

Newsletter

October 2023



Air Pollution Theme of the Month: **CLEAN AIR NIGHT**

In this issue:

- Meet Raj, our Cycling Commuter Champion, the active travel hero this month!
- An invitation to the 'Faith Communities for Clean Air Forum' - November 25th
- Can your community centre host cycling lessons from British Cycling?
- Air Quality in the News: Clean Air Night -24 January 2024
- A fantastic opportunity to be trained as a Community Activator and its's free!

Active Travel Hero Raj

Raj is our active travel hero this month.

Raj cycles to work and started in 2010! Check out his profile to learn more about how he got into cycling and commuting by bike.

Want to shout out an air quality champion or active travel hero? Just email us!



MEET RAJ

Age: 51
Cycling Commuter Champion

📍 Oldbury

Raj's Top Tips

1. Start small- cycle in parks and get familiar with your bike
2. Wear hi-vis, helmet, glasses and gloves in winter or fingerless gloves in summer
3. Invest in bike lights
4. If cycling long distances, go for cycle shorts or trousers with padding
5. Let people know what time you're expected to and from destinations

Q & A

Q: When did you start cycling to work?

Raj: I started cycling to work in 2010, and now cycle 12 miles a day 3 or 4 times a week!

Q: What bike(s) do you have?

Raj: I have a road bike and an electric-assist mountain bike

Q: Why do you cycle?

Raj: Cycling to work saves me time as it is quicker than travelling by car due to the volume of traffic. It's free exercise, and the showers at work are great to freshen up. There's also no parking charges and you're less stressed from your commute!



Faith Communities for Clean Air Forum

Saturday 25th November

SAVE THE DATE!

It's hard to believe that the faith communities for clean air project has been running for over 2 years. As you may remember, we were very fortunate to receive an air quality grant from Defra (Department for the Environment and Rural Affairs) as this paid for 8 air quality monitors, 8 TV screens and the internet dashboard. The next step is evaluating the project and presenting our findings in a report to Defra for publication. Defra really want to know what Sandwell's faith communities have gained from this project, and they **really** need to hear this information directly from all the faith centres involved. They are interested to know went well, what we at Sandwell Council could have done better or differently and whether you would recommend other faith communities to participate in a similar project.

We need your feedback so please save the date in your diary and come along on 25th November! Sophie has sent an invitation to all centres so please reply and let us know if you are able to attend and of course bring along friends and family!



**FAITH COMMUNITIES
FOR CLEAN AIR
FORUM**

Join us as we thank the 16 faith centres who have been participating in the Sandwell Faith Communities Clean Air project over the last two years.

We really need your feedback on the project, both the good and the bad!

Come and share your ideas for future air quality projects so that you can continue to be an important and much needed air quality champion for Sandwell.

*Free Refreshments!
Everyone is Welcome!*


**SANDWELL'S
FAITH COMMUNITIES
FOR CLEAN AIR**

Saturday 25 November 2023
10am-1pm

**Council Chamber Annexe
Oldbury Council House, Oldbury, B69 3DE**

 Sandwell
Metropolitan Borough Council

pollution_control@sandwell.gov.uk

Air Quality in the News

Global Action Plan – the organisers of Clean Air Day – are launching a new sister campaign to shine a light on the uncomfortable truth about wood burning.

Clean Air Night is set to bust key myths about wood burning by providing information to the public highlighting that wood burning is a significant source of air pollution that harms our health.

The campaign will run for four weeks, culminating in Clean Air Night on Wednesday 24th January 2024 next year.

Starting at sundown (4:35pm) on Clean Air Night, leading experts will further reveal the truth about wood burning to the public through a series of videos. There will also be a Clean Air Night Summit, where organisations and local authorities can speak directly to experts and share learnings.



Clean Air Night has been developed using the latest research into how to communicate about wood burning, recently shared with the sector in a toolkit produced by Global Action Plan in partnership with Impact on Urban Health, behavioural experts Kantar and creative agency Dog, Cat & Mouse.



HOW TO GET INVOLVED

There are two ways that members of the public can get involved with the first-ever Clean Air Night:

- Learn: from experts on the night in our explainer videos and find out more about burning wood by visiting the Clean Air Hub and exploring the hashtag #CleanAirNight.
- Share: this information with your community, family, friends to shine a light on key myths and protect people and planet from the harms of woodburning.

Any public sector or non-profit organisation who wants to see and breathe clean air can become an official supporter of Clean Air Night for free.

Global Action Plan will be producing free resources for supporters of Clean Air Night so they can share the truth about wood burning with the public, helping them to protect themselves, their families and their communities.



www.urbanhealth.org.uk/insights/reports/woodburning.



This will include a communications toolkit including week-by-week social media templates, newsletter copy and downloadable posters. There are also many ways for for-profit organisations, schools and individuals to engage with the campaign.

Tessa Bartholomew-Good, Head of Campaigns – Clean Air Programmes at Global Action Plan said: *‘Most of us have cosy memories of sitting around a fire. And of course, we all want to stay warm this winter. But the uncomfortable truth is lighting fires in our homes in the largest source of small particle air pollution in the UK, causing serious harm to our lung, heart and brain health. On top of this, burning wood produces more carbon dioxide than coal or gas. We want to help protect people and planet by shining a light on the uncomfortable truth about wood burning, ensuring that everyone can make informed decisions to protect themselves, their families and the environment’.*

Matthew Clark, Programme Manager – Air Quality at Hertfordshire County Council, the funders of the UK’s first Clean Air Night, said: *‘The amount of harmful small particle air pollution caused by domestic burning has more than doubled over the past ten years in the UK. Local authorities are uniquely placed to take action on this growing issue and protect the health of their residents. That’s why Hertfordshire County Council is proud to be supporting the first-ever Clean Air Night campaign, and we encourage other councils and organisations to join us in starting a national conversation on the harms of wood burning.’*

To find out more about supporting Clean Air Night, email cleanerair@globalactionplan.org.uk

Can your faith or community centre host cycling lessons?

We are really lucky in Sandwell at the moment as British Cycling are offering residents and local community groups the opportunity to take part in a wide range of free cycling opportunities. There are women only “Breeze Rides” suitable for all abilities, community group rides and organised free group rides. If you’re even a little bit curious, don’t hang about, email stephenbrown@britishcycling.org.uk to get some more information and see if you could help your faith community to get cycling!



Cycling Joy

We believe the world would be a better place if the whole of Britain got cycling.



Breeze Rides

Women only rides - Breeze offers fun, free bike rides for women of all abilities. It doesn't matter if you're keeping fit, young at heart, wise beyond your years, or baffled by gears. Every woman is welcome on a Breeze ride.

Community Groups Rides

Get involved with British Cycling's Community Groups. Meet and ride with like-minded people, share experiences together and make lasting friendships.

Guided Rides

Organised rides. Free and friendly local rides, led by knowledgeable Ride Leaders. If you want to cycle more but are looking for adventure without the admin, Guided Rides are for you.



CONTACT US: stephenbrown@britishcycling.org.uk
Let's Ride - www.Letsride.co.uk

FREE TRAINING

Don't miss this exciting opportunity to become a Community Activator!

This training is beginner friendly and is for anyone over the age of 14 who has an interest in obtaining a sports coaching qualification. It will be delivered in person at Cradley Heath Community Link, High Street, Cradley Heath on 25 and 26 November 2023.

You will learn about being a walking, running and cycling Community Activator. The course includes;

- building relationships and connecting with the people you work with
- using different types of communication
- understanding the STEPS model and how adaptations can be made to include everyone.
- how to plan activities and what information you will need to consider.

The booking details are provided below, but if you have more questions or queries just email Kirsty Outhwaite at kirstyouthwaite@britishtriathlon to find out more.



**British Triathlon Swim Bike Run
Community Activator**

Facilitate casual, inclusive, beginner-friendly Swim, Bike, Run sessions in a safe environment, within your local community.

Minimum age: 14 years
Cost: FREE to those in Sandwell
Commitment: 9 hours in person learning
Booking: Please click [here](#)
Education: British Triathlon Accreditation: 9 CIMSPA points
Address: Community Link, Cradley Heath B64 5HL
Dates: 25th and 26th November
Times: 9.30-4.30pm each day
Contact: kirstyouthwaite@britishtriathlon.org

COACHING AND EDUCATION

BRITISH TRIATHLON

The Community Link  Cradley Heath

BRITISH TRIATHLON
TRIATHLON ENGLAND
TRIATHLON SCOTLAND
WELSH TRIATHLON CYMRU