

THE RESPONSIBLE MOTORIST



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CHAIRMAN'S COMMENT

Hi everyone

Welcome to our first Newsletter of 2012. I must start with an apology, there is a variety of reasons why we haven't been able to produce a Winter edition of the Newsletter, but we did try to. So here we go with an early spring edition and we have another potentially busy year ahead.

So forgive the usual request but I guess it must fall to me under the circumstances to ask for your assistance again. First of all can any of you kind members spare some dry storage space in a corner of your garage for some of the Groups items? If so please get in touch with myself or Graham our Treasurer (to contact us see page 7 of this Newsletter) in the first instance.

Next we are as ever planning to attend a number of events to publicise what we do. So can you please offer some of your time with assistance on the stand at

- The Wolverhampton City Show on Saturday 7th and / or Sunday 8th July,
- The Wombourne Carnival Sunday 1st July and
- Himley Classic Car event on Sunday 2nd September.

If you know of other events which will allow us to publicise what we do to the general public, please let us know as we need to spread the word to recruit more members.

Following a number of successful visits last year this year will be no exception so please read through for more details on those planned so far.

If you can spare even just a few hours of your time a month you can make a significant difference to our Group which really does need your help.

Safe Motoring and I look forward to seeing you hopefully at on of the forthcoming Group evenings or events.

Paul

GROUP MEMBERSHIP 2012

With your this Newsletter we enclose a group membership form for you to complete as our Group Year End (March) is once more just around the corner.

We again put out the request to you that it would help greatly if you renew your Group Membership preferably on time (late March—early April).

Should you decide that you will not be rejoining please tell one of your Committee members (contact details for all of your committee can be found on page 7). By doing this it will save a somewhat protracted and painful saga of trying to successfully contact you at a later date in 2012.

Please help us to help you!



Group 3081



EVENTS & MEETINGS

14th March

8pm—Darrell Shaw from the Wolves Freewheelers talking on the work of the Blood Bikers—volunteers who are on call to take blood all over the county.

11th April

8pm—Mark Wakelam—our local IAM Examiner and good friend paying us his annual visit to speak about the Advanced Driving Test and more. If you are an Associate do come along and pick up some good driving tips!!

9th May

8pm—**Group AGM**—This is always an important evening for us all. There are always matters to discuss and votes to be

voted upon. We will have Phil Collins IAM Region 3 RCO to talk to us on our Region and the IAM as a whole. It is always in your interest to attend this meeting, folks!!

13th June

8pm—Wolverhampton Health Trainers—a follow-up to the one on diabetes. These people will talk on healthy living and, if you wish, give one-to-one advice.

- **Observer Evenings**
(Thursdays)

26th April (7.30pm)

Note: Attendance is expected on these evenings!!

- **Associate Evenings**
(Thursdays)

22nd March (7.30pm)

17th May (7.30pm)

21st June(7.30pm)

Note: Attendance is expected on these evenings!!

Please note

All dates now vary in any month - unless otherwise stated. There are no meetings in December.

Do read the dates carefully.

Our normal venue — see the map on the last page.

MEMBERSHIP & TALKS/MEETINGS

• Group Membership Detail

Members are reminded that **any** change in their detail previously supplied to the Group via a Group Application Form on joining or renewal of membership needs to be passed to your Group Secretary as soon as they happen. We cannot effectively contact you if your detail on our database is out of date.

• Talks/Meetings

In order to try and attract members that find that our standard meeting night each month clashes with other things in their social life we have now varied our meeting nights in September and October. **What do you think on this?** Any other suggestions that would allow you to attend group nights?

ASSOCIATE OBSERVED & PRE-TEST

Full and Associate Members—please note - that a valid Group Membership card must be produced upon request. Failure to so or that the card is invalid, that particular activity will not take place

Attendance at 'Associate Evenings' by Associate Members—is expected.

Do remember - *When you have taken a 'pre-test' drive* - and have been recommended to apply for the advanced test, please send your completed test application form to me as soon as possible. This recommendation will come from you having demonstrated the standard that we expect of you to pass - however - it will still depend on your driving on the actual day of your IAM test with an IAM Examiner. *Within 2-3 weeks* - an Examiner will contact you with a date and time for your actual test.

After taking your test - please let your Observer and Chief Observer know of the result as soon as possible. This allows us to say well done — and to free your Observer for any waiting Associate.

Observers— tell your Chief Observer when your Associate passes—as I would much rather be told twice than not at all!

Geoff Davis—Chief Observer

“Skill for Life?”



FROM YOUR CHIEF OBSERVER

Positioning when driving:

When driving, positioning in various lanes is all important. I was recently following a car which wandered from the left lane to the right lane on a stretch of dual carriageway. After a short distance, the car returned to the left lane, without any signals. As they were driving at just under the speed limit, it made it difficult for anyone following to 'make progress' on their journey. The driver ahead may have been waiting for the Sat Nav to give further information on the route and was trying to be in the appropriate lane before the next traffic island. The best option was to hold back until the situation changed.

Positioning when parking:

It's important to stay between the lines when parking in a supermarket car park or other parking area. Recently, a driver needed to park in a car park which was already nearly full. Only one or two bays were available. The driver chose the bay but found it necessary to park slightly to the left so they could get out of the drivers' door - by doing so they had left the car on the white line. The driver on their return, found a £60 penalty notice on the windscreen not for staying longer than the amount of time purchased from the pay and display machine but for parking on the white line between the bays. Being in a rush, they couldn't have noticed any signage indicating a fine would be imposed if parked on a line.

The widths of standard bays haven't increased but cars have - it is now more important than ever, where possible, to park centrally. On the radio programme which covered the item, it was mentioned that the Ford Focus is now over 6 feet wide. According to the Ford e-Brochure, the width of the Ford Focus including the mirrors is 2010mm - over 6 feet 7 inches. By parking centrally and allowing enough room to open each door, a rather large parking bay is needed, but is unlikely to be found unless parking in a restricted area such as parent and child or in the disabled areas. By parking in a restricted area, when you don't need to, may attract another opportunity to receive a penalty notice!

Till next time - Be vigilant-take care-drive safely!

Geoff Davis, Chief Observer

OBSERVERS AND ASSOCIATES - PLEASE NOTE: Do read the Events and Meetings sections as there are evenings that you are expected to attend.

*"Skill for Life
Could that also be for
'Skills are for a life?'"*

ASSOCIATE RESPONSIBILITIES

Attendance at Associate Evenings—is expected.

Keep in touch with your Observer—it is your responsibility to do so.

If you cannot keep an appointment—tell your observer. Observers work on a voluntary basis and have lives of their own to fit around their observing. It is only courteous to let them

know.

If you do not keep in touch with your observer—it will be assumed that you no longer wish to continue and your observer will be assigned to another associate. Our observers and their time are a scarce commodity so we have to make best use of them.

Successful pre-test

runs—still means that you continue your observed runs right up to the actual test. Do not go off the boil!

When you pass your test—let us know via your observer so that all the group can celebrate your success.



Tackle Diabetes Project

The Tackle Diabetes project is funded by Barclays Premier League and The Professional Footballers Association in partnership with Wolverhampton Primary Care Trust, and focus's on raising awareness of diabetes and its associated risk factors as well as educating and supporting those diagnosed with diabetes to lead a healthier lifestyle.

As part of the Tackle Diabetes project, Wolves Community Trust is delivering the X-pert Diabetes Education programme; this is a 6 week structured programme for people with type 2 diabetes. The content covers a wide range of topics relating to the management of diabetes as well as allowing participants the opportunity to discuss and address issues relating to their diabetes care. The programme has been shown to improve diabetes control, reduce diabetes medication, increase self-management skills, and improve lifestyle and quality of life.

Jean Timmins attended one of the education programmes at Molineux Stadium. Jean's story below;

I was diagnosed with type 2 diabetes in July 2010. After the initial shock and confusion I accepted I had the condition and set about trying to find out what information and support was available to me - my GP and nurse were really helpful but I felt I needed more. So I joined a local diabetes support group and as a result found out about the X-pert diabetes education programme at Wolves Community Trust. Keen to improve my knowledge and understanding I attended the next available programme. I wanted to learn more about how to achieve good blood glucose levels and on diet to help me loose weight.

I turned up on the first day unsure of what to expect but I immediately felt comfortable. The social environment of the group worked very well – I found it useful to listen to other people's experiences of living with diabetes and to share my stories also. The sessions were delivered in a way that was easy to understand and although there was a lot of information, I was surprised by how much I remembered during the quiz on the final week.

Attending the course has definitely improved my knowledge - I am still learning but I have remembered a lot of the information and often use my handbook to refer back to. I feel motivated to continue to do the things I was doing right e.g. going to the gym, but my experience has also helped me to identify any areas for improvement and provided support and encouragement to assist me with these changes. The extra input from the Dietician, Health Trainers and Nurse was an added bonus to the general understanding of diabetes and the importance of adapting and maintaining a healthy active lifestyle. I now feel much more confident going forward with the management of my diabetes, I am confident I can manage the condition better as well as having the confidence to ask questions about things I don't really understand.

Although I can't feel or see some of the physical improvements in my health, my GP is very happy with my progress, I have achieved good control of my blood glucose levels, cholesterol and blood pressure and my diabetes medication has been reduced – something which I believe to be attributed to my attendance at the education programme.

Since completing X-pert I have become good friends with another lady who attended we keep in touch and meet up regularly.

I am grateful for all the support and encouragement provided when attending the programme – it was an invaluable experience.

If you would like further information on the x-pert diabetes education programme or to find out more about the options for physical activity and practical cookery sessions also offered as part of the Tackle Diabetes project, please contact Katrina Maguire on 01902 687039 or visit www.wolvescommunitytrust.org.uk

*“Skills are for a Life
.... Yours, your
families and*



NEWS FROM YOUR IAM REGION (R3)

We are reserving this section of our newsletter for this subject that is in the pipeline to all IAM Groups within our Region.

Visit to the Heritage Motor Centre at Gaydon

On 12th May 2012 a trip is being arranged to the Heritage Motor Centre at Gaydon (see map for directions). The centre is described as containing the world's greatest collection of British cars.

Entry is £11 for an adult but if you sign up as a gift aid visitor then you can have 12 months admission (terms and conditions apply) The concession price is £9. They give a discount of £1 per person if a group of 12 or more visit the museum.

You can either explore the museum at your leisure or they will arrange a tour lasting 45 minutes, which is free and they leave at 11.15am and 2.15pm. The guides have their own interests in particular vehicles so the tours will vary depending on the guide. At the end of a tour you can continue your visit to the museum.

I would suggest a 10.30am arrival and recommend the tour because you will have the benefit of the guide having specialist interest in certain cars can pass on information that you would not get from a walk around, but it is the luck of the draw as to which guide and type of cars that you will get..

Whilst you are there you can arrange to take the 'Land Rover Experience', which I believe will cost £7 per person, and can be booked on the day.

If you are interested in going please contact **Nigel Packer** on 01902.897203—as soon as possible.

"...and those of the general public



IAM NEWS RELEASES / FACT SHEETS

THE ADVANCED DRIVING TEST

What the Examiner expects

The Test takes about 90 minutes, over all types of roads and using your own car. The four essential qualities are **Concentration, Observation, Anticipation** and **Planning**. The Examiner is the holder of a Police Advanced Driving Certificate. A full understanding of what is expected can be found in the IAM publication "Pass Your Advanced Driving Test" or "Pass Your Advanced Motorcycling Test" as appropriate. A number of important points are mentioned here:

THE PRINCIPLES OF ADVANCED DRIVING

- Do you concentrate properly and avoid distractions?
- Can you read the road and anticipate potential hazards in good time?
- Are hazards dealt with in a planned and systematic way?
- Do you use your mirrors before changing your speed or position and do you always give a signal to other road users if they will benefit or appreciate one?
- Can you drive with reasonable restraint, but not indecision?
- Is your judgement of speed and distance accurate?
- Do you drive with courtesy and consideration for other road users, including pedestrians?
- Are you always in the right place on the road, travelling at the right speed with the right gear engaged and able to stop safely in the distance you can see to be clear?

HANDLING SKILLS

- Are steering actions safe, smooth and accurate, and do you pass the wheel through your hands?
- Are gears smoothly and correctly selected?
- Do you make full use of automatic transmission, if your car is fitted with it?
- Is your braking smooth and progressive?
- Do you use "acceleration sense"?

ADVANCED DRIVING SKILLS ON THE ROAD

- Do you keep up a reasonable pace and maintain good progress if conditions permit?
- Do you anticipate and react correctly to the situations developing ahead?
- Are the correct road position chosen and signals given in good time for the next manoeuvre?
- Are all signals, signs and road markings observed, obeyed and approached correctly?
- Are overtaking manoeuvres carried out smoothly, decisively and safely?
- Do you drive with proper restraint and proper sensitivity of control when the roads are slippery or visibility is reduced?
- Are manoeuvres such as parking, reversing, carried out smoothly and competently with effective all-round observations?

Advanced Drivers are expected to control the risks, despite the incorrect actions of others. Every journey can have its unexpected moments.

However, even successful candidates have made minor mistakes, which did not prevent them from passing the Advanced Driving Test.

*"Skills are for a Life
.... through your
driving ... so*



FROM THE EDITOR

HELP REQUIRED!!

Please search your diaries for blank spaces and for things that are of low priority that can be deleted or put back. Your group needs help in order to keep going. Why not give something back against all that you have gained from becoming an advanced driver? How? Easy, become a committee member or an observer. **Well? Well - why not? Eh? Me? Yes, you!!**

Requirements for current Group and IAM membership.

Please keep a close eye on the status of both of these! Do ensure that you complete the Group form with each Group annual renewal - and/or - change in detail and send them together with the correct monies in a timely fashion to our Membership Secretary. Also the IAM form from London HQ which you send back to

them.

Group renewal date is **April 1st** each year!

Current memberships are a mandatory requirement for all observers.

Timely renewals—are a must. Those not renewing will cease to be a group member, associate, observer, etc.

Please complete your membership renewal forms—with all relevant detail so that we can maintain our group files.

What is missing from your Newsletter?

To a great degree — contributions from you! We get little or nothing from you. Your newsletter does not appear like magic! (Doesn't this fellow ever shut up? No!). Do send your letters, articles, etc. to me preferably on a disc or as an attached file on an e-mail in an MS Office pro-

gram format but hard copy will do if you do not have a computer. My contact details are in the column to the right..

Should your input not be part of the next issue rest assured that it does go on file and will be used.

CLOSING DATE FOR YOUR NEXT ISSUE: -12th May

Tony Robson - Editor.

Committee & Trustees

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- **Vice Presidents**
Joe Brooks
Judith Rowley
- **Chairman**
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01902.897203
- **Committee Member**
(Vacant)
- **Additional Trustees**
(Vacant)

MEMBERSHIP

Data Protection

(Data Protection Act 1984) Details are kept on file for all of our Members, Associates, Region and IAM HQ contacts in order that we may print address labels and perform other necessary administration tasks. If you object to any of this information being kept on file please inform the Group Membership Secretary in writing. Such information held will only be used by the Group and will not be passed on to other bodies or organisations.

Group Membership Fees

Associate Membership
£139 ('Skill for Life')

Associate Membership
Renewal - £12

Full Membership (effective each 1st April) - £12

Family / Joint Membership
(2 Full members at the same address—effective

each 1st April) - £18

Cheques - please forward them (payable to 'W.A.M.' with your Group Membership number on the back) together with your completed form to:

Tony Robson
133 Elston Hall Lane
Bushbury
Wolverhampton
WV10 9HD

Associate Membership

Upon joining usually as part of the IAM 'Skill for Life' program. Within this program you get the cost of your Advanced Test and your 1st years IAM and group memberships (the latter being refunded should you not pass the test).

Literature - is part of this package and comprises 'Passing your Advanced Driving / Motorcycle Test'

and 'The Highway Code'

Guidance - from the group Observer assigned to you up to the day of your advanced test. This also requires a successful pre-test run/ride with a Senior Observer before a recommendation to apply for the IAM Advanced Test can be given.

New Members - are required to complete the Group Membership Form which will be sent to you upon contacting our Group.

Full Members - please note

London Membership - is required in addition to that of your Group.

• **If your are a Group Observer** - you must be a fully paid up member of both.



Group 3081

GROUP MAIN CONTACT:
Wolverhampton Advanced Motorists
Group Secretary
Phone: 07966.131778
Email: secretary@wolvesiam.org

'Skill for Life.'



Institute of Advanced Motorists

Registered Charity: 249002

Wolverhampton Advanced Motorists

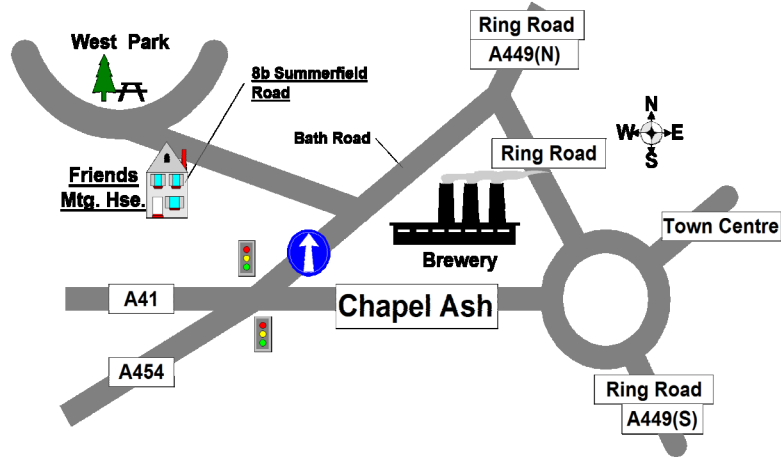
Group: 3081

Registered Charity: 1053330

Group Website:

www.wolvesiam.org

*"...Are you a
'responsible motorist'?
Skill for life, Skills for a
life are our
responsibilities - so use
them 24/7"*



VENUE FOR OUR GROUP MEETINGS

- The Friends Meeting House
8b Summerfield Road
Wolverhampton WV1 4PR

As you get to the gate—follow down the drive towards the back of this property and its car park. The Meeting House is at the very back—a single story building with glass entrance doors. The map shows that Bath Road is a 'one way road' - albeit briefly—when approached from Chapel Ash. You cannot turn right into Bath Road when coming out of town. Taking the Ring Road (northbound) from the Chapel Ash roundabout you need to turn first left into Bath Road then second right into Summerfield Road. For other approaches see your 'A-Z'.

NEW ASSOCIATES / IAM MEMBERS

Welcome to Associates: (Wolverhampton)

- Cliff Cope (Bilston)
- Brian Kerrigan (Dudley)
- Arminder Singh (Wednesbury)
- Don Gwinnett (Wolverhampton)
- Rebecca Cain

Welcome to IAM Member:

-

TEST PASSES

- Louise Dunkley (Obs. Tony Robson) guidance.

Well done and congratulations!

Hopefully your next move might be to become an observer yourself to put back in some of what you have received. Added to this you will continue to hone your 'skill for life' by this passing on and

Passed your test just recently??

Have you shared your success by telling your Observer? If not please contact any Committee Member.

Disclaimer

Please note: The views expressed in this newsletter are not necessarily those of the Group, or that of the IAM-London, but are those of the contributors.