

BEACH-CLEAN-GIRL DOES IT FOR LEE-ON-SOLENT

Lee-on-Solent has a new resident who has, since 5th April, been going about the beaches and removing all the litter left there by uncaring visitors. She does this because she wants to do it - and because she loves Lee-on-the-Solent. On a "slow" day, she picks up in excess of 2kg of litter, but it could be as much as 7½ kg. After 50-days she had collected an average of 2¼ kg per day!!

There are 23 bins between Daedalus slipway and Browndown, but visitors still seem to prefer using the beach to dispose of their rubbish. Beach-clean-girl collected 100kg of litter between 5th April and 20th June. She has even found burnt-out bins caused by still alight disposable BBQs, as well as deliberately smashed glass bottles on the shingle.

Beach-clean-girl is community spirited and is cleaning the beach for YOU. Please show your support to this unselfish and marvellous lady and like her FaceBook page at <https://www.facebook.com/beachcleangirl1/> Further information is also available on www.beachcleangirl.co.uk



CLEAN AIR ACTION

This article is based on information provided by Gosport & Fareham Friends of the Earth:

A report earlier this year found that across the U.K., nitrogen dioxide (NO₂) and particulate pollutants between them cause the equivalent of around 40,000 deaths each year. That makes these pollutants more damaging than obesity or alcohol, and second only to smoking in terms of the harm they cause.

Particulates are tiny specks of solid matter like soot. Their size - far smaller than the width of a human hair - means they are largely invisible, but also allows them to penetrate deep into our lungs and even get into our bloodstream. As a result, particulates have been shown to cause a wide range of heart and lung problems, including cancer. A recent study found millions of tiny iron particles in brain tissues, which probably originated from exhaust fumes.

NO₂ is a toxic gas which is almost colourless, although from a distance it can sometimes be seen as an orange haze hanging over built-up areas. There is now strong evidence that NO₂ lowers birth weight, stunts lung growth in children, reduces immunity to lung infections such as bronchitis, and increases the risk of cardiovascular disease.

It is clear that addressing this pollution would have massive health advantages. And it's not just our health that would benefit. A study by the European Commission in 2010 estimated that lost working days, admissions to hospitals and other impacts of air pollution cost the UK around £5 billion per year. Cont/...