



Clean Air Conversations with Mums for Lungs

Air pollution in Southwark is a big problem. Last year nearly 10,000 children were rushed to King's and Guy's hospitals with breathing difficulties, which we know are closely linked with toxic air pollution. At Mums for Lungs we're sharing information and tips about the risks of air pollution and how you can make small changes to protect your children's health. If you're concerned about the health risks of air pollution there are many steps you can take:

- If you're out and about with small children, take quiet back streets instead of main roads. Stay away from the kerb and stand back as you wait for traffic lights to change.
- Reduce your own contribution to air pollution by driving less, turning off your engine when waiting in the car (known as idling) and encouraging others to do the same
- We know that choosing active travel to school leads to happier, healthier children so we recommend scooting, cycling or walking to school for those who can.

If you would like to learn more about local air pollution, its impact on children's health and what we can all do about it, join Mums for Lungs at our Clean Air Conversations Coffee Morning 9.15am Wednesday 20 May, KS1 Old Jamaica Road. Refreshments provided and younger children welcome.