

KENDAL & SOUTH LAKES GROUP



ADVANCED MOTORISTS

KASLAM NEWS No. 7

summer 2010

Welcome to the 7th edition of *KASLAM NEWS*.

For those of you who receive this by post please consider letting us have an e-mail contact address, if you have one, as it will be a lot cheaper and quicker to forward information to you.

Please note that all contact details on hand will **only** be used for group matters and will not be passed on to anyone else.

WEB SITE:

The group web site (www.kaslam.org.uk) has had a recent re-vamp, please take time to visit the site and feed back any comments (good or bad). There is an events calendar for you to keep an eye on what's on and also e-mail facilities on the site to contact group officials. For the full e-mail addresses now in use see our who's who page towards the end of this information bulletin.

[Don't forget to put these sites into your "Favourites" box for easy access.](#)

DriveCheck 55

So you've been driving for quite a while now and you'd probably rather forget just how long it's been since you passed your test!

You've done OK, your driving's not bad - but maybe, just maybe, it's time to get a helpful and informed refresher.

With busier, more congested roads, hectic pressured lifestyles and the unfortunate presence of uninsured drivers - it may just pay to hone your driving techniques and improve your confidence and awareness of other road users and that's just what our DriveCheck55 assessment is for.

No tests no published results, just a relaxed one-to-one session with a qualified IAM examiner.

The DriveCheck55 assessment has been developed to help remind you of some good driving procedures, identify a few bad habits and give you a reassured feeling of confidence on our increasingly busy roads

DriveCheck55 is a 60-minute drive, costing £35, with an IAM qualified examiner in your own car at a time to suit you. On completion you will be given a comprehensive driving report.

To apply for your Drive Check 55 assessment just visit www.iam.org.uk

GROUP NEWS

Thoughts from the Chairman

Things have picked up a little this year, we have had three or four passes recently, but still not as good as it used to be but hopefully it will improve.

On the 5th July we had an evening "Stroll" attended by seven people, it was a lovely walk along the canal, across fields, along paths and lanes; we were in good hands as the leader of the walk is a team leader of a Mountain Rescue Team. Unfortunately he had forgotten his notes on the route, but another walker had maps with him. After we had been walking for some time our webmaster, Judith, made a comment - are we walking to base camp, because if she had to stop she wouldn't get started again or we would have to carry her, only joking? It was a lovely evening walk and it finished off in the local pub.

As I have said many times before try and support Your Group.

Drive Safe

Musings from the Secretary

We are now getting one or two candidates booking a Skill for Life Course, but while it is still quiet all drives are being organised to suit associates & observers, so drive meeting points and arrangements will be made at the time of booking with the group

Whilst we will be as flexible as possible—remember all our observers give up their time voluntarily; therefore it is essential that all pre-booked drives are attended on time.

FORTHCOMING VACANCY

As of the AGM in November this year the group will be looking for a new chairman

Dave is standing down from this post but continuing as an observer if anyone fancies this highly paid position please contact the secretary.

A Few Facts

In 1935 the driving test was introduced: within a year the death toll had fallen by nearly a thousand.

In 1934, 7,343 people were killed on Britain's roads when there were just 2.4 million vehicles.

In 2008 there were two-thirds fewer deaths (2,538), but fourteen times as many vehicles (34 million).

In 1935 there were only 1.4m cars on the road – today there are over 28.3 million.

Words from the Membership Secretary

Any input from Terry will appear in the next issue of KASLAM NEWS.

DIARY DATES

9th September - The group will again have a display tent at the County Show, anyone available to assist promoting IAM would be welcome, and the aim is to do about a 2-hour shift. This year we will have a joint display with MBEAM (Morecambe Bay Estuaries Motorcyclists Group)

For all information and bookings for any of the events, please give Eddie a ring on 01539 724410

CONGRATULATIONS go to the following for successfully passing their IAM test through the Kendal & South Lakes Group: -

Emma Cafferty David Chorlton, Stephen Hinchliffe, Fennella, Davis

FROM HEADQUARTERS

Food for thought: the dangers of eating and drinking at the wheel

Motorists munch their way through almost 4,000 calories of food and drink a week while at the wheel, a recent survey has found.

As many as 56% of drivers tuck in while motoring, with chocolate and fizzy drinks the favourite fare.

Also, 38% said they had always eaten and drunk while driving, while 43% reckon snacking relieves boredom. The poll showed that 45% of motorists eat and drink on the go because they do not have time at home. A total of 15% of drivers admit to drinking their morning cup of tea or coffee in the car in order to extend their lie-in, while ten per cent regularly juggle a sandwich with the steering

wheel. A further ten per cent of Brits admit to driving frequently with one hand inside a packet of crisps.

The survey was by Kia Motors. Their UK communications director Steve Kitson said: "While consuming food and drink at the wheel is not currently illegal, the law takes a very dim view of any activity that compromises a driver's focus on the road.

"It is much safer either to build in time before leaving home or to take a break during your journey. Trying to concentrate on the road ahead and stay vigilant of other motorists while eating and drinking inevitably compromises a driver's reaction time and focus."

"Sensible advice," said IAM Chief Examiner Peter Rodger.

"Some drivers have been prosecuted for driving without due care or not being in a position to have control of the car when eating at the wheel. If you feel the need to eat or drink, listen to your body – it needs a break, fluid or energy. De-hydration is very destructive - in this weather in particular, make sure you have plenty of fluid to drink – but not while you are driving."

Older driver refresher courses benefit all, says IAM

30 June 2010

The IAM (Institute of Advanced Motorists) has welcomed the new RAC report on older drivers which finds that 84% of drivers aged 70 or over acknowledge the value of a refresher-driving course.

Neil Greig, IAM Director of Policy and Research said: "With ever-growing numbers of older drivers looking to stay safe and maintain independence, it is encouraging to see that there is a high degree of support for refresher courses.

"Older drivers have most of their crashes on high speed roads, particularly on slip roads and at junctions and roundabouts. Updating their skills to deal with these hazards and helping them to stay mobile for as long as possible should be the key aim of refresher courses. The IAM provides a Drive Check 55 refresher course which specifically addresses these issues.

"The IAM does not support compulsory retesting or medicals as we believe they will force many perfectly safe drivers to give up driving too early. This loss of mobility makes them a far greater financial burden on society and less able to access services and support. GPs need more training and information to help them advise patients on giving up driving and refresher courses."

The IAM has already called for a wide debate on how we will deal with more older drivers on our roads. Over the next 30 years **the number of male drivers over 70 on the roads will double, and the number of women drivers will treble.** By raising the issue now we can have the right structure in place to deliver the refresher courses that older drivers want without putting in place a restrictive and expensive new licensing regime.

IAM research in 2005 found that seven out of ten older drivers would like refresher courses to include a brush-up on driving on busy motorways.

Who's Who:

Chairman:

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Adelaide Insurance Services Ltd -

Register your insurance renewal date and they will contact you with a quote, 0845 603 1355 or www.iamsurety.com

Lots of extras and maybe cheaper insurance. They also sell House Insurance.

It is said that many hands make light work

Please feel free to use this section to register your interest for any position within the group to help run Kendal & South Lakes Advanced Motorists

Name _____ Phone _____

E-mail _____

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