



Living Well North Tyneside

Supporting Health and Wellbeing

On **Thursday 19 June 2025**, the UK will once again mark **National Clean Air Day**, the country's largest campaign dedicated to raising awareness about air pollution and the steps we can all take to reduce it.

Organised by **Global Action Plan**, Clean Air Day is a powerful reminder that air quality affects everyone. Whether you're walking to school, cycling to work, driving through the city or just enjoying time outdoors, the air we breathe has a profound impact on our health and wellbeing.

Why Clean Air Matters

Air pollution is one of the largest environmental health risks in the UK, contributing to heart and lung disease, strokes, cancer and worsening existing health conditions such as asthma. It's estimated to cause tens of thousands of premature deaths each year.

Children, older people, and those with pre-existing conditions are particularly vulnerable to poor air quality. But it doesn't just affect those already at risk—polluted air harms all of us, often without us even realising.

The Power of Collective Action

Clean Air Day 2025 is all about empowering individuals, schools, businesses and communities to take simple, practical steps to improve air quality—while also calling on leaders to take systemic action to reduce harmful emissions.

It's a day to:

- Raise awareness of the causes and effects of air pollution
- Share practical advice for making cleaner choices in daily life
- Support active travel and low-emission alternatives
- Engage with schools and workplaces to promote air-friendly policies
- Hold local and national governments accountable for long-term clean air strategies

Theme for 2025: "Clean Air – Together We Can Do It"

The theme for National Clean Air Day 2025 is "Clean Air – Together We Can Do It", celebrating the power of collaboration in creating healthier environments.

This year's campaign encourages everyone to make one small change—whether that's walking instead of driving, switching off your engine when idle, or simply talking to others about the importance of clean air. When we all take part, the impact is significant.

How You Can Get Involved

Whether you're a parent, teacher, business owner, or community member, there are plenty of ways to join in on Clean Air Day:

- **Leave the car at home** – Walk, cycle or take public transport for local journeys
- **Switch off your engine** – Turn off your vehicle when stationary to avoid unnecessary emissions
- **Create cleaner school runs** – Organise walking buses or no-idling zones around schools
- **Support green spaces** – Plant trees or join local conservation projects that help clean the air

- **Talk about it** – Start conversations at home, work or online using campaign materials and facts
- **Host a local event** – Promote active travel, share resources, or invite a speaker to raise awareness

Workplaces, councils, and health services are also encouraged to take action—whether by introducing clean air policies, encouraging staff behaviour changes, or advocating for cleaner transport.

Clean Air and Health in North Tyneside

Improving air quality is essential to supporting public health in the North East. In areas like North Tyneside, where car use and industrial activity can impact local pollution levels, community action plays a key role in protecting future generations.

You can find resources, local initiatives, and health support on platforms like:

North Tyneside Council Environmental Health – www.northtyneside.gov.uk

Sustrans North East – promoting walking, cycling and sustainable travel:

Final Thoughts

Clean air is a right, not a privilege. National Clean Air Day 2025 reminds us that by working together—across communities, sectors and governments—we can reduce air pollution and create healthier spaces for everyone.

Whether you make a small personal change or champion wider change in your organisation or neighbourhood, every action counts. Let's clear the air for good.

Related Links

- [Clean Air Day](#)
- [Global Action Plan](#)
- [Sustrans North East](#)
- [North Tyneside Council Environmental Health](#)



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