

cleanairforkids.org.uk

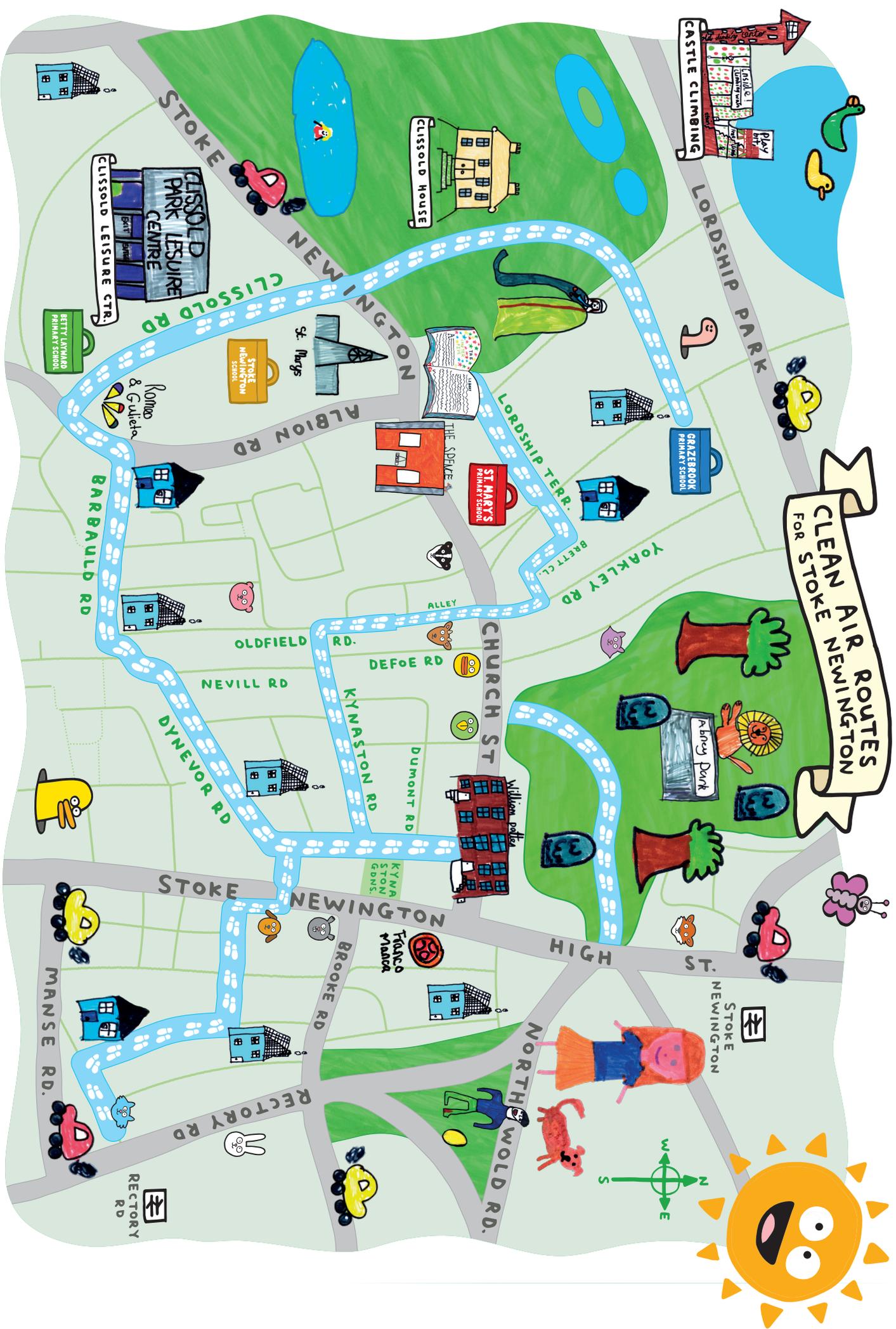
Clean

Air

for
kids

breathe cleaner air every day
with this low pollution route map
for stoke newington

THANK YOU! — we're hugely grateful to the wonderful William Patten pupils who talked to us about their favourite places in the area and created many of the fabulous drawings we used in these maps.



CLEAN AIR ROUTES FOR STOKE NEWINGTON

- KEY**
- = CLEAN AIR ROUTES
 - = LOW POLLUTION STREETS
 - = HIGH POLLUTION STREETS
 - = SCHOOLS
 - = NURSERIES
 - PHOENIX
 - N NURSERY
 - COCONUT
 - N16 TOTS
 - MONKEY PUZZLE
 - TAM'S HOUSE
 - HACKNEY CARE FOR KIDS
 - LINDEN
 - FIRE STATION
 - SANDBROOK
 - N16 TOTS & PLAYGROUP

Loads of kids in Stoke Newington walk, scoot and cycle to get around, which is great for their fitness and the environment. quiet routes are the safest and least polluted way to get from A to B — and the best option for children.

Because children's lungs are still developing, they're especially vulnerable to the effects of pollution. High levels of pollution can stunt child lung growth and make heart and lung conditions worse.

so use these low pollution route maps — and help your kids get some fresher air!

THE POLLUTION PROBLEM

AS much as 60% of a child's exposure to pollution comes from their walk to and from school, and their time in the playground.

children are shorter so they're closer to exhaust tailpipes, and breathe in even more pollution than adults.

Pollution levels can be 9 to 12 times higher inside a car than outside on the pavement.

THE POLLUTION SOLUTION

choose quiet routes rather than main roads. This alone can cut pollution exposure by up to 50%.

if you need to take a main road, walk on the side of the pavement that's furthest from the cars — it's less polluted.

Active travel — help improve local air quality by walking or taking public transport, rather than driving.

You can find more info on our website

cleanairforkids.org

- * what the research says about pollution and child health
- * how to reduce your exposure to pollution
- * how to reduce pollution at your school / nursery