

# Clean Air Day 2023 Newsletter



The South Yorkshire Sustainable Respiratory Group is calling on all practices and community pharmacies to support Clean Air Day 2023. In this newsletter you will find information and social media materials to help with the campaign and we would love you to share these via notice boards and social media.



We are also asking you to consider having a “No Idling” or “Please turn off your engine” sign outside your buildings. An idling engine can produce up to twice as many exhaust emissions as an engine in motion. Switching engines off can go a long way to improving air quality.



***“Clean up our air to look after your mind this #CleanAirDay”.***

Clean Air Day, the UK’s largest campaign on air pollution is happening on **Thursday 15 June 2023**.

Cleaning up our air is good for us in many ways: it not only benefits our physical health and the environment but can also protect our mental and brain health. The physical health impacts of air pollution – such as asthma, heart disease and cancers – have been recognised for decades. More recently, researchers are beginning to understand how air pollution can affect the **brain** and the **mind**.

People who breathe polluted air are more likely to develop mental health and brain conditions. Being exposed to air pollution is linked to mental health and brain conditions such as depression, anxiety and dementia. When a person breathes polluted air, small pollution particles can enter through the lungs, into the blood stream and can reach the brain.

This year’s campaign will encourage people to **visit the Clean Air Hub ([www.cleanairhub.org.uk](http://www.cleanairhub.org.uk))** to:

- **Learn:** find out more about how air pollution impacts our mental, physical and planet’s health.
- **Act:** walk, wheel or use public transport to reduce your exposure and contribution to air pollution. If you drive, try leaving the car behind on Clean Air Day and one day every week.
- **Ask:** get in touch with your local councillor to ask them to support clean air measures that make it easier for you to breathe clean air.

This Clean Air Day there are simple steps we can all take to help us cut down on the pollution we cause. Any reductions in air pollution that we make will lead to health improvements for us and in our local community. But we can’t do it alone - the government and industry need to be making decisions to create system-wide changes. We can use our voices claim this cleaner air future.

**To share your experiences** – let others know what you are doing to tackle air pollution and help inspire others at @CleanAirDayUK and use #CleanAirDay in any social media posts.





All clean air day resources including printable posters can be found at:

<https://www.actionforcleanair.org.uk/campaigns/clean-air-day/healthcare-resources>

## Social Media Materials

We have selected a few social media posts from the materials available which you may wish to use:

Please ensure you always do one of the following in each post to amplify your reach:

- Tag #CleanAirDay
- Link to the Clean Air Day website [www.cleanairday.org.uk](http://www.cleanairday.org.uk)

## Suggested tweets and social media images

- Clean up our air to look after your mind this #CleanAirDay! Cleaning up our air not only benefits our physical health and the environment but can also protect our mental and brain health. Join the campaign! [www.cleanairday.org.uk](http://www.cleanairday.org.uk) @cleanairdayuk
- This #CleanAirDay on 15 June, we can all take to cut down the #airpollution we cause and use our voices to fight for a cleaner air future. Join us: [www.cleanairday.org.uk](http://www.cleanairday.org.uk) @cleanairdayuk
- This #CleanAirDay:
  - Learn: about the harms of air pollution
  - Act: walk, wheel or use public transport
  - Ask: get in touch with your local councillor [www.cleanairday.org.uk](http://www.cleanairday.org.uk) @cleanairdayuk

