[**Email signature suggestions Sept 2022- Dec 2022**](https://networks.sustainablehealthcare.org.uk/network/palliative-care-susnet)

For more inspiration there is a list of UK relevant green diary dates here:

<https://greenecofriend.co.uk/environmental-awareness-calendar/>

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| Date |  Message - **Add your own network or local group at the end** |
| **Now until 22nd September** | 22nd September is **World Car Free Day** - can you try a new way to travel?*Vehicle emissions are one of the main sources of outdoor air pollution, particularly in cities. Ambient air pollution alone caused some 4.2 million deaths in 2016, according to the World Health Organization. Transport is also the fastest growing source of fossil-fuel CO2 emissions, the largest contributor to climate change.***PallCareSusNet:** Helping palliative care work for people and the planet:https://networks.sustainablehealthcare.org.uk/network/palliative-care-susnet  |
| **24th September- 2nd October** | ***It’s Great Big Green Week!*** A great week to take action on sustainability at work. Find out what’s happening in your area here: <https://greatbiggreenweek.com/>**PallCareSusNet**: Helping palliative care work for people and the planet:<https://networks.sustainablehealthcare.org.uk/network/palliative-care-susnet> |
| **2nd - 8th October** | 8th October is National Clean Air Day “Air pollution harms the health of millions. But there are lots of simple things that we can do to improve air quality and look after our own and other people’s health. Find out more here: https://www.actionforcleanair.org.uk/campaigns/clean-air-day**PallCareSusNet**: Helping palliative care work for people and the planet:<https://networks.sustainablehealthcare.org.uk/network/palliative-care-susnet> |
| **8th October - 15th November** | ***One year on from COP26:*** What action have you taken on climate and health? Check out the NHS Green Plan: <https://www.england.nhs.uk/greenernhs/>**PallCareSusNet**: Helping palliative care work for people and the planet:https://networks.sustainablehealthcare.org.uk/network/palliative-care-susnet |
| **15th November- 28th December** | ***Christmas is coming- can we make it the greenest ever?*** Every pound we spend is a vote for the world we want to create. Top tips here:<https://www.wwf.org.uk/top-tips-sustainable-christmas>**PallCareSusNet**: Helping palliative care work for people and the planet:https://networks.sustainablehealthcare.org.uk/network/palliative-care-susnet |