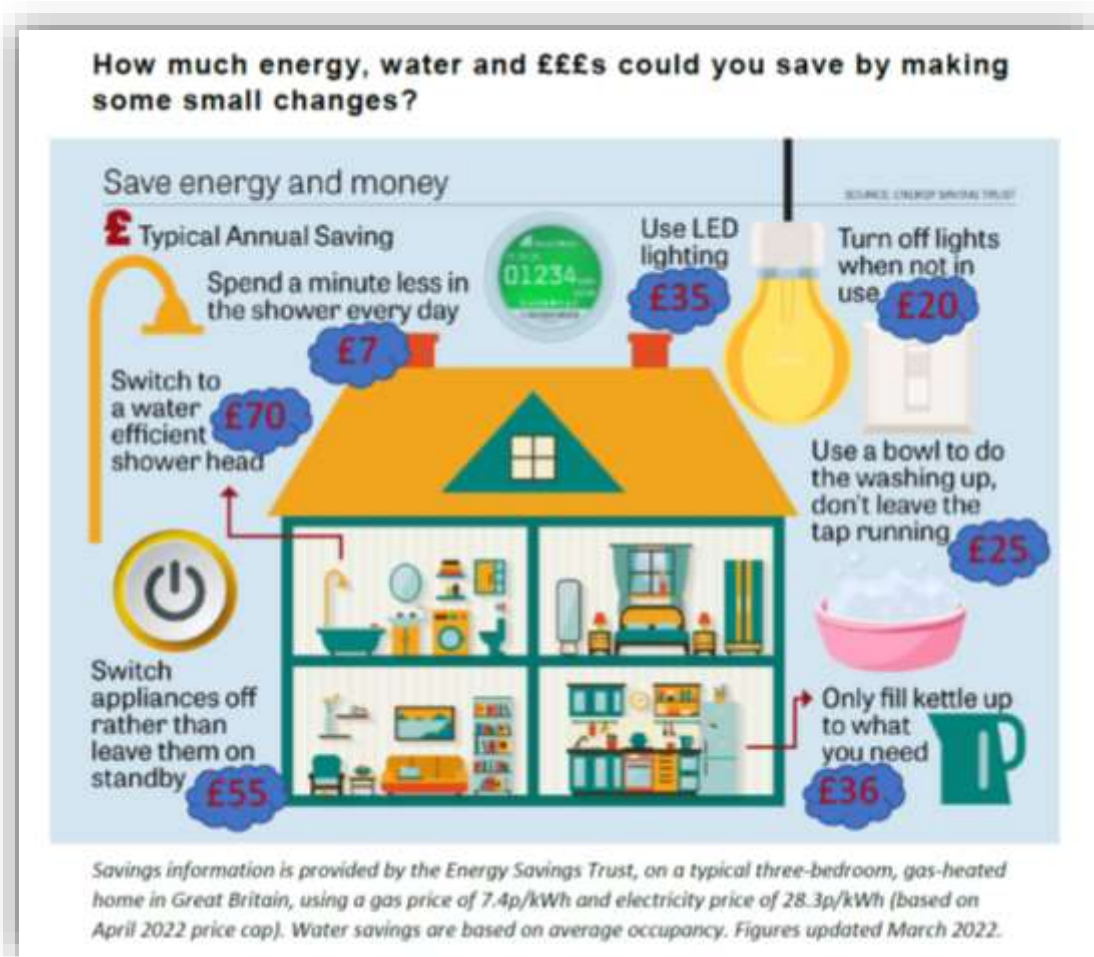
As the first year of the project draws to a close, we have started looking for the next 8 faith communities to work with us for the second year of the project. We are seeking at least one centre per town in Sandwell, and have received many expressions of interest already. If you know of any centres that would like to take part, please point them in our direction!

## Save Energy, Save Money and Save the Planet

How much money could you save by making small switches?

Each year you could save up to:

- £45 by draught-proofing gaps
- £28 by washing clothes at 30°C
- £60 by avoiding using a tumble dryer
- £70 by having 4-minute showers
- £12 by switching one bath a week to a shower instead
- £35 by insulating your hot water cylinder



Want to find out more?

For impartial and independent advice, visit [www.simplyenergyadvice.org.uk](http://www.simplyenergyadvice.org.uk) or call freephone 0800 444202 Monday to Friday: 8am to 8pm, Saturday and Sunday: 9am to 5pm

We have leaflets available to support the project and raise awareness about air quality. We also have a couple of word searches and a colouring in sheet that can be shared with children who attend or visit your centres. If you would like copies printed just let us know.

**Save Money and Help Reduce Air Pollution**

How much energy and CO<sub>2</sub> could you save by making some small changes?



Save energy and money

Typical Shower Saving: Spend 2 minutes less in the shower every day

Switch to a water-efficient shower head

Switch appliances off rather than leave them on standby

Use LED lighting

Turn off lights when not in use

Use a front loader for washing up, don't leave the tap running

Only fill bottles up to what you've consumed

Source: energyadvice.org.uk provided by the Energy Saving Trust, an independent not-for-profit, government-backed organisation in Great Britain, using a purchase of 7.5p/kWh and electricity price of 30.5p/kWh (based on April 2022 price cap). Update: updated March 2022.

And that's not all! Each year you could save up to:

- £44 by draughtproofing gaps
- £22 by washing clothes at 30°C
- £22 by avoiding using a tumble dryer
- £77 by having 4-minute showers
- £11 by switching one bath a week to a shower instead
- £22 by insulating your hot water cylinder

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**STOP MAKING US COUGH,  
TURN YOUR ENGINE OFF!**

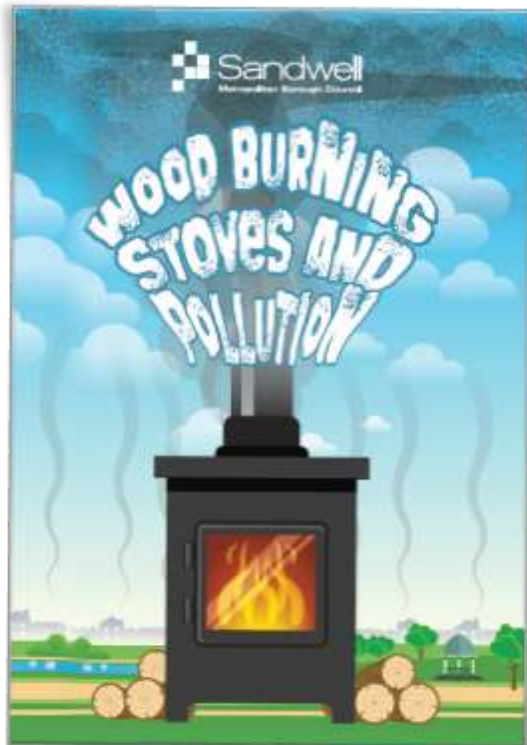
Killing an engine for just one minute produces as much carbon monoxide as smoking 3 packs of cigarettes and enough toxic air to fill 150 balloons!



The pollution is especially damaging to young lungs and can impact organ development, as well as aggravating respiratory and cardiovascular conditions!

**SWITCH YOUR ENGINE OFF WHEN STATIONARY!**





## SANDWELL'S FAITH COMMUNITIES FOR CLEAN AIR

The faith centre is raising awareness about local air pollution and taking positive action to help improve air quality in Sandwell.

Find out more about:

- Air quality monitoring
- Air pollution—what it is and the sources
- Why air pollution matters
- How to protect yourself from air pollution using Sandwell's Air Quality Dashboard
- What you can do to help reduce air pollution and improve local air quality

Department for Environment, Food & Rural Affairs

Sandwell

### help keep the air clean

Reduce your carbon footprint by using energy efficiently, recycling, and using public transport.

## Causes and Impacts of Air Pollution

Hidden in the word search below are air pollutants, the main activities that cause air pollution and words describing how it can affect our health.

How many words can you find? Good luck!

G O R P E T R O L C A R S F Z D T S B B  
 B T Y R C U D D O N S U I E P P P V N  
 P E R S I T I H C V O R S H A Q O A R L N  
 T N U F A C T O R I X S O I I D B O O P  
 N J M P T Y A R K P S I T P N L T W R S  
 H G U C L M N W K S R A S S Y I S R H  
 T M U G O H X Z I S Q U A P U I C R I S  
 L E C R A A Z I S P U R O S E V I E Z  
 A D K R W O H L C E I S T B W D I F S H  
 M N O E C O C H K C C M Y E C I A W W E  
 S I H Z R A D R S O Y H Z R O S T S W O  
 J L S B R I Y A M B R C R W O R Z D Q  
 G D N S O U H L E R S S Z Y N I M S Z R  
 O I F A Z I C U K A G C E A R D A D Y U  
 E E I S R M Y F D V J R H T A R T H E X  
 A D L W S J V E P S A U I R D N Y A  
 B L C O P L L Z F C T O P H E C M  
 P O T H E I Y S A L P K M L P R H Z M  
 I O C H A J X J N G P R H S Z L X H O  
 V F T R M R G E O R U G D Y U R M R N  
 L F I N G A M A S Y L L F P H S E C N I  
 C O M S I L M S Y N Z R H J T V N A

WINDLASS WATER  
 BRIDGE  
 WINDMILL  
 FISHING BOAT  
 WINDMILL  
 WINDMILL

WOOD BURNING  
 ALMO ENGINE  
 BRICK LANE  
 POWER STATION  
 AIR POLLUTION

SMOKE  
 FACTORIES  
 TRUCKS  
 AIR QUALITY  
 CLEAN



## Reducing Air Pollution

All the words hidden in the smiley face are things that we can do to help reduce air pollution.

How many words can you find? Good luck!



WALKER	WALKER	WALKER
WALKER	WALKER	WALKER
WALKER	WALKER	WALKER
WALKER	WALKER	WALKER
WALKER	WALKER	WALKER



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If you have any questions about the content of this newsletter, please contact a member of the Air Quality team via [pollution\\_control@sandwell.gov.uk](mailto:pollution_control@sandwell.gov.uk). The content of this email is correct at time of circulation.