

A guide to protect against air pollution

For older Lambeth citizens



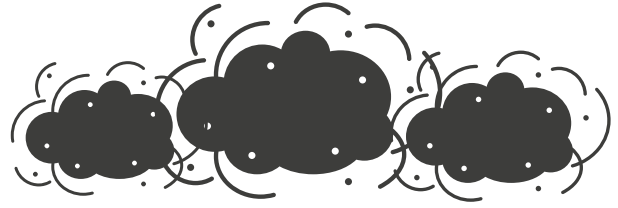
Air pollution is a major environmental risk to health. If you are an elderly Lambeth citizen, this leaflet will provide you with useful information to reduce your exposure to air pollution and also show how you can help improve air quality.

There's lots of information online and we've provided website links in this leaflet. If you can't use the internet, but want to find out more please fill in the form at the back of this leaflet.

Air pollution in Lambeth



Historically, air pollution in London has been caused by the **burning of coal** which led to the famous smogs of the 1950s and 60s.



The **Great smog** of 1952 led to the **first clean air act in 1956** which helped improve air quality and cleared up our air.

Nowadays, air pollution in Lambeth comes mainly from



Transport



Construction sites



Commercial and domestic heating

Air pollution can have a number of long term and short term effects



Minor to major respiratory and heart diseases

Per year in Lambeth, air pollution is linked to



338
new cases of disease per 100,000



751
cardio-respiratory admissions



£1.3m
health and social care costs

Premature deaths each year

61
in Lambeth
9,500
in London

People most affected by the effects of air pollution



Children



People with existing health conditions



The elderly

BAME

Black, Asian and minority ethnic people are disproportionately affected

Elderly citizens are especially at risk from the effects of air pollution and need to take extra care to reduce their exposure.

What is the council doing?

Actions and reporting

Air Quality
Action Plan
2017-2022

Our Air Quality Action Plan 2017-2022 lists our actions to minimise air pollution in the borough

[Find out more](#)



We report on our progress every year, in our Annual Status Reports

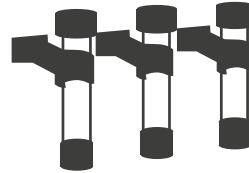
[Find out more](#)

Monitoring



We monitor air quality continuously through three air quality monitoring stations, in Vauxhall, Brixton and Streatham

[Find out more](#)



We also use **100+** diffusion tubes to monitor nitrogen dioxide levels

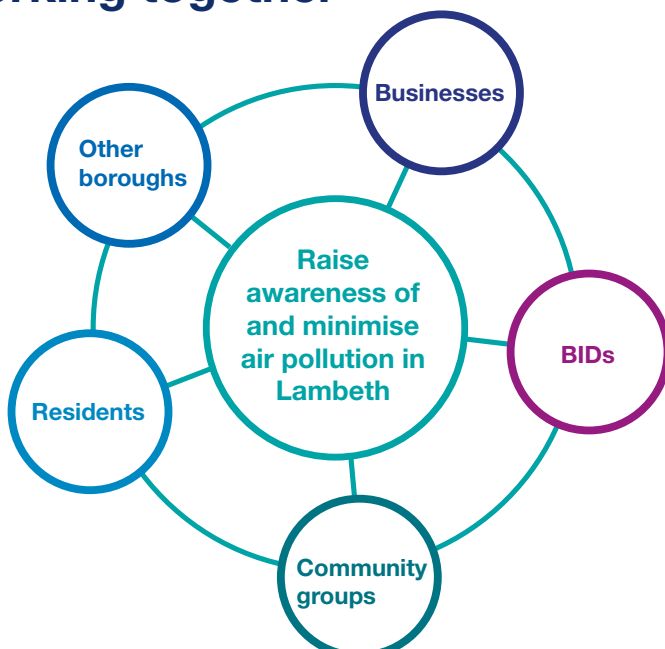
[Find out more](#)



If you have access to the internet, please visit our air quality website, which outlines all our actions and projects to tackle air pollution in Lambeth:

<https://www.lambeth.gov.uk/better-fairer-lambeth/air-quality>

Working together



Everyone is welcome to **join our steering group** of residents, businesses and local organisations, who work together with us to outline **how to improve air quality in Lambeth** by filling in the form at the back, or by emailing sustainability@lambeth.gov.uk

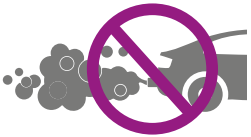
What can you do?



- **AirText** provide daily updates on air pollution, you can subscribe to alerts at airtext.info/signup or download the mobile app to be alerted prior to high pollution episodes in Lambeth. If you don't have access to a smart phone or the internet please phone **020 7527 2000**.



- Join our **Silver cyclists** and the young-at-hearts to ride with volunteers in parks around their area on rickshaws and side by side bikes. People remember the joy of cycling but don't have the opportunity to ride any more. Silver Cycling enables older people to go on a side-by-side bike with a trained volunteer to recapture that feeling and those lovely memories. For more information email sustainability@lambeth.gov.uk, phone **020 7231 6005**, or **fill in the form at the back**.



- Volunteer at one of our **anti-idling events** and help spread the word that leaving an engine on whilst stationary is bad for the environment. You can sign up on our website: www.lambeth.gov.uk/better-fairer-lambeth/project/anti-idling-campaign, or **fill in the form at the back**



- Avoid pollution hot spots and use clean air walking routes wherever possible. To map a clean air walking route please visit crossriverpartnership.org/projects/clean-air-walkingroutes/ or **fill in the form at the back**.



- **Old boilers** are often a major source of air pollution. Our guide to save energy gives tips on how to improve energy efficiency by reducing drafts and possible funding for upgrading old boilers. A copy is available online at www.lambeth.gov.uk/sites/default/files/sus-energy-leaflet.pdf



Information sheet

Please send completed forms to **Lambeth Sustainability Team, PO Box 734, Winchester, SO23 5DG.**

Name

.....

Address

.....

.....

Please tick the boxes to be sent information on the following:

- Anti-idling volunteering
- A guide to protect against air pollution
- A guide to save energy
- Air text
- Clean air walking routes information
- Air quality steering group
- Silver Cyclists

Your data will not be used for marketing purposes and will not be shared with anyone, stored or saved. For our full privacy notice visit our website:

www.lambeth.gov.uk/privacy-notice