



## The Newsletter for the Norfolk and Norwich Group

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Hello All. I am back from my travels. With my wife I spent Christmas and January with my daughter in her house in Southern Spain. She lives near a town. Huercal Overa, Almeria Province very near the Murcia Province border. Inland about 20 minutes from the coast. We can also boast that we went to 'San Fransansico', this was a small village just up the road. It was winter and we had a real mixture of weather. The first four days there it literally stormed with rain and everywhere became flooded, and we can say that the lack of lettuces in our shops is correct. There is a lettuce field next door to our daughter and it was flooded and all the crop was lost. Then the weather changed and warm during the day but very cold at night. The last week we were there it actually snowed. My daughter is having a lot changes made to her garden area, the old pool has gone and all the patio around the house and pool. A new pool is to be built, but it is quite a large area and it was like living in 'The Somme'. Still we really did have a nice time.

What we did find was that the local motorway, without a toll, the main east west road was very quiet, even early rush hour time, sometimes it seemed we were on some of the Norfolk back roads with the lack of traffic. All built with European money!

Elsewhere in this Edition I have included an article on the 'New Drug Driving Rules'. You will be surprised as to how this could also affect you. The meeting this month is the Annual General Meeting. We hope that most of you will be able to make it and then it is your chance to voice your ideas and let us know what you think about our Club, what do we do (if anything) wrong and what is your vision for the future.



The best of British?  
Loved by hundreds!  
Production: 1969-86  
0 – 60 mph: 8.6 secs  
Top Speed: 120 mph?  
(at best)  
Ford sold nearly two Million world wide and it had a cult following in the UK which still exists today

# What's On

## FORTHCOMING EVENTS

UNLESS OTHERWISE NOTIFIED  
7.30PM AT THE PAVILION, OAKFIELD ROAD, CRINGLEFORD

**ALL MEMBERS ARE REMINDED THAT THE MEETINGS ARE HELD ON THE  
4TH WEDNESDAY OF EACH MONTH.  
THIS IS NOT ALWAYS THE LAST WEDNESDAY**

### MEETINGS

#### MARCH

**Wednesday, 22<sup>nd</sup> March 2017**

This is the BIG one this month.

#### **THE ANNUAL GENERAL MEETING – 7.30pm**

This is your chance to find out what has been happening and what is hoped for in the future of your Club. Your ideas are needed as to what direction to take our Organisation in the future. Obviously Advanced Driving is our first and foremost aim which helps Road Safety, but some people like belonging to the umbrella of the local Club and by continuing with our Monthly Meetings we hope to keep your interest, likewise this Newsletter. We hope as many Members as possible will attend and give us your support. You have a keen, but ageing, Committee and we always are looking for new people to join us, to give us new ideas to pep up the Club. If you think you would like to join us please contact the Chairman, Robin, on 01953 488003, it is not very onerous only a few meetings a year. Likewise your Editor would like a break and I have been advertising for months for someone to take over, with no success. Let us know at the AGM if you would like to become our Editor.

The AGM only takes a short time, and the rest of the evening will be taken over by John Laycock with driving DVDs and probably a Members Forum. This will also be an interesting part of the evening.

Worthwhile coming for the free tea/coffee and biscuits and of course the gigantic raffle!

#### APRIL

**Wednesday, 26<sup>th</sup> April 2017**

#### **Lee Howes and Seb Doda – First Bus Operations**

All about bus services: how, why and where they run especially in relation to Norwich and Norfolk. It is not often we get the chance to hear and then question a senior bus company official on such services in Norfolk. Now is your chance. Another interesting evening.

#### MAY

**Wednesday, 24<sup>th</sup> May 2017**

Still in discussion with potential speakers

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# 'Chairman's Chunterings!'

## RoSPA HQ

**Constitution.** Since the last edition of Drivelines, we have received a revised, and much more acceptable, set of draft consultation documents for groups to consider and comment on. These documents include a revised Constitution; Group Accreditation Scheme Handbook and Tutor Training Manual. Your committee are evaluating these at present. It is noteworthy that groups will eventually have the options to; accept the final versions "as is"; be able to have a group specific version; or draft their own in lieu. Whichever options are taken up, all versions will still need to be approved at HQ level.

**RoSPA Fees.** HQ have informed us that prices will rise on 1st Apr (no, it's not an April Fools joke!). Most fees will rise by £2.00 – your annual subscription renewal to RoSPA will increase to £30.00. We, of course, will **not** be increasing our group membership renewal fees.

## Roadcraft - E-Learning Presentation.

Thanks to Noel (our President and Editor) who forwarded an invitation on to us, three of our committee members (all Tutors) attended a Roadcraft E-Learning presentation in early December. We were in the company of many emergency service workers (Fire, Police, and Ambulance) and others – RoADAR was well represented by three groups from Eastern England. The e-learning package is being developed for The Stationery Office who publishes the printed Roadcrafts. Although this was an initial development version, it became clear that improvements were required in that, as presented, it was aimed at the emergency services and not voluntary organisations such as us who are the main customers for the books. All comments were gratefully accepted with the promise of changes to be made. All present received temporary access logins to the development server and I know that two of us completed the course - We Passed!). I remain open-minded, perhaps old fashioned (!), on the value of the package for any new associate members because, whilst the package replicates the book, it also contains an exam module (with pass certificate), it does little to assist practical driving. I believe that printed versions are always easier to use for reference purposes.

**Annual General Meeting 2017.** Please remember, our 2017 AGM will be held on Wednesday 22<sup>nd</sup> March at 7.30pm. Please come along and support your group.

# Test Results

During Dec - Feb, we were notified of the following test passes:

Jamie Kaufman                      Gold (Retest)  
David Chapman (Tutor)      Gold (Retest)

Well done to all and many thanks to the tutors for their guidance and patience.

Robin

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## OLDER, WISER and SEXIER

*Age is a question of mind over matter. If you don't mind it doesn't matter.*

*Just remember when you are over the hill, you begin to pick up speed.*

*Middle age is when you are old enough to know better but still young enough to do it!*

*A man has reached middle age when he is advised to slow down by his doctor rather than the Police!*

*Back in the 60s we turned on, tuned in and dropped out. Now we tune in, turn over and drop off.*

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# NEW DRUG DRIVING RULES



Certain medicines may affect your ability to drive



A new law on driving after taking certain drugs (including some medicines) came into force in England and Wales on 2 March 2015.

INTRODUCED IN ENGLAND AND WALES ON 2 MARCH 2015

MARCH 2

The law has changed to clamp down on drug drivers



This law states that it is an offence to drive with certain drugs above specified blood levels in the body, whether your driving is impaired or not. This makes it easier for the police to tackle drug drivers.

The new law sets limits at very low levels for **eight drugs commonly associated with illegal drug use**, such as cannabis and cocaine, to tackle illegal drug use and driving.

The law also includes **eight drugs commonly associated with medicinal use, that are sometimes abused**, that have been set at higher limits based on the available evidence of the road safety risk and to reflect their use as medicines. These are:

- › morphine used to treat pain – opiate/opioid based medication will metabolise (chemically change) into morphine and show in a blood result
- › diazepam, clonazepam, flunitrazepam, lorazepam, oxazepam, temazepam used to treat anxiety or inability to sleep
- › methadone used to treat drug addiction

Amphetamine used to treat attention deficit hyperactivity disorder (ADHD) and Parkinson's disease is also included in the offence with a limit set above normal therapeutic levels.



**The majority of patients that are fit to drive and are taking medicines as directed are unlikely to be above the specified limit and therefore would not be committing the new offence.**

Even if you are above the specified limit but your driving is not impaired and you are taking your medicine in accordance with the advice of a healthcare professional and/or as printed in the accompanying leaflet you will also be within the law.

## What will happen if I'm stopped by the police?

The police may use a roadside test to see if you have taken any of the drugs – currently devices can only detect cannabis and cocaine. If the test detects any relevant drugs, or they suspect you to be under the influence of drugs, the type and level of the drugs in your body can be confirmed by a blood test taken at the police station. **There is a medical defence that can be raised for the new offence if drivers are taking medication as directed and found to be over the limit and not impaired.** Drivers taking relevant medicines may choose to have evidence with them when driving to indicate that they have been legitimately supplied and minimise inconvenience. The medical defence states that you are not guilty if:

- › the medicine was prescribed, supplied, or sold to you to treat a medical or dental problem, and
- › you took the medicine according to the instructions given by the prescriber, a pharmacist or a member of the pharmacy team or the information provided with the medicine.

**It will remain an offence to drive while your ability is impaired and, if in doubt, you should not drive.**

Statistical Release 2 February 2017

# Reported road casualties in Great Britain: quarterly provisional estimates year ending September 2016

**There were 1,810 road deaths in the year ending September 2016, this is not statistically different from the year ending September 2015.**

**Road deaths: GB, rolling years ending September, 2008-2016**

## Uncertainty

The figures in this publication are estimates and are subject to revision in future releases. See the [uncertainty section](#).

A total of 25,160 people were **killed or seriously injured** (KSI casualties) in the year ending September 2016, **up by 6 per cent** from the previous year.

There were 182,560 **casualties of all severities** in the year ending September 2016, **down by 4 per cent** from the previous year.

**Motor traffic levels rose by 1.4 per cent** compared with the year ending September 2015.

The overall **casualty rate per vehicle mile decreased by 5 per cent** over the same period.

**What we can conclude:** There has been a statistically significant increase in the number of people killed or seriously injured in road traffic accidents between the years ending September 2015 and 2016. This indicates that there are a number of factors that have combined together to worsen some aspects of safety on Britain's roads. However, there is some uncertainty in this owing to methodological changes.

**What we cannot conclude:** Although the number of people killed in road traffic accidents has increased between years, this change is small enough that it can be explained by the natural variation in deaths over time. Therefore there is not yet enough evidence to say that the number of fatalities is changing between years.

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I have slipped this one in for info The full statistics is several pages of Government speak, a little bit too long for this publication! I thought it would be of interest that there has been a slight increase in fatal accidents although there has been an increase in traffic growth over the year. Just remember you can make statistics talk for you. Whatever the figure for fatal accidents it is too many, and the consequence of each accident is considerable for family and friends and costly for the nation. We must not get into the mindset of 'their but for the grace of god go I'. We are trained to a high degree to drive so that we do not become one of the stats., but unfortunately one cannot always allow for the other fellow!

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## ROADCRAFT - 'Refreshed'

### PREPARATION and COCKPIT DRILL

It is important to ensure every driver is aware that initial preparation of the vehicle is essential and be advised to make sure his vehicle is mechanically sound and clean inside and out before each drive, and especially that the windows are clean. This initial preparation should ensure that the driver is aware of the importance of looking after his vehicle and the frequent checks he should be making on oil, water, tyres, lights and visibility.

Allied to this, of course, is the "Cockpit Check". It can be short and sharp (providing it covers the main points) or more complete and extended. (Examples of complete cockpit checks have been given and will be re-produced shortly). It is important that the driver is fully aware of all the controls of the vehicle. It should be emphasised that if he carries out such a check at the start of each a journey, when and if they are in a different vehicle from their usual it will give them prior knowledge of the placement of controls etc..

The static and moving brake tests are important, as the former will show whether there is a fault such as a leak of fluid and the latter that the brakes are working correctly, not pulling to either side, etc..

If a trainee is taking a test it is important that they TELL the examiner what is happening when brake tests are carried out, otherwise he does not know whether the driver understands what he is looking for on such tests.

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End piece:

Now back in harness and that is my offering for this month. My usual plea, can I please have some material for publication? Just pass it to me at either of the addresses below.

Just as an aside, I see we in the East are at the bottom of the 'Chancellors' handouts for road improvements. What has been given East probably would not build one road. It has only been numerous years of waiting already, perhaps one day we will see the dualling of the Acle Straight and the rest of the A.47 to Peterborough.

Hope to see you all at the Annual General Meeting.

Safe driving.

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Your Editor

Noel

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This Newsletter is produced for the interest of the members of the Norfolk and Norwich Group of the RoSPA Advanced Drivers and Riders Association. It details forthcoming events and has articles of a general interest to our members, which have been supplied by the members, the committee and Editor. As a result any views expressed are those of the local Group only, unless so detailed and not of the Royal Society for the Prevention of Accidents being the parent organisation