



## Further Information

If you would like to find out more about any of the topics covered in this book, here are some useful sources of information.

### **AIR POLLUTION**

Department for Environment Food & Rural Affairs  
<https://uk-air.defra.gov.uk/air-pollution>

### **ALLERGIES**

Allergy UK  
<https://www.allergyuk.org>  
NHS  
<https://www.nhs.uk/conditions/allergies>

### **ASTHMA**

Asthma UK  
<https://www.asthma.org.uk>  
NHS  
<https://www.nhs.uk/conditions/asthma>

### **LUNG HEALTH**

British Lung Foundation  
<https://www.blf.org.uk>

### **SMOKING**

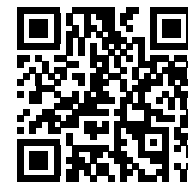
NHS  
<https://www.nhs.uk/live-well/quit-smoking/>

Action on Smoking and Health  
<https://ash.org.uk/home/>

### **BREATHING TOGETHER**

Breathing Together Research and Engagement Programme  
<http://breathingtogether.co.uk>

You can download a version of this book on the breathing together website:  
[www.breathingtogether.co.uk/category/engagement/](http://www.breathingtogether.co.uk/category/engagement/)



or scan this code

If you would like to share your photos of these activities on social media please use the hastag  
**#breathingtogether**