



Safer Driving in Summer

Members' Magazine: Summer 2017 (issue 190)

Things are hotting up!

Right now, with the emphasis on Safer Driving in Summer, there are plenty of practical, useful tips to help you cope with the weather - whatever that might be!

These last few months have seen some radical changes, internally and externally.

Not least was a "new look" AGM at which we gained valuable insight from those attending into opportunities to reach out to drivers of all ages, throughout the county.

We have also added guiding Younger Drivers to our priorities. This has been a long-held passion of David Williams, but one we have not been able to develop effectively until now.

2017/18 will see further initiatives from **iam RoadSmart** and our members, allowing Associates to enter the programme without needing to sit a test, which deterred many from advancing their driving skills.

We plan to follow on the success of our W.I. Safer Driving Day with presentations to more groups, particularly in towns and villages, so if you know of any who would be interested, let Kath Watts know who to contact.

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AGM widens our vision



David Williams
Chairman & Chief Observer

One of the best ways of improving any organisation is to seek out 'best practice' and adopt/adapt it. Last year Worcester Group invited other groups to join them, because the CEO of IAM RoadSmart, Sarah Sillars, was their guest Speaker.

However, with due respect to the CEO, it was the organisation of the Group AGM that caught the attention of the Herefordshire contingent. We came away and agreed that we should structure our AGM in a similar way this year.

The method was very simple - needing only a degree of discipline on the part of those reporting Officers to get Annual reports to the Secretary in time to circulate with the formal notice and agenda.

At the AGM itself, it was then just a matter of calling for acceptance and any questions regarding reports.

We then dealt with the election of Officers and Committee Members (presided over by President Major General Ted Willmott).

All Officers were re-elected, although Stella and I made it clear that this will be our last year in these Offices, so there are only 12 months to find replacements.

Mike Leigh resigned from the Committee and we thanked him for his sterling service over several years. Wendy Hill was then welcomed as a new Committee member.

There are still places for anyone who feels they have the resources or skills we need (additional members are actively sought).

Result? All business was dealt with in less than 10 minutes, leaving plenty of time to discuss important issues for the future, as well as not putting undue pressure on our Guest speaker.



Once the formal business had been dealt with, Mike Warnock, our marketing guru, outlined his proposal to glean members' suggestions for the future activities and direction of the Group.

Members were split into location teams under voluntary Leaders, who facilitated very lively and fruitful discussions:-

- Alan Eastough (Hereford)
- Nigel Jenkins (Leominster)
- Ted Willmott (Ledbury)
- Kath Watts (Ross-on-Wye)
- Anthony Mansfield (Younger Drivers)

Ideas flowed! Mike now has the task of sifting the 100+ ideas - with some inevitable duplication - and to help us crystallise them for the teams to study further and the Committee to define the order of priority.

Alan Eastough's team won Special Awards for the most ideas submitted.

I can promise you that every one of these proposals will be followed up diligently as we seek to increase our impact on road safety throughout the county.





AGM widens our vision | 2

Guest speaker, Dave Shenton

Our Speaker was **Dave Shenton** the long-serving and much respected Events Manager at **IAM RoadSmart** (who turned up to our car group on his bike!!).

Safer driving was very much at the heart of Dave's presentation "The Impact on Advanced Driver training of the development of autonomous driving cars". Dave posed some serious questions and provided much food for thought as automotive developers strive to give cars the "brain power" to be both smart and safe on our roads.

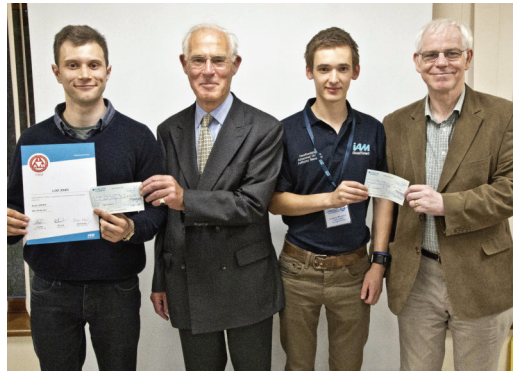
Dave was very warmly thanked by an appreciative audience.

The evening concluded with the presentation of advanced test pass certificates and the Group awards. Sadly, not everyone could attend, but those attending were (with their Observer in brackets), from left to right:-

- **Kate Taylor-Edwards** (Ann Nevelös)
- **Adrian Sutton** (Nigel Jenkins) ***
- **Peter Bull**, a **F1rst** (Mike Oliver)
- **Peter Baldus**, another **F1rst** (Jon Baker)
- **Luke Jones**, yet another **F1rst** - and one of our youngest members (Nigel Jenkins)

Those award winners not able to attend were:-

- Sabrina Crook (David Williams)
- Malachy Grogan (Nigel Jenkins)
- Andrew Lloyd (Peter Hodge)
- Lisa Moffett (David Williams)
- Marilyn Reynolds (David Williams)
- Corinne Rover-Parkes (Anthony Mansfield).



Kieran Lappin, Group Treasurer, presented two young drivers, Luke Jones and Anthony Mansfield, with the Group's gift of a financial reward in recognition of their success.

Anthony, who was awarded a F1RST last year, is now an active Observer and has already achieved his first success.

Several Associates are currently awaiting their tests and we wish them every success.



*** Andrew had to leave before the photograph was taken

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Hereford



Leominster



Ledbury



Ross-on-Wye



Younger Drivers

There followed the presentation of the Group Annual Awards.

It was no surprise to anyone that the **Anniversary Shield**, given for an outstanding contribution to the Group over the past year, was a joint award to Stella Boyd Carpenter and Mike Warnock. Stella has been ever-present and utterly reliable, with her involvement going far beyond what we have any right to expect from our Honorary Secretary and the same can be said of Mike, who has used his professional marketing skills to provide us with a top-quality corporate image, website, magazine, newsletter, signage and new visual aids used within our presentations.



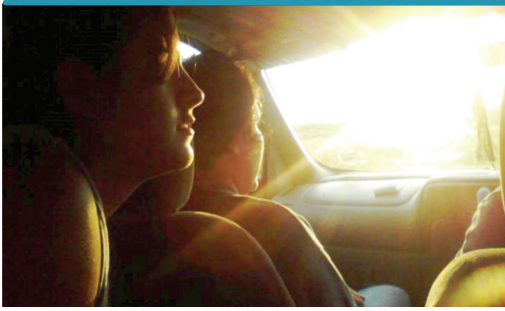
The **Ted Probert Cup**, for the outstanding contribution by an Observer during the year, was awarded to Iain Aird.

Iain has not only had several Associates to coach, but has been at every event where Observers were needed; he also came along early on Refresher Days to help with the administration; has undertaken public assessments and also found time to take his IMI accredited National Observer Qualification.

My sincere thanks to all of you who attended. Such was the energy invoked by the activities and your willingness to fully participate, that we all left with a "buzz". Those who didn't attend missed out - seriously!

I look forward to next year's AGM and even more members present, helping to make a positive difference, to the benefit of drivers throughout the county.

David



Safer Driving in Summer

Richard Gladman, Head of Standards at IAM RoadSmart has issued a press release with some summer driving tips. Here are a few more, which may be more pertinent to rural Herefordshire;

1. During dry weather, dust and grit are being blown up and will build up against your windscreen wipers. If you operate the wipers, even with the washers, there will be an initial contact of the wipers against a dry screen. This will not only rapidly damage the wiper blades, but also run the risk of damaging the windscreen or back window. As part of your pre-drive checks, take a moment to lift the wipers and wipe them with a damp cloth and to wash the screen- a quick splash with a sponge is all you need. I also carry a spray bottle of prepared screenwash, which I use to repeat the process, when taking a break on a long journey on a dry, sunny day, just to remove all the muck and squashed insects.

2. Dust and humidity in the car can create a film, or 'bloom' on the inside of screens and windows. Give them a clean once a week, especially during very hot weather. This 'bloom' can cause dazzle and blurred visibility at night.

3. Council contractors are out repairing potholes (oh yes they are!). However, there is a downside to the quick repair. Driving over the repaired area soon after it has been laid, might cause tar particles to adhere to the tyres.

It is then thrown by centrifugal force against the sides of your car. This can also happen in very hot weather, when the tar hasn't had time to sufficiently harden and is again picked up by the tyres.

If you spot that you have driven over fresh tarmac, look to clean the lower panels of your car and inspect the doors - even the wing mirrors - for tar spots and clean them off with a

suitable cleaner that won't damage the paintwork. I have a cleaner for my bike, called "Muck off" which, as its name implies, is particularly good for this purpose.

4. In a few weeks' time, the harvest of cereals will be in full swing. Harvesting not only produces dust, but causes thousands of tiny flies, called thrips, to seek alternative shelter. They will get in anywhere and everywhere (try leaving a window open, if you live close to a field of cereal!).

If you are driving along and spot a field being harvested ahead, make sure all windows are tight shut; temporarily turn off the fan and air circulation. A few moments then, will save you hours of trying to get rid of the little pests!

5. You've parked the car somewhere in the open, in the full sun. When you get back and open the door, the car is like an oven.

Don't simply get in and turn on the airconditioning; there is a simpler, far cheaper and efficient alternative. Leave your driver's door ajar and open all three passenger door windows. This will create a natural airflow, which will dissipate the worst of the heat very quickly.

6. When refuelling, don't fill the tank beyond the first cut-out. This way, you will leave sufficient space for the natural vapour expansion, which will be much greater in very hot weather and, if the car is parked up very shortly after filling, could result in overflow. This can be a serious fire hazard.

So, may you and your passengers enjoy your driving - but be alert to these and other seasonal threats to your comfort and safety.

David

(more "Summer Driving" tips on pages 13 & 14)

A new route to Membership?

I mentioned in a previous edition that **IAM RoadSmart** were looking for ways to encourage prospective members because, faced with the likelihood of a formal “test” at the conclusion to their route to Advanced Driver, many were put off.

Was it possible to offer another way? Would it be acceptable to existing Members who had put themselves through the process?

After initial consultation, a process has been proposed and it has been “pre-piloted” in a few Groups.

It is now going to be piloted in further Groups and I have put our name forward to take part.

Group “Sign-off”

We will now advertise to enquirers that a “non-test” route is available. That route, up to “test standard”, shall be virtually the same as now. However it will only be delivered by National Observers, with a quality/progress evaluation by me after an Associate has completed a few drives. A careful record of progress, building up a profile of competences being achieved, will follow our current practice but the Associate will be expected to complete their preparation within 170 days.

When the Observer is satisfied that the Associate would, if submitted for test, be successful they will inform me and I will complete a thorough review of their progress.

If I agree, then I shall notify IAM Support, who will register the Associate as an Advanced Member and issue a certificate to that effect.

Like most of my Observer colleagues, I can think of Associates completely fazed by the “test” element. Some have passed, others sadly have failed and some have decided to bail out at the thought, so it is hoped this new

route will enable people like this to relax enough to enjoy the process and achieve their goal.

There will be those who will regard it as some kind of “lower” grade of Membership, but our existing members, who know how diligent our Observers were in helping them achieve their success will, I hope, realise that we have no intention of lowering our standards.

The cost, by the way, is the same, whichever route someone decides to take.

Chairman’s Challenge

What motivated you to become an Advanced Driver in the first place?

Do you feel that all drivers should be encouraged to improve their driving?

Bearing in mind your personal choice and, if your answer to my second question is ‘YES!’, what have you done about it?

For instance, are you prepared to motivate someone else (it could be a family member, a friend, work colleague, or someone you play sport with) to join?

My challenge is for every member to encourage/persuade at least one person to sign up for the advanced driving course within the next 12 months.

Think what a difference we can make to road safety in our county, just by each of us encouraging someone else to do what we have done!

If you encourage more than one, great!

As an incentive (as if an Advanced Driver needed one!), I’m looking at a possible reward for both you and the person(s) you encourage.

David



New Events for 2017

To cater for the needs of the majority of drivers in Herefordshire, we run 2 types of course, regularly throughout the year and at different locations.

1. IAM RoadSmart Advanced Driver Course

for which we are the local Official Provider.

Designed for drivers to raise their skills to advanced level and fulfil their potential.

Our approach to running this programme is different in several ways, which you will find will work better for you:-

- an open style of learning, encouraging self-analysis and personal planning
- interactive presentation, with team participation and open discussion
- non-judgmental, no pressure . . . just working at your own pace - and enjoying it!

Accompanied drives: you are assigned a Qualified Observer who will guide you progressively in advancing your performance.

In 2017, our Advanced Driver Courses will be run 0930 - 1600 at Saxon Hall, Hereford on 14 October

Please ring David Williams (01981 580382) or email him at chief-observer@advanced-drivers.org.uk

For information on **iAM RoadSmart Advanced Driving**, please go to their website at www.iamroadsmart.com/courses

2. Safer Driving Refresher Days

Specially designed for licenced drivers of all ages, who need to update their skills and for those who have lost confidence whilst driving nowadays, whether for leisure, business or necessity.

Each is adapted to the particular needs of those participating, to help them:-

- become more aware of other road users and driving hazards
- reduce the risks of accidents
- get up-to-date with the new Regulations
- feel more confident, with or without passengers

Programme: 1000 - 1600

Each session includes an update on rules and regulations, discussion about driving in Herefordshire and a drive in your own car, accompanied by a friendly Observer, who will give you constructive advice which will prove invaluable for years.

Hereford W.I. 6 October

Leominster 10 October

Please let us know if you, your family and friends would like to join in one of these.

Booking is essential to avoid disappointment.

Please ring Kath Watts today on 01981 540382 or

email: events@advanced-drivers.org.uk

What's on the road ahead?



Wednesday, 13 September: Saxon Hall, Hereford HR2 6EH

Observers' Meeting: 7pm

Please ring David Williams on 01981 580382 or email him at chief-observer@advanced-drivers.org.uk



Wednesday, 27 September: Saxon Hall, Hereford HR2 6EH

Committee Meeting: 7pm

Please ring Stella Boyd-Carpenter on 01432 840835 or email her at secretary@advanced-drivers.org.uk



Friday 6 October: Saxon Hall, Hereford HR2 6HE

W.I. Hereford Safer Driving Day: 10am - 5pm

Please ring Kath Watts on 01981 540382



Tuesday 10 October: Leominster Community Centre HR6 8NJ

Safer Driving Day: 10am - 4pm

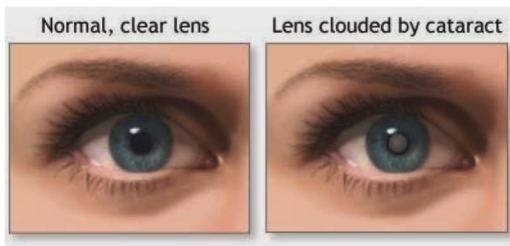
Please ring Kath Watts on 01981 540382



Saturday 14 October: Saxon Hall, Hereford HR2 6HE

Advanced Driving Day: 9.30am - 5pm

Please ring Kath Watts on 01981 540382



Keep your eyes on the road!

Driver eyesight: Key facts (provided by SDFL)

- Road crashes involving a driver with poor vision are estimated to cause 2,900 casualties and cost £33 million in the UK per year
- In the UK, about three quarters of adults are estimated to make use of corrective eyewear or have had laser eye surgery
- In 2011, 5,916 drivers had their licence revoked for failing to meet minimum eyesight standards.
- Eyesight can decline gradually and unnoticed, with people losing up to 40% of their visual acuity without being aware of deterioration

Introduction

Good eyesight is a basic requirement for safe driving. Poor vision increases the risk of collisions due to the driver's inability to recognise and react in time to a hazard or the behaviour of other road users.

However, poor vision is believed to be massively under-reported in Government crash causation data due to the difficulty in determining if eyesight was to blame.

Some casualties are likely to occur because drivers are unaware they have a vision problem and have neither corrected it nor reported it to the Driver and Vehicle Licensing Agency (DVLA).

Estimates from the Royal College of Optometrists suggests 2-3% of drivers have vision below the minimum standard .

My experience of the process

I have regularly had my eyes tested and had become aware that a cataract was forming in my right eye and, whilst I could pass the basic number plate test, I was not happy with my vision.

With some apprehension, I decided to have the cataract removed.

The procedure is very routine and only takes about 30 minutes.

I experienced no pain during the procedure carried out under local anaesthetic and my eye felt mildly bruised for a short while after.

The result was remarkable as my vision improved over a period of 48 hours.

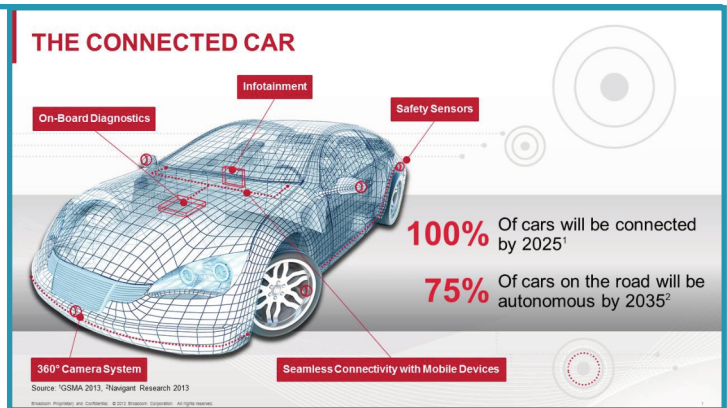
I now have 20/20 vision in my right eye and no longer need reading glasses.

What was my good left eye is now very much inferior and I am now looking forward to having a new lens in this eye too.

Anyone whose eyes are impaired by cataracts should consider this treatment; you will be amazed by how much you were unable to see.

Bruce Foster

Connected Cars



A connected car is a car that is equipped with Internet access and, usually, with a wireless local area network. This allows the car to share internet access with other devices both inside as well as outside the vehicle. Connected vehicles are the ultimate use of the internet, where multiple vehicles will interact with each other while coordinating with the road infrastructure like the traffic signals. They can send real-time alerts to the service center about the condition of your car.

The future of the connected car is going to have many services that rely on the quality of the connection within the vehicle. Manufacturers are now partnering with telecom companies to bring connectivity to their vehicles.

Vehicles of the future will provide relevant services and relieve us of more burdens. Garages will conduct remote diagnosis independently on vehicles, we will be informed about free parking spaces close by, Advanced driving systems will take over some of the burdens of driving, and along our route we will find hotels or restaurants recommended by the car.

Statistics show that the majority of accidents are caused by driver error and safety benefits are perhaps the biggest advantage of driving a Connected Car. Vehicle-to-Vehicle Communication allows information on obstacles encountered by one car to be sent to other cars approaching that obstacle on the road. This means warnings about traffic, ice, potholes and more will be shared so that approaching drivers will have plenty of time to prepare.

Connected Cars don't just warn about hazards, they can also intervene under certain conditions.

Connected Cars can avoid collisions by tracking the speed and the proximity of other vehicles and engage emergency braking when necessary.

They can also use lane tracking to follow between lane lines and alert the driver if they begin to drift out of their designated lane.

Connected Cars will allow the driver to reach a destination quickly, safely, and in a cost-efficient manner. By communicating with traffic signals and road infrastructure, Connected Cars can slow down before reaching a signal. They can even automatically stop and start the car just before the lights turn green. This feature translates to greater fuel efficiency.

The movement towards the connected car is accelerating and many of the features are already appearing in current vehicles. How quickly and to what extent it will all happen is uncertain but it seems that driving in the future is set to change.

Editor's notes

Please read this in the context of Dave Shenton's presentation to the AGM. For those not able to be there, this covered the benefits - and cautions - of autonomous cars.

If you need technical clarification, please ring David on 01981 580382 or [email him](#)



Driving safely with new technology

I have recently changed my car and now have the pleasure of one full of new technology much of which is leading towards the driverless car of the future.

I have found that whilst some definitely improves driving safety, there are aspects that are not conducive to safe driving, time with your eyes off the road will depend very much upon individual drivers, some will be able to quickly assess a screen message whereas others will take longer thereby increasing the danger.

The systems controlling braking distances and lane deviation are, in my view, extremely good safety aids because they work with clear warnings to the driver with no need to take your attention away from the road.



My new vehicle, a C Class AMG Line Mercedes Coupé, crammed with technology and 9 speed 4-W drive, has two screens conveying continuous information, a lot related to your driving style and vehicle condition and a fair amount of discipline is needed if these are not allowed to become safety hazards whilst driving.

For example, the Sat Nav gives up to date traffic and road works information offering alternative routes on a continuous basis and it is difficult trying to ignore this whilst concentrating on the road ahead.

The blue tooth phone connection will bring in phone calls without my involvement but, whilst all control is on the steering wheel, the screen will flash up the caller's name again taking your vision away from the road, so if you have this system for safety's sake turn the phone off.

Even what used to be a simple switch, like the adjustment of temperature on the air conditioning now involves pulling up a screen menu and selecting alternatives.

There are numerous other examples I could give, based on my vehicle.

Not all of these will be relevant to others, but my message is that taking your eyes off the road, even for a split second, means that many metres of unobserved travel down the road, during which things can happen.

If you have or are getting a new vehicle, study and understand the technology extremely well and be strictly disciplined with its use whilst driving.

Bruce Foster

Congratulations!

Martin Thomas has completed his IMI requalification assessment with David and is now awaiting confirmation from IMI/IAMRS.

David Williams, his mentor, said "Martin gave a really encouraging presentation of his Observer skills and I'm looking forward to using him at future events"

Hot wheels

Some more invaluable tips about driving in Summer . . .

Following on David's tips on page 5, long sunny days can be the perfect opportunity to get out and about in your car. You'll have some wonderful days out with barely a cloud in the sky nor a hitch in the journey - but you should also consider the less attractive alternative: getting stuck in a traffic jam in tropical temperatures, as everyone battles their way to the beach.

It goes without saying that getting stuck in a hot car is no fun at all - indeed it could be dangerous.

Even with air-conditioning, a radio and a ready supply of water it can be a total pain, so it's always a good idea to prepare yourself, your car and your route before setting off.

Prepare your car

- Basic checks before you set out can save a world of pain if your car breaks down during the journey.
- As a minimum, check the engine oil, coolant and screen-wash levels are correct.
- Additionally, check the car's tyres for tread and pressure – and don't forget to make sure you have enough fuel too.
- Running out of fuel is one of the most common causes of breakdown on the UK's motorway network.
- If you are planning to use a caravan, it might not have been used in a while, so overall safety maintenance checks are just as important as the car . . .

Plan your route

- If the weather's good and it's a weekend, Bank Holiday or the "summer season", check an online route planner or a mobile phone app for traffic updates.



- You might also be able to pick up the latest travel news on local radio.
- Even on an ordinary weekday it's still worth checking for updates in case of accidents or unexpected closures.
- **Go your own way** Some stretches of road – such as the A47, which leads to the Norfolk coast, or the A39, which heads toward the seaside in the south west – are notorious for heavy, slow-moving traffic. Plan an alternative route to your destination if you can.
- **Strategic timing** Avoid travelling back on a Sunday evening before a school term starts. And if you're on holiday, but everyone else is toiling away at work, then plan your trips to avoid rush hour.

Remember, rule 149 of the Highway Code which states that you **MUST NOT** use a hand-held mobile phone or similar device when you're driving. Make sure that you check the travel news before you leave, or use the live traffic function if you own a sat-nav with traffic update features. (see footnote)

- **Avoid mobiles and... fast food?** To use a mobile phone legally when in your car, you must be parked up safely with the handbrake engaged and the engine off. Even sitting in a queue at a fast-food drive through could land you in trouble with the police.
- Using your phone to pay for the meal while your car is idling is actually a criminal offence. It could see you being prosecuted for using a mobile while driving. Expect an extra large £200 fine and six points on your licence to go with that Big Mac and fries.

(continued on next page)



Prepare yourself

- **Drink** In general, you should always look to stop in a safe place before you eat and drink - non-alcoholic, not only for the driver, but also your passengers.
- **Tiredness** Avoid getting over-tired or dehydrated; take frequent breaks from driving to rest, drink and eat. These breaks won't add much to your journey time, but they'll help to keep up your concentration levels while you're driving.
- **Stay alert** Keeping a regular supply of cool air circulating inside the car will help you stay comfortable and alert.
- **Beware of the glare** Driving in summer can mean bright sun and tired eyes. Keep your windscreen clean, use your sun visor and wear sunglasses if it helps
- **Drive with dry feet** What you should wear on your feet when driving has caused some debate over the years. There has been much discussion on whether it is illegal to drive in flip flops or with bare feet. According to the RAC, neither is illegal as long as you are in full control of the car. When it comes to going barefoot behind the wheel, though, the organisation says that you mustn't have wet feet, because that poses a serious risk to your ability to control the car - and that is illegal
- **Watch your medication** The idea of police cracking down on drug drivers inevitably brings to mind a stoned young driver with a joint hanging from their bottom lip, but there are also serious consequences for those found to be driving while on certain prescription medicines. These medications include clonazepam, diazepam, flunitrazepam, lorazepam, oxazepam, temazepam, methadone and morphine.

If you are taking these medicines at their prescribed levels, you are in theory not breaking the law – but any higher and you could face a driving ban. It's best to check with your doctor when any medicine is being prescribed to ensure you are on the right side of the law.

Prepare your passengers

- **Agree on considerate behaviour - before you get into the vehicle**
- **Keep your pet restrained** The image of a dog with its head out of the window, ears flapping in the wind, brings a smile to many of us – until there is an accident and the dog becomes lethal projectile for all those in the canine-carrying car. It also means that dear pooch will be unlikely to survive in the event of an accident. That's why the Highway Code states that dogs and other animals must be "suitably restrained so that they cannot distract you while you are driving or injure you, or themselves, if you stop too quickly." If you are found to be driving with an unrestrained dog, you could lose your licence. In the case of an accident, you could also end up with no insurance cover.
- **Mute your music** After a long day, it's not uncommon for many of us to crank up the volume to clear the mind and destress. But be warned - if you play your music too loudly and fellow motorists report you, you could be penalised for causing alarm, annoyance or distress to those around you. The police might proffer a simple verbal warning. If you ignore it, they have the power to take your car. So please consider your fellow motorists and turn it down!

As always, enjoy better, safer driving by taking extra care in the heat . . .



Who's who?

Committee 2017/18

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As a leading Road Safety Charity in Herefordshire, we rely on our team of volunteers who cover the whole county, ready to help drivers in any way we can to become better, safer and well-informed by:-

- delivering our Quarterly magazine
- distributing promotional leaflets to local shops, parish halls, safety organisations and charities
- providing or locating suitable venues for our courses
- arranging event bookings

If you would like to join in, please choose which area you would find best and ring

Kath Watts on 01981 540382

Herefordshire Advanced Drivers is a Road Safety charity, developing better, safer drivers. A division of IAM Herefordshire. Registered no. 049679.

Affiliated to the **iAM** (Institute of Advanced Motorists).

Official Provider of **iAM RoadSmart “Advanced Driving” course**

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