



In Association with



Sefton Advanced Motorists

Newsletter

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Events for your Diary

Monday 18th December; Christmas Social gathering and Quiz.

Monday 15th January; **Steve Ellis**, Area Manager, IAM RoadSmart. Presentation on the current and future plans of the IAM.

Monday 19th February; **John Wilson** CEO of Sefton Seafarers Centre.

Please come along and Support our guest speakers who all give their free time to speak to us. All meetings are held at the Royal Clifton Hotel, Southport, and start at 8pm unless otherwise stated.

President
Ron Clare, MBE.

Vice President
Alan Filson

Group Committee

Chair: Julie Craik

Vice Chair: Andy Shotton

Secretary: Stella Owen

Treasurer: Stewart Gaukroger

Membership Secretary: Tim Starkey

Motorcycle Membership: Brian Dring

Newsletter Editor: Julie Craik

Webmaster: Rob Simpson

Other Committee Members:

Phil Kelly
Jan West
James Apter
Nathan Woodcock
John Sanders
Ian Hammond

Events: Stella Owen.

Car Observer Team Chair: Phil Kelly.

www.iamroadsmart.com/groups/seftonam

Group Number 5143

Words from the Chair



This month sees me looking at baby clothes as I look forward to the birth of my first grandchild in the spring.

But perhaps I should be looking at something else?

A new baby is a very welcome and precious gift for any family. We keep them safe and secure as we gradually nurture and educate them in the ways of the world. As they grow through childhood we are continually teaching them the difference between right and wrong, good and bad.

When it comes to road safety we teach them to cross the road safely and always be wary of the traffic. The local school where I live even holds cycling lessons along my street for the under elevens. The organisers of which should be congratulated for their efforts towards road safety and keeping our children safe.

But what can we do as individuals, what more can we do to keep safe and educate our children? I don't just mean buying a grandchild a new bicycle with better brakes for Christmas. I mean a right thing, a better thing.

In the first instant perhaps fit the most up to date child car seat in your car. Then, how about becoming a better driver by taking an Advance Driving course. This could be a way of doing the right thing and helping protect all your loved ones.

Better still, buy anyone you know who takes children in their car an Advanced Driving course for Christmas. This to me seems like doing the right thing.

Just think, this doing the right thing could snowball, become the norm, something that is passed on from generation to generation. To be a Better Driver, a Safer Driver.

Living near a school, parents park along my street. I see some without a single thought about child safety as they speed off without the children seated probably and breaking the speed limit (20mph) in an instant.

We concentrate efforts on children's education, but perhaps it's adult education that is more appropriate when it comes to our children's road safety.

Do the right thing this year, when you ask, or are asked the question "What would you like for Christmas"? Think, this could be an opportunity to do the right thing for your children.

If you are a safer driver, you protect your children. They will then become safer drivers too, by following your example. Start the snowball rolling this Christmas.

Safe Driving and Riding, *Julie Croik*

NEW ASSOCIATES



Sefton Group extends a warm welcome to

Motorcycle Section:

Richard Nicholson

Malcom Giles

TEST PASSES

Hearty Congratulations go to



Car Section:

Willian Molloy

Richard Woods LAW F1RST

Motorcycle Section:

Alix Fleming

John Davis

Richard Wilson

John Brooks

Newsletter Contributions Welcomed

Contributions to the newsletter are always welcomed and appreciated. These can be submitted by any means, but e-mail submissions greatly ease the final production.

Copy deadline is the last Friday of the month

E.g. Friday, 26th January for the February issue.

Certificate Presentations

Congratulations to all who received their certificates this month at the Clifton Hotel.



Richard Watson ADV Motorcycle



Graham Miller National Observer



Robin Brayshaw Masters Driver with Distinction



John Davies ADV Motorcycle

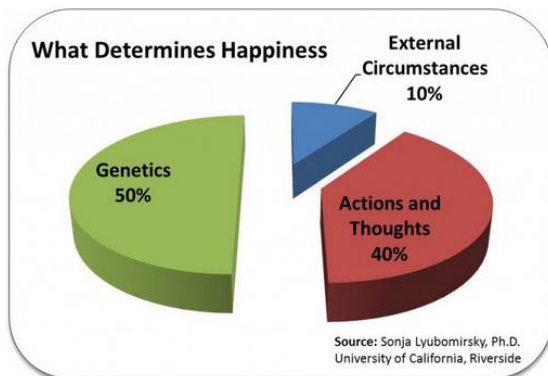
The Psychology of Driving

November 20th saw the Sefton Advanced audience royally entertained and informed by Simon West, a senior educational psychologist who presented for over an hour giving his thoughts on the “**Psychology of Driving**”



Simon is a brilliant presenter and very early on fully engaged us with his discussion about the American formula for happiness : $H=S+C+V$. Despite the often misunderstood assertion that Happiness = Sex plus Chocolate plus Vodka, we learned that it is in fact

- S: Our biological set point – genetics
- C: Conditions of living - circumstances
- V: Voluntary actions or choices we make daily through our actions and thoughts



How might that affect our driving you may be asking? Basically it can come down to how we approach our

day and whether our drive or ride will be impacted by our own attitude, or will we allow external factors to affect us and how we choose to react to them. The classic point was raised about how drivers might feel frustrated or even angry if someone cuts them up in traffic. The potential fist shake can soon turn into a friendly wave if the offending driver turns out to be a neighbour or family member.

Simon gave us so much more insight into how “The Chimp Paradox” can affect our behaviour. Can you control your inner Chimp? Another point he emphasised was that where groups such as ourselves come together with a common purpose, such as road safety, there is so much more enjoyment and purpose to the activity. Peer support aids the attitude towards improving. Keep spreading the word about advanced driving and riding, it can make you feel good.

To conclude Simon gave us some very funny examples as to how children perceive the area of love and marriage with Martin, aged 10 answering this question, **What Do Most People Do on a Date?**

"On the first date, they just tell each other lies, and that usually gets them interested enough to go for a second date."



The picture shows Ricky’s answer to the question, **“What is the secret to a happy marriage?”**

Thanks to Gil Taylor for booking Simon for a superb evening.

Brian Dring

Catching up with the Car Observer Training

This autumn has seen no less than 5 National Observer Passes being awarded to some of our Car Observers.

May we all congratulate Ross Maule, Tony Hey, Ian Hammond, Walter Klahn and John Hatchard as they look forward to their future Observing.

Christmas Social & Quiz

The next Meeting at the Clifton Hotel is on **Monday the 18th December** and we are holding our Christmas Social and Quiz night

We would like everyone to come along and join in the quiz, set by this year's quiz master Brian Dring. As always, all members are welcome and prizes will be awarded to the winners.

New Associates Meeting

The first Meeting of the New Year will be the New Associates Meeting on the **Monday the 8th January 2018**. At the Royal Clifton Hotel, Promenade, Southport. PR8 1RB

Your New Year's Newsletter.

Please Note; your next newsletter will be the February 2018 edition published on the **1st of February**. Until then, please keep in touch with all the latest via social media.

Social Media

Please take time to check out our new look website.

Also, if you use Facebook please like our Facebook page.

Finally, if you prefer to tweet on Twitter, you will find us there too.



NOTICEBOARD

SEFTON ADVANCED MOTORISTS. Group No. 5143

Group Meetings

All group meetings are held at the Royal Clifton Hotel, Promenade, Southport. PR8 1RB on the 3rd Monday of every month at 8pm, unless otherwise advised.

All Members, Associates and friends are very welcome to attend. Please do not hesitate to make yourself know to any member of the group council who would be pleased to meet you and make you feel very welcome. (Council Members normally wear identity badges).

Your support is especially appreciated by our guest speakers, some of whom travel considerable distances to be with us.

We look forward to welcoming you.

New Associates meetings

Mon 8th Jan 2018 at 8pm.

Held at The Royal Clifton Hotel, Promenade, Southport PR8 1RB.

Motorcycle Meetings

Every Thursday at the Imperial Hotel, 38 Albert Road, Southport. PR9 0LN starting at 8.15pm



SAM Website

www.iamroadsmart.com/groups/seftonam



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<http://www.facebook.com/SeftonAdvancedMotorists>

Disclaimer

The Editor and the Group Council wish to make it clear, that the views and opinions expressed in this Newsletter, are those of the contributors and do not necessarily reflect those of the Group or the institute.

Data Protection Act 1984

Sefton Group will hold details of members and associates names and addresses on computer and paper files, in order to assist with administration. If you do not wish your details to be held, please make your objection known to the Membership Secretary.