

From our monitoring, we know how everyone in Lewes can breathe cleaner air and have healthier lungs. It's simple! Here are our top tips:

1

*'When you can, avoid those busy road junctions where lots of cars have their engines on while they wait at traffic lights. This is where we saw the most pollution.'*

2

*'The air can be so much cleaner just one road back from a busy road, so look on our map and see if you can find a cleaner air road to get to school. You'd better BEElieve it!'*



3

*'If you have to walk in a high pollution area, breathe through your nose rather than your mouth, as the mucus helps filter the air — it isn't the hairs!!'*

Why is clean air so important?

Air pollution can be bad for our lungs, heart and brain, and can make illnesses like asthma worse. The cleaner the air we breathe, the stronger our lungs will grow. Here's how to use this map...

- 1 Can you find your home and your school on this map?
- 2 Now see if you walk along any red roads, which are the busier / polluted roads.
- 3 Can you find a cleaner air walking route from your home to your school using the green roads which are the cleaner / quieter roads.
- 4 What else can you find on this map? Could you find on the map where the electric charging points are in Lewes?



Green United pupils from...

Priory School  
Lewes Old Grammar School  
Western Road Primary School  
Southover CofE Primary School  
Wallands Primary School  
South Malling Primary School

a clean air walking map for  
**Lewes**

We are **GREEN UNITED!**

We are an environmental youth board, with pupils from schools across Lewes, and we want to make Lewes a more sustainable place. We monitored pollution levels on streets near our schools. We also did the drawings which you can now see in this map!

*'The workshop with Green United got us thinking about just how many cars there are in Lewes. It made me realise that an alternative walking route to school, avoiding station road, is just quicker and nicer.'*

*When I see all the cars, I wonder whether their journey could have been avoided? When I can drive, will I avoid small journeys? Walking or cycling is so much better. I am now looking out for electric cars and hope to see more!'*




## Places of interest

- 1 Lewes Prison
- 2 Southdown Sports Club
- 3 Lewes Castle
- 4 Pells Pool
- 5 Lewes Station
- 6 Lewes FC
- 7 The Depot Cinema
- 8 Library
- 9 Skate park & basketball
- 10 Waitrose
- 11 Zorba
- 12 Tesco
- 13 The Riverside
- 14 Bubble & Bao
- 15 Harvey's Brewery
- 16 Aldi
- 17 Trading Post Cafe
- 18 Lewes Leisure Centre
- 19 Brian the Snail
- 20 Pet's Corner
- 21 Monkey Bizness

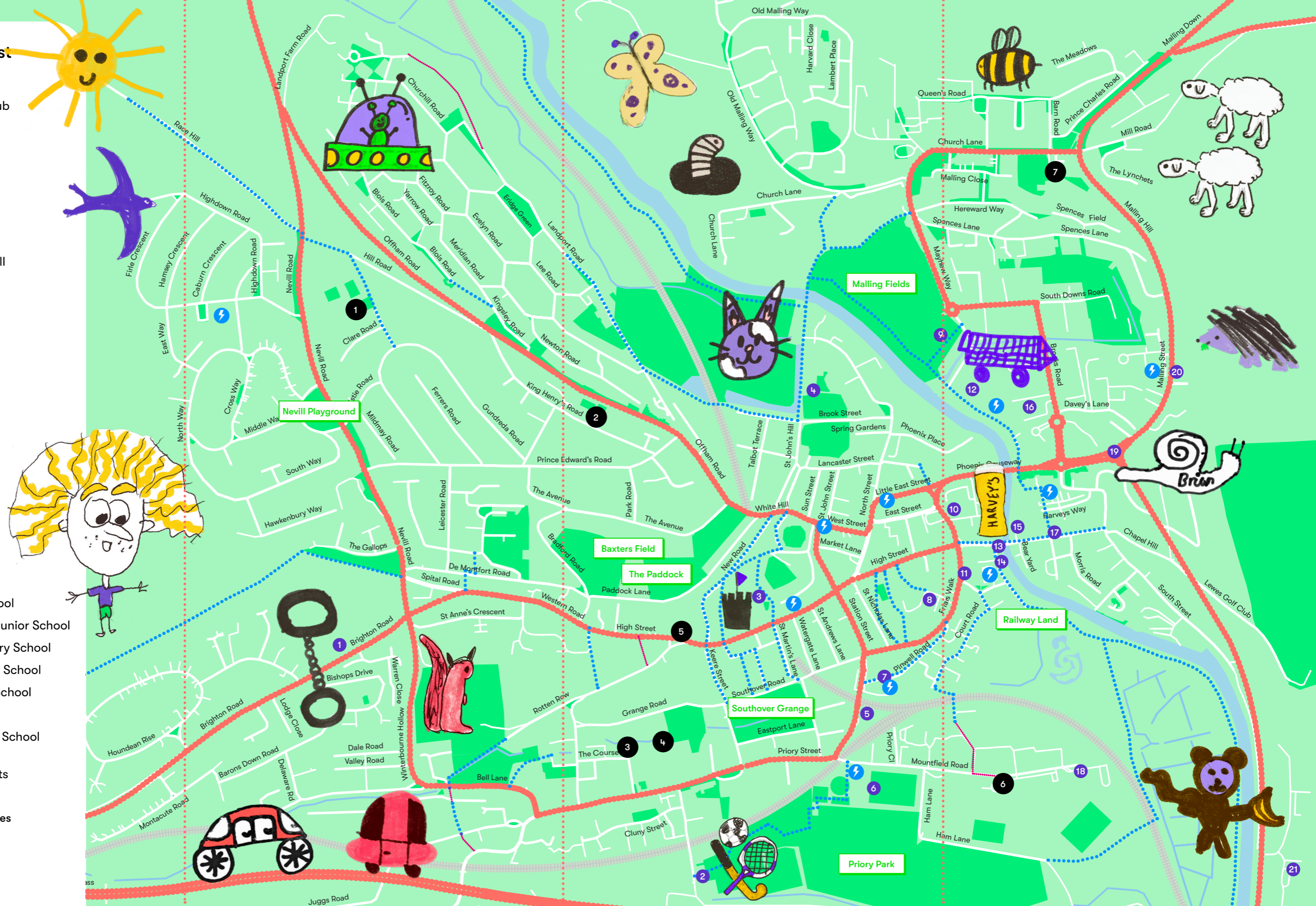
## Schools

- 1 Wallands Primary School
- 2 Lewes Old Grammar Junior School
- 3 Southover CofE Primary School
- 4 Western Road Primary School
- 5 Lewes Old Grammar School
- 6 Priory School
- 7 South Malling Primary School

 Electric charging points

 Suggested routes

 Polluted roads



PODDER

THE

WALKING

MAP

a clean air  
walking map for

Lewes

FOR



**DODGE**

**the  
SMOG**

a clean air  
walking map for

**Lewes**



ದೊಡ್ಡ

ತುಣುಕು

ಉಣ್ಣು

a clean air  
walking map for

**Lewes**

