

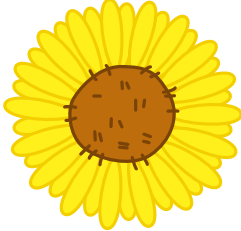


**IAM**  
DRIVING ROAD SAFETY

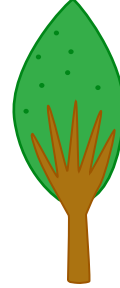
# **MID WALES MATTERS**

**Newsletter of Mid Wales Advanced Motorists**  
Registered charity 1109844 Group 3247  
Affiliated to the Institute of Advanced Motorists

**Volume 13, Issue 1**



**SPRING EDITION!**



**IN THIS ISSUE!**

The Bracken Trust, Llandrindod Wells



**Contents**

- A message from the Editor 2
- Annual General Meeting 2016 2
- Mature Driver Checks 3
- Tips from Mark Lewis 4
- New Member Presentation 5
- Group News (New members, course dates, contacts) 6

***\*\*Don't forget our Annual General Meeting on Saturday  
19th March 2016\****



# **A message from your interim Newsletter Editor**

Hello MWAM members, Happy New Year to you all. The Spring is nearly upon us and one can only hope that the weather is a lot fairer than what it has been for the last 3 months, although February has not been too bad. I personally can't wait to get my bike out, but first it's a case of the MOT and road tax and also temperatures need to get a little higher for my liking!

Apologies for the slight delay in getting the newsletter out. I hold my hands up it has been a difficult 6 months and can't carry out the editor duties required. A Newsletter Editor has been appointed and will start for the May edition.

Thanks and all the best. Vince

Nigel Godman will be taking over from Vince as our regular Newsletter Editor for the next edition. His contact details are on the last page of the newsletter and any comments or articles for inclusion in future editions should be sent to Nigel.

## **Annual General Meeting 2016**

You are cordially invited by the group committee to the 12th Annual General Meeting of Mid Wales Advanced Motorists which this year is being held at 2:00pm on Saturday 19th March 2016 at the Bracken Trust, Cefnlllys Lane, Llandrindod Wells, LD1 5LJ. This is to enable the trustees of the group to present their annual report and accounts for the year ended 31 December 2015 for approval by the members and also to conduct an election.

This is your opportunity to find out how we have spent your money and to question the committee on its activities. We are nothing without our members and we need support and guidance on what we should be doing for the groups and your benefit. If you don't like what we are doing, come along and say so; if you do, please come and let us know. Your continued support is appreciated and we would encourage as many members as possible to become involved in the running of the group. This year we have vacancies for three members on our committee and invite you to apply to join if you are able to give you time and energies to the future success of the group. If you feel that you cannot play an active role, please continue your financial support by renewing your membership of MWAM. A formal notice for the AGM and nomination forms has been sent to members who do not have computer access and copies are available for download from our website for those who have this facility. If you have not received these or you would like a printed copy, please contact the secretary.

*Geoff Smith*

# Mature drivers favour checks on over 70's

The majority of older drivers are in favour of tighter rules on checking the health and suitability of over-70s to drive\* – even if those checks could take them off the road themselves – according to a new report by the Institute of Advanced Motorists (IAM), Keeping Older Drivers Safe and Mobile.

And more than half demonstrate that they self-regulate to stay safe, by avoiding driving in challenging situations like busy traffic, after dark, in rush hour or bad weather.

The IAM worked with Dr Carol Hawley and her team at Warwick Medical School to survey more than 2,600 drivers and former drivers on their opinions, habits and motoring history, for the first major survey of its kind for two decades.

While mature drivers travel significantly fewer miles than other age groups, 84% of them rated their driving ability as 'good to excellent' and only 6% had ever considered giving up driving.

Despite that a very high proportion of respondents were in favour of measures to increase their safety on the roads. Almost 60% said drivers should retake the driving test every five years after age 70, 85% said drivers should pass an eyesight test every five years once they have reached 70, and more than half said that drivers aged around 70 should be required to have a medical examination.

Nearly all of the respondents, 94%, agreed that GPs should be required to inform patients if their medical condition may affect their fitness to drive and half agreed that a flexible licensing system should be introduced which could restrict types of roads and conditions for some older drivers.

The IAM's survey found respondents wanted some rules to extend further than older drivers – 84% agreed that all drivers should pass an eyesight test every 10 years after first passing, regardless of their age.

The report also found just how important driving is to this group. Some 82% said that driving was very or extremely important to them, a figure that increases for women. Independence and convenience were cited as the main reasons for wanting to continue driving.

The number of drivers over the age of 70 is set to double over the next 20 years and with more than one million licence holders over the age of 80, there is a pressing need for enlightened policies and practical actions to help them keep safe and competently mobile for as long as possible.

Sarah Sillars, IAM chief executive officer, said: "Driving is about so much more than getting from A to B and nowhere is this more apparent than in this age group. It helps maintain self-esteem and freedom and is essential for combatting social isolation.

"There are certain issues that affect mature drivers more so than other groups however, such as reductions in mobility and a slowdown in reaction times. The great news from this survey is that mature drivers themselves are aware of the risks and support action to review their safety.

"Voluntary self-assessment and better education via GPs are important techniques for helping drivers understand how long they can continue to drive safely for. And for those needing a confidence boost or a little extra reassurance on today's busy roads, the IAM's Mature Driver Assessment could be something to think about."

\*Statement qualified as thus:

- 60% said drivers should be tested every five years after the age of 70
- 85% said drivers should pass an eyesight test every five years once they have reached 70
- 56% agreed that drivers aged around 70 should be required to have a medical examination
- 94% agreed that GPs should be required to inform patients if their medical condition may affect their fitness to drive.

# Motoring & Riding tips from Mark Lewis

IAM's director of standards, Mark Lewis, is looking at the challenges motorists face when they're unwell. With over 200 common cold viruses, the chances of us getting a cold are pretty high. Don't just ignore the symptoms and be sure to read these essential tips.

1. Driving or riding with a heavy cold will severely impact your concentration and can slow down your reaction time by up to 50 per cent – avoid making the journey if you're feeling unwell.
2. Some over-the-counter medicines contain codeine which can make you feel extremely drowsy and blur your vision – check the instructions beforehand. It's also best to check with your GP about any prescription drugs and their side-effects.
3. At 30mph you travel 13 metres every second. If you sneeze therefore that means you're travelling with your eyes closed – this could result in temporary loss of control of your vehicle.

Mark said: "We know winter driving is challenging enough as it is, so try not to add more stress to it by compromising yours and others' safety when you are ill. Taking plenty of rest away from the road is the ideal route to recovery."

Mark Lewis, offers motorcyclists six top tips on riding safely in wind.

1. Take control of your bike in strong winds by using the throttle and counter steering to balance out the effects where possible.
2. Remember loose clothing will flap around and cause distraction – make sure it is done up correctly.
3. Anticipate where you think gusts of wind will be worse, such as gaps in buildings or exposed bridges – side winds can be equally challenging, so be prepared to lean into the wind.
4. If you're being buffeted and feel like you're losing control ease off the accelerator and reduce your speed.
5. Larger vehicles can offer shelter. However, make sure this does not make you vulnerable to another vehicle being blown towards you.
6. Give other road users more room when filtering through traffic. If roads are congested and you or any other road users are vulnerable to high winds simply avoid overtaking.

Mark said: "Keep your eyes peeled for anything being blown about on the road, giving anything on the ground a wider berth to avoid it flying up in front of you. Riding in the wind can be challenging but these tips should help you have a safer and more enjoyable ride."

# New Members' Presentations

Mike Price from Arddleen and Vince Gilroy from Howey are pictured below receiving their IAM Motorcycle certificates and being congratulated by Dave Tompsett our Chief Motorcycle Observer at our committee meeting held at the Bracken Trust on 14<sup>th</sup> December 2015. Mike Price is our Treasurer and is also one of only four group members who are both Car and Motorcycle members of the IAM. Mike is training to become a Car observer. Vince is our Newsletter editor and has recently moved to the area from the Midlands.



Mike Price



Vince Gilroy




John Hough from Llandrindod wells is pictured below receiving his IAM Car certificate and being congratulated by Mandy Giordano our Group Chairman at our committee meeting held at the Bracken Trust on 14<sup>th</sup> December 2015.

# Group News










## New Associates

### NEW MEMBERS 2016

Congratulations and a warm welcome to the following associates who were successful in their IAM Advanced Driving  or Riding Test 

Name	Location	Observer	Date
Peter D Roberts 	Kington	Paul Wilson	Jan-16

## Associate Training Course Start Dates 2016

Course	Start Date	Day	Times	Location
<b>16/1</b>  	21/03/2016	Monday	19:00 21:30	The Bracken Trust, Llandrindod Wells
<b>16/2</b>  	23/05/2016	Monday	19:00 21:30	The Bracken Trust, Llandrindod Wells
<b>16/3</b>  	25/07/2016	Monday	19:00 21:30	The Bracken Trust, Llandrindod Wells
<b>16/4</b> 	26/09/2016	Monday	19:00 21:30	The Bracken Trust, Llandrindod Wells
 Denotes Car Course				
 Denotes Motor-cycle Course				

## Your Contacts

Contacts	Name	Address	Telephone	eMail
Group Secretary	Geoff Smith	Heddfan Cortay Park, Llanyre Llandrindod Wells Powys LD1 6DT	Home: 01597 823442 Mob: 07831 767106	geoff.smith@gcs104.plus.com
Newsletter Editor	Nigel Godman	21 Park Avenue Kerry Newtown Powys SY16 4DA	Home: 01686 670176 Mob: 07810 417778	ngodman0@googlemail.com