

September 2022 Newsletter

AIR POLLUTION THEME OF THE MONTH: BICYCLING



In this issue:

- > Getting more cyclists and less cars on the road: how cycling can help you!
- > Transport for West Midlands supporting and promoting cycling for everyone
- > A message from Cycling UK about community cycling clubs and the Big Bike Revival
- > Great Big Green Week upcoming
- > Grants and education resources including leaflets, things for kids and more!

Swap a Drive for a Ride – Getting More Cyclists on the Road!

Petrol and diesel cars contribute to the levels of air pollutant nitrogen dioxide across the borough. But having less cars on the road doesn't just help air pollution levels- it reduces noise pollution, is better for physical and mental health and limits traffic congestion, amongst many other benefits! Cycling strengthens your heart, lowers your resting heart rate and reduces risk of cardiovascular diseases.

Research also shows that people who cycle to work have two to three times less exposure to air pollution than car commuters. This means improved lung function for cyclists. A Finnish study also found that people who cycled for more than 30 minutes a day had a 40% lower risk of developing type 2 diabetes.

Bike your way to better health.

A daily ride can help build strength, endurance, and bone density.

It helps with everyday activities.

Pushing pedals provides an aerobic workout.

Cycling builds muscle.

Easy on the joints.



Pedaling builds bone.

#MoveItMonday

MoveItMonday.org

MOVE IT MONDAY!

Community Cycling Training, Clubs and Events



Transport for West Midlands have created a 'Cycling for Everyone' webpage at www.tfwm.org.uk. This webpage provides up-to-date information about cycling events and training in your area. Currently this site has links to:

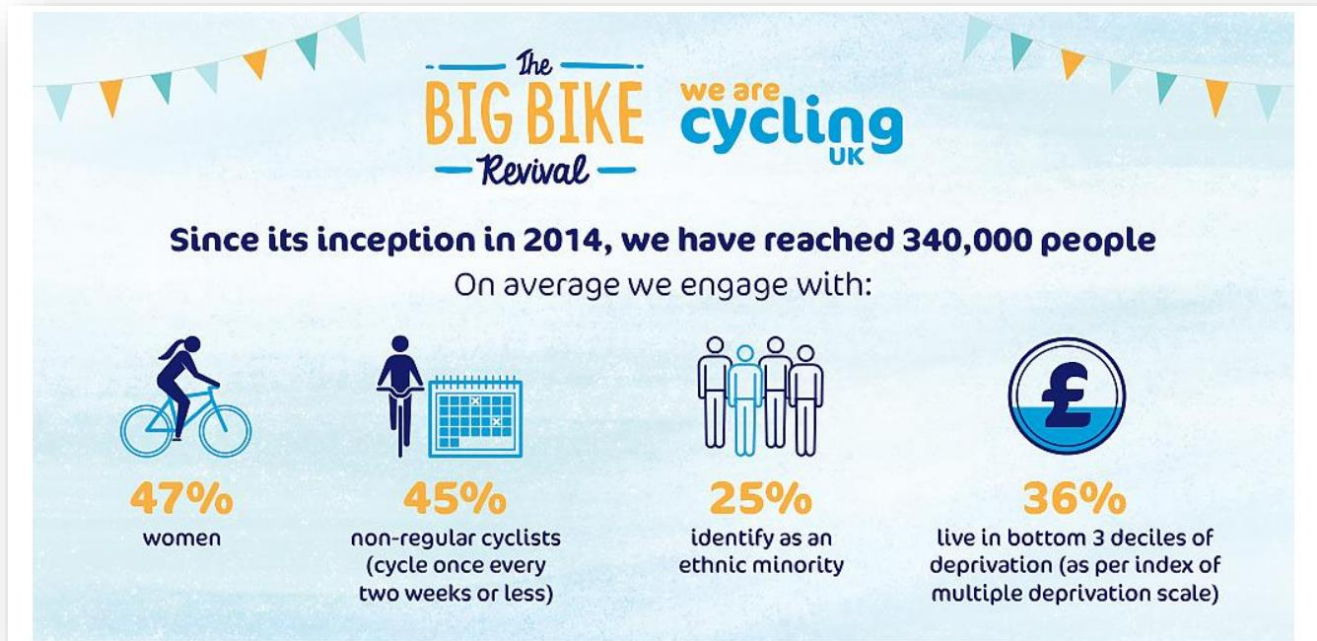
- ✓ Free Cycle Hire 16+
- ✓ Cycle Maintenance Training
- ✓ Adult Cycle Training
- ✓ Child Cycle Training
- ✓ Bike giveaway
- ✓ Adapted Cycles (long term loan)
- ✓ Community activity

If you are interested in having a cycling activity designed for your community, organisation, club or business then get in touch with the Cycle Confident (West Midlands) Team cwestmidlands@cycleconfident.com or telephone 07843801730 to find out more.

Cycling UK is a charity that helps communities get on bikes! Cycle UK run Community Cycle Clubs, in a wide variety of places, examples include older people's groups, veterans' groups, refugee charities, mosques, workplaces and churches. These cycling clubs help people to do basic repairs to their bicycles, cycle more often, feel more confident when cycling, meet their physical goals and meet new people. To learn more about either joining a Community Cycle Club or creating one at your community centre go to: www.cyclinguk.org/community-cycle-clubs



There are also funding opportunities available for groups through **Cycling UK's Big Bike Revival**. If you, your community group or centre would be interested in finding out more about being part of the Big Bike Revival and/or would be interested in any funding and grants then please contact Michelle from Cycling UK to find out more: michelle_smith@cyclingsuk.org.



Seeking Our Next 8 Faith Centres!

As the first year of 'Sandwell's Faith Centres for Clean Air' project draws to a close, we have started looking for the next 8 faith centres to work with us for the second year of the project. We are seeking at least one centre per town in Sandwell. If you know of any centres that would like to take part, please point them in our direction, or pass them our details! The project has received a lot of interest from other local authorities across the country and has recently been nominated for an Air Quality and Emissions award.

Great Big Green Week

**THE GREAT
BIG GREEN
WEEK** 

Great Big Green Week is underway, from the 24th September to the 2nd October. To find an event near you and get involved take a look at the Great Big Green Week webpage: <https://greatbiggreenweek.com/>.

Grants of £2,500 Available until End of September

You only have until the end of September to apply for one of the £2,500 Sandwell climate change grants. There are a handful of grants still available, to find out more please contact:

<https://www.scvo.info/support-services-2/grants-2/>

Successful grant applications so far have included:

- info/guidance to help local communities understand climate change and how they might alter their behaviours to make a difference;
- creating a community garden – lowering the carbon footprint of the food we eat;
- reducing energy consumption – by offering LED lightbulbs to foodbank users and low income households;
- replace use of single-use plastic cutlery and crockery in a community centre; and
- reducing cars usage for short, local journeys – by encourage the uptake of cycling and install bike rack/shelter at the venue.

Find more info from SCVO's webpage: <https://www.scvo.info/support-services-2/grants-2/>.

Air Quality Information Leaflets

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, they are also available from our webpage.

Save Money and Help Reduce Air Pollution

How much energy and £££s could you save by making some small changes?

Save energy and money

Typical Annual Saving: £1294

Use LED lighting: £35

Turn off lights when not in use: £20

Spend a minute less in the shower every day: £7

Switch to a water efficient shower head: £70

Use a bowl to do the washing up, don't leave the tap running: £25

Switch appliances off rather than leave them on standby: £55

Only fill kettle up to what you need: £35

Savings information is provided by the Energy Savings Trust, for a typical three-bedroom, gas-heated home in Great Britain, using a gas price of 7.4p/kWh and electricity price of 28.3p/kWh (based on April 2022 price cap). Figures updated March 2022.

And that's not all! 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 or call freephone 0800 444202

Monday to Friday: 8am to 8pm
Saturday and Sunday: 9am to 5pm

Sandwell

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

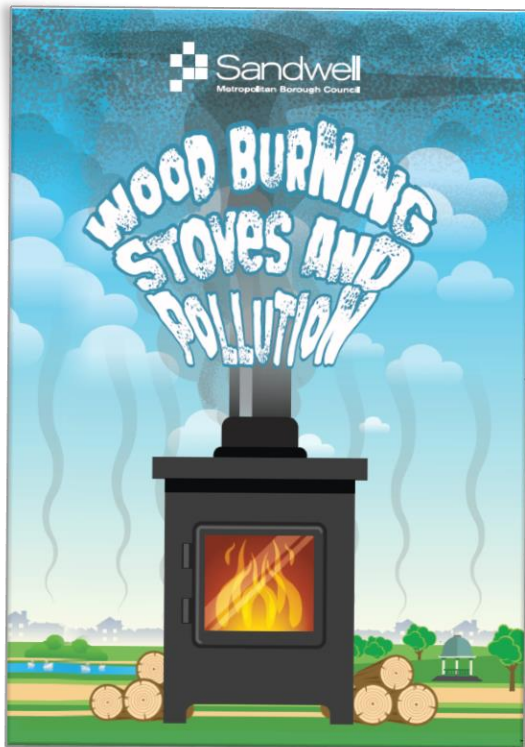
Idling an engine for just one minute produces as much carbon monoxide as smoking **3 packs of cigarettes** and enough toxic air to fill **150 balloons!**

1 minute of an idling car produces 150 balloons of toxic air.


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
 SANDWELL'S FAITH COMMUNITIES
 HEALTH SANDWELL





SANDWELL'S FAITH COMMUNITIES FOR CLEAN AIR

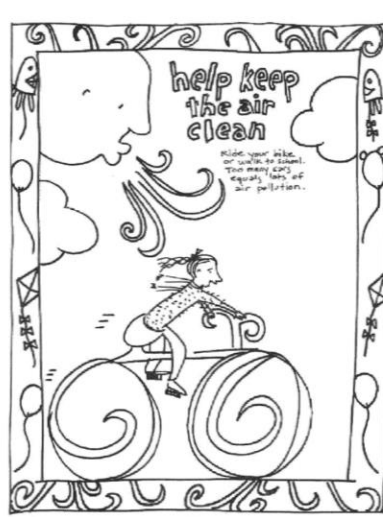


This faith centre is raising awareness about local air pollution and taking positive action to help improve air quality in Sandwell.

Find out more about.




- Air quality monitoring
- Air pollution—what it is and the causes
- 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







help keep the air clean

Bicycle, your bike, or you'll be clean! Ten many cars equally less of air pollution.






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!

GDRPETROL CARSFZDTSBB
 RSYRCUDDQNBULSGPPKVN
 PERSITIHONORBHNQARLN
 TNUFACFORIESDILGROOP
 NIMFTYAEFEITPLTWRE
 HGUOCLMNWRERASRFIERH
 TNUGOHXZISOUAPUTCRIE
 LECRAAZFEGPUBOBEUIEZ
 AGKKWONLEESTBWDLFSH
 MNOEOCNKCCMYEOJAWWE
 UIHZBADWSOYHZROXTWO
 JLSBRIIEAMBRCSWOZDQ
 QDNSOUNLEBSEZTNIMXZB
 OIFXZTCURAOCEARDADYU
 EEISRMYFOUJNHTNRTNEX
 ADLRLJYEPSSAUIHUTNYA
 ESLCOFLKLFZCTOPHECBM
 FOTHEIYGALPGKNLPRHZM
 IOCHNJKJNQPNHSZLXXNO
 VTRMRXOEONUCDFUHRMN
 LFJWQAMASVGLFPHECNLI
 CCMULTLMSYNZROJTFVKA

PARTICULATE MATTER	NITROGEN DIOXIDE	SULPHUR DIOXIDE
AMMONIA	WOOD BURNING	COAL
AEROSOLS	IDLING ENGINES	FACTORIES
PETROL CARS	DIESEL CARS	LORRIES
FIREWORKS	POWER STATIONS	BONFIRES
SHIPS	ASTHMA	COUGH
LUNG CANCER	BRONCHITIS	

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. The content of this email is correct at time of circulation.