



# Newsletter ~ December 2018

**St Helens Group of Advanced Motorists**  
*Working to make our roads safer every day...*

## Chair's Remarks

Hello everyone, welcome to the December edition of the Newsletter.

Winter appears to have properly arrived and Christmas is almost upon us. I'm sure I don't need to say this, but the season of goodwill is often the season of excess, particularly when it comes to alcohol. Just remember it takes longer than you'd think for your body to process alcohol, so exercise caution.

Also challenging at this time of year are the conditions. Apart from the obvious issues (rain, ice, wind or even snow) there's also the larger volume of traffic, be it the Christmas shoppers or people heading home to see their families. This all can add up to making the

most routine of drives just that little bit more difficult, but a good application of the System can go a long way to alleviating any issues that might arise.

The Group continues to look for opportunities where it can introduce members of the public, both 'younger' and 'older' to IAM RoadSmart and the St. Helens Group. If you are a member of a local organisation or charity and have regular meetings where external speakers are invited then let your officials know that the St. Helens Group could provide a speaker to give an interesting driving related talk.

Perhaps the best form of publicity for the Group is 'word of mouth' so if you

have recently passed the Advanced Driving Test tell your friends of your experience of doing our Advanced Driver Course.

You could also write down your experience of the Course, our Observers and the Test and submit for publication on the Group's website. Click [here](#). Feedback of this type is much more valuable than traditional forms of Group publicity.

Well, that's it from me.

Best wishes for Christmas and the New Year.

**Tom Field,**  
**Group Chairman**



St. Helens Group website

[www.shgam.org.uk](http://www.shgam.org.uk)

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### More Information (click links)

[Winter Course dates](#)

[Up and coming events](#)

[SHGAM News](#)

[IAM News Releases](#)

[SHGAM Driving Tips](#)

[IAM RoadSmart Advice](#)

## Give Jack Frost the cold shoulder - IAM RoadSmart Driving Tip

With white frosty mornings also comes icy roads ... that's why Richard Gladman from IAM RoadSmart has put together some advice on how to deal with driving and riding on ice - and keep Jack Frost at bay.

Only drive if it is really necessary. In very bad weather it is better to stay in or take public transport rather than risk an accident. Always check the weather and road conditions on your route before setting off; if police advise not to travel, then do not risk it.

Make sure you know how the demister settings on your car work and how to adjust them properly. If you are riding, a clean scratch-free visor with a properly fitted insert will help you stay mist free.

Never pour boiling water on the screen as the sudden temperature change may cause cracks. Prevention is better than a cure so if possible cover the glass overnight with cardboard or an old sheet to prevent freezing or invest in a windscreen cover

If you haven't done so already, get an anti-freeze

check at your local garage or fast-fit centre. Keep your washer bottle topped up with an even stronger concentration of de-icer.

It might sound like old news, but you may need up to 10 times the distance to stop in icy conditions - increase your following distance to account for this. If a car has to stop suddenly or worse still, a crash occurs, you will need that extra time to react and stop.

Richard, head of driving and riding standards at

the UK's largest independent road safety charity, said: "As ever, preparation and planning are the key to worry-free driving when the mercury plummets.

Plan your route carefully as major routes are likely to be treated with salt and less likely to be icy, although this might still form in dips and on bridges and in shaded areas. Leave more time for your journey, respect the conditions and don't rush. Factor in delays and give yourself plenty of time to clear the ice properly from all the windows of your car."



# Associate Coordinator's Corner

Congratulations to Matthew Stock, Peter Masters and Joyce Ridyard on their recent Test Passes. An extra mention to Peter Masters and Matthew Stock on obtaining the F1RST. Well done!

To those of you who will be shortly doing the Test, I wish you every success. I know that for various reasons some of you will be returning on the next Course. Don't worry, your turn for success will come.

If you pass or have passed the Test and want to consider (or just want to find out more about) Observing, then please see Ken Nevitt. If you would like to be involved with the Group in some other way then talk

to either Tom Field or Mark Farnworth. Inevitably, some of you will be leaving so I would like to thank you for completing the Course and I wish you well for the future. If you remain a Member, then please feel free to come to any of our social functions. You will be most welcome.

Those of you who are about to do the Test may be feeling a little nervous. That is quite normal, but remember that as long as your Test Drive is safe, smooth, systematic and progressive, then you will pass. The biggest single cause of Test failure concerns speed limits; mainly not observing the signalling what the new limit is. They can be hard to spot when they are

the beginning of a road you have just turned into or just before or after a busy roundabout. I know it can be difficult but each time you go on to a new road, ask yourself is there a new speed limit. If there are roadworks on a motorway, a change of speed limit is very likely. That might sound obvious but that, as I said earlier, is the biggest single cause of Test failure.

As this is the last Newsletter before Christmas, may I wish you all a Merry Christmas and a Happy New Year.

**Alan Prescott**  
**Associate Co-ordinator**

## Notice Board

### Keeping it in the Family



Congratulations to Joyce Ridyard who has passed the Advanced Driving Test. Joyce is now the third member of her family to pass the Advanced Test through the Group. Husband John passed the Test in 1998 and son Richard passed in 2016.

### Winter Advanced Driver Course

The next Advanced Driver Course starts on Thursday 17th January with a 'course introduction' meeting. Register now and get the benefit of a 10% IAM RoadSmart Christmas [discount](#) (£134 instead of £149). Additional SHGAM [discounts](#) available to those aged 35 and under or 60 and over.

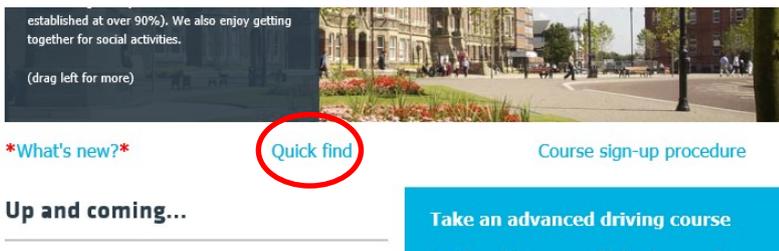
### Open morning

**Sunday 13th January 2018**  
**Ibis Syles Hotel, Haydock**  
**10am to 1pm**

### Tell your family and friends

If you would like to find out what advanced driving is all about then pop along anytime within the above times. Group members will be attending to answer any questions you may have. If you would like to have your driving assessed then you will be assigned one of our Observers who will take you out in your car for a 30 minute driving assessment. There will be no charge for this assessment. If you would like to see a demonstration of advanced driving then this can be arranged as well. Coffee, tea and biscuits will be available for no charge so come along and enjoy!

### Home page - Quick find



A 'Quick find' link has been added to the home page of the Group's website. You will be one click away from the newsletter, driving tips, group membership and other commonly accessed pages.