

Derwent and Hope Valleys Group of Advanced Motorists

NEWSLETTER



June-July 2021

It is back to all systems go!

All on road training

Guidance meetings

Free assessment Drives and Rides

This issue's features

Can Coffee improve Reaction Time

Ultimate check list before a Long Journey

‘The Derwent and Hope Valleys Group of Advanced Motorists WELCOMES YOU

As the UK’s leading road safety charity, we are dedicated to increasing skills for all road users, raising driving and riding standards and helping to save lives on our roads.

Becoming part of the IAM, in whatever capacity, is a great way to enhance your driving and riding skills in an enjoyable and educational environment. Of course, safety is always our top concern, but it’s a fun and exciting experience too!

Membership of our group includes: -

- One to one guidance sessions providing full preparation for your Advanced Driving Test
- A copy of the IAM guide to advanced driving techniques ‘
- How to be a better driver’
- Advanced Test conducted by qualified IAM examiner
- Written assessment of your test performance
- IAM Certificate on passing the Advanced Driving test

An open invitation to:-

Monthly Guidance sessions held on :-

Sunday mornings, at two venues

Evening in the summer months

Second opinions conducted by senior observers

Evening training sessions held indoors during the winter months.

Guest speakers include

The Highways Agency,

Crash team investigators

IAM Examiner

Group organised events, recent sessions include:-

Skid pan experience,

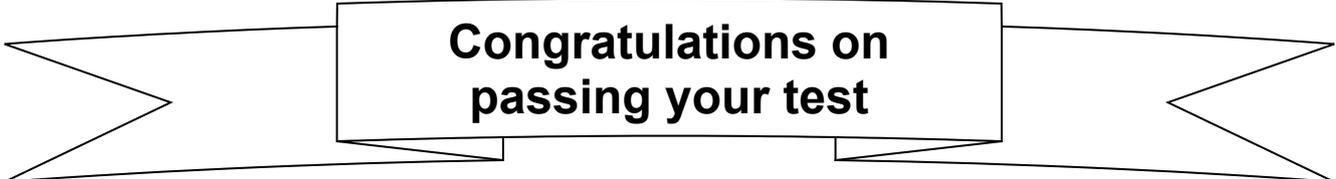
Competitive tests of driving skills

The road from the cab of a 40 ton lorry

For more information visit our websites

matlock-iamroadsmart.org.uk

Facebook - Matlock IAM Twitter - MatlockIAM



**Congratulations on
passing your test**

IAM MEMBERSHIP

Associate

Bob Morley M/C

Observer

Keith Pearce



Welcome to the group

**Brian Hill M/C
Alex Pykett M/C
Rob Townsend M/C**

**Duncan Priestley M/C
James Smith**

Extended Ride Check

Rob Townsend

*** * * GOOD NEWS * * ***

It is back to all systems go!

All on road training commenced 17 May 2021

Guidance meetings resume from Sunday 13 June 2021

Free assessment Drives and Rides

See Diary Dates

Chairman's Ramblings



Well in spite of lockdown and other restrictions we are rapidly heading towards the second part of the year and it is time for the third newsletter of 2021.

With the lifting of various Covid restrictions I am pleased to be able to announce that we were able to resume on road training from 17th May 2021. After the enforced lockdown where only the motorcyclists have managed some limited training, it will be back to all systems go.

Guidance meetings resume with the first one being at The Eyre Arms at Calver on Sunday 13 June. Matlock Guidance will be at the "new" venue at McDonalds where we did manage just two meetings in 2020 prior to lockdown. The summer evening guidance on the **First Tuesday** evenings of July, August and September will also be at McDonalds.

A heads up for the future - The first indoor meeting on Tuesday 5 October at the Duke William, is planned as a welcome back to members evening, and we will arrange for a buffet. We will ask for numbers attending nearer the date, for catering purposes.

It has been a frustrating year for everyone. Observers who have been unable to pass on their skills to make safer drivers and riders and associates, some of whom were almost test ready, and have had their training put on hold. However, we are now looking forward and getting back to business. So we are once again able to offer free assessment drives to enable people to see what is on offer before parting with any money. There are some discounts available at times, which can be explained at the assessment.

I am pleased to be able to report our first test pass since the lifting of lockdown and congratulate Bob Morley and also thank Keith his observer.

I welcome the new associates to the group and I am sure they will find preparing for their test under the guidance of their observer to be an enjoyable and valuable experience.

I was also pleased to see that Murray Dall has commenced training as a local bike observer. I am certain that with Bill as his mentor it will not be long before Murray qualifies as one of our observers.

Whilst, as reported in the last newsletter, Kate has handed over the editorship she is still taking a keen interest and continues to look out for some suitable articles. Thank you for these Kate and hopefully your recuperation will continue.

I was sorry to learn that John Wetherall had died at the age of 85. John was a member and also an observer for many years. I send my and the groups condolences to John's family.

The roads are noticeably becoming busier as we continue on the roadmap to recovery. So do be aware and take extra care on the roads.

I sincerely hope that you and your families remain safe and well.

As always I wish you safe motoring.

Kevin J Knight – Group Chairman



Car Cleaning

A tip from professional cleaners reveals the best, easiest and cheapest way to keep your car smelling great - and it costs only a few pence. Also it is a nice and natural alternative to nasty air-fresheners.

Simply add a drop or two of your favourite essential oil onto a wooden peg and clip it onto the air-conditioning vent.

Alternatively you can make an essential oil solution and soak pegs in it overnight.

This way it is possible to make a number all at once and then just keep them in a sealed plastic bag ready for use.



They work well for the home too you can simply clip the pegs onto a fan.

Scents like orange, sandalwood and clove are known for freshness and tea tree, eucalyptus oil and lemon is also a winning combination.

Any oil can be used however sleepy oils like lavender and frankincense are not advised for use in a car.



Ultimate Safety Checklist Before a Long Journey



As the UK makes its way back to something like normality, many of us are now making plans for a holiday. And with foreign travel still potentially off-limits this summer, it looks like this year is set to be the year of the staycation – a holiday taken in the UK. With so many groups and families getting ready to hit the road, then, we thought we'd put together a useful guide to help you all stay safe – so here is our ultimate safety checklist before a long journey.

Get a grip Let's start with the basics – check those tyres. This is perhaps the most obvious check to make before starting any long journey, but we all know how easy it is to get lazy about this one. The last thing you want is a sudden tyre blow-out on the motorway, so take the time to give your tyres a quick once-over in advance of setting out.

You should look at tyre pressure and make sure they're all properly inflated, of course, but also make sure to check the tread depth and the general wear and tear. Tyres should have a minimum tread depth of 1.6mm in the UK, however, it is recommended to replace tyres when the tread depth is at 3mm. Look for particularly worn patches and for bulges anywhere on the tyre. Remember that petrol stations will always have a pump if you just need to top up the air in your tyres, and don't forget to check your spare tyre too!

Don't be a dipstick Don't be a dipstick this summer – check your oil level before you set off! (Sorry... we couldn't resist the corny joke!) It is true, however, that many of us don't bother to make this simple check before we begin a long journey. It only takes a moment to use the dipstick to check that your oil level is between the min and max mark and then to top it up if required. It's also a good idea to have an oil and filter change once a year, or between 6000 and 1200 miles.

Light bulb moment How many drivers does it take to change a light bulb? Just the one, actually – but the problem is that we rarely see our car from the outside while it's actually running so often don't know that bulbs need changing. Check all your lights before your journey, and pick up a few spare bulbs

to take with you too. (And if you are planning on crossing the channel, don't forget you'll need headlight deflectors so that when you're driving on the other side of the road you don't dazzle on-coming drivers.)

Emergency supplies It's not a nice scenario to think about, but if you do have the misfortune to break down on your journey, you'll thank yourself for having packed the proper emergency supplies beforehand. This doesn't just mean your red warning triangle and spare tyre, though. It's a good idea to also pack a reflective jacket and first aid kit. You may additionally want to pack a sleeping bag or two and some snacks that won't go off when stored for some time – being cold and hungry while you wait for vehicle recovery is never much fun!

Test your brakes The basic test for brakes is, of course, to test that they stop the car, that they don't feel soft or spongy and that the car doesn't veer to one side as it is slowing down. More advanced is to check your brake pads for wear by looking at the thickness of the pads. New pads are usually around 10mm thick and you should replace them when they are at 3mm.

Windscreen condition Tiny chips in your windscreen might not seem like anything you need to worry about. However, that small damage can become larger as the car clocks up the miles. Small chips and scratches are easily dealt with before a long journey as they are what are termed SMART repairs. This stands for "small and medium repair technique", which means, put simply, that a mobile repair service can come to you instead of you coming in to a garage.

Fuel level This point is almost too obvious to include on our checklist, but the fact is that a surprising number of motorists do have problems due to simply running out of fuel. The worst case scenario is finding yourself stuck by the side of the motorway because you don't have enough petrol in the tank to carry on. Little better, though, is the panic that's induced when you suddenly realise you might not make it to the next petrol station in time. Remember to plan your journey and work out where you're going to pick up fuel in advance. If you're coming from a city, it's easy to assume that there are petrol stations everywhere – but this is just not the case in less built-up and more countrified areas.

I can see clearly now the rain has gone... Obviously, being able to see clearly out of the windscreen is crucial, but checking your windscreen wiper blades and screen wash is another one of those things we tend to get lazy about. Top up your screen wash and make sure that your wiper blades aren't worn out and leaving smears on the screen. Far from helping you to see more clearly, these smears can often be a hazard and block your view of the road, especially when combined with the glare of headlights at night.

Book your vehicle in for a service Getting an overall service is the best way to put your mind at ease before setting off on a long journey. It will cover everything and give your car a clean bill of health that lets you drive in complete confidence.

Break-down cover This one could seem like a no-brainer, but do be sure to get yourself some break-down cover before you embark on any sizeable journey. And if you already have cover, make sure to check that your policy is up-to-date before you leave and that you've got your membership card with you and know the phone number to call if you do break down.

Insurance Before you set off, make sure your insurance is all present and correct. The real point to look out for here is not whether you've got insurance or not – that's obvious. The thing that often catches drivers out is when they assume that family, adult children and other members of their group are automatically covered to drive their vehicle under their policy. These days, insurance companies offer a multitude of policies that aren't as simple as they once were; they are all very specific concerning who exactly is and is not covered and under what conditions. Don't get caught out here and let a basic admin point ruin your holiday.

Bike racks, roof racks and roof boxes Staycations usually mean a car piled high with luggage and kit and we tend to make use of extras we don't use habitually, such as bike racks and roof boxes. Remember that these can add considerable height and width to your car so make sure you allow for these and take extra care if weaving in and out of traffic or driving down narrow country lanes.

And make sure that all your racks and boxes are secure, in both senses of the word – attached properly to the car and safe from theft. That might sound like an unnecessary precaution, but when you're in the services getting lunch for half an hour, your bikes and surfboards are left unattended in a large, busy carpark and vulnerable to theft. So consider locking them up as well as just tying them down.

Navigation and route planning When it comes to navigation, we tend to rely heavily on our satnavs these days. Remember to check for map and traffic updates before you set off, though, as not all satnavs do this automatically. Also check that you have a good old fashioned road atlas stowed away somewhere in the car. This might seem outmoded and unnecessary, but it's a very worthwhile back-up – you should never rely completely on your tech.

Be safe and have fun! So there you have our ultimate safety checklist before a long journey. These checks aren't always the most riveting of tasks. However, they make all the difference when you're on the road and they keep you out of danger. So work through the list, stay safe out there and have fun. Bon voyage!

Written by Perrys | 5 min read

01 Apr 2021

Rap music, coffee and noisy kids in the car **IMPROVES** reaction time behind the wheel and women are quicker to spot hazards than men, study shows

Caffeine consumption and listening to rap music could increase a driver's reaction times behind the wheel, a new study indicates.

The lab-based report found evidence of noisy children in the car heightening a motorist's hazard perception levels.

Women were found to be far quicker at spotting and reacting to hazards in the test, meaning they come to a standstill from 70mph 21.48m earlier than men on average. R&B music is likely to slow your response time, the study conducted by a behavioural science consultancy also suggests.

The trial was carried out by UK-based CX Lab in partnership with Uswitch.

It used videos from the Driver and Vehicle Standards Agency's Hazard Perception Test - which was first introduced to the driving theory test in October 2002 - to understand the impact of music, caffeine and children on motorists' reaction times.

Some 16 different clips from the test were shown to a sample of more than 100 drivers on a screen - split equally with men and women - who were then instructed, like in the theory exam, to click when they identified a hazard, replicating when they would hit the brake pedal

The group reviewed had a mix of driving experience, with 35 per cent of the sample having held a UK driving licence for more than 25 years, and the majority getting behind the controls of their car at least four times per week.

The test was administered in silence and then with different genres of music, the sound of noisy children in the background and before and after drinking a cup of coffee.

Out of all the factors tested, caffeine had the biggest impact on results.



When participants had consumed a strong cup of coffee 20 minutes before taking the test, they responded quicker to hazards.

The measured results found that drivers with coffee in their system stopped on average 23.92 metres earlier when spotting a hazard travelling at 70mph, 13.57m earlier from 40mph and 10.25m earlier from 30mph compared to people who had

no caffeine in their system at all.

Uswitch says there is a widespread assumption that caffeine makes us more alert on the roads, but it is more interesting to find that factors 'we'd never imagined could affect our stopping distance' were found to have a direct impact

Out of the six different genres of music participants listened to (classical, heavy metal, jazz, R&B, rap and techno), rap had the most positive impact on reaction times and stopping distance, while R&B was found to slow a driver's reactions compared to listening to no music at all

In a car travelling at 70mph, participants listening to rap music would - on average - stop 15.49 metres sooner than those listening to no music. At the other end of the scale, people listening to R&B had the worst reaction times, stopping 4.24 metres later from 70mph, when compared to people listening to no music.



Tim Wade, co-founder of CX Lab, was asked to explain why rap music might accelerate a driver's response time behind the wheel.

'Behavioural science uncovers lots of interesting unconscious factors that influence human decision-making from driving behaviour to business performance. These often defy immediate explanation and require further investigation to truly understand why,' he said.

'It may be because rap music was less popular - that focused participants on the hazard perception task by actively suppressing the background music.

'This has been seen in other studies where music aids concentration on a primary task - for example, in revising for exams, and raises exciting questions for further study on the role of music and sound in influencing behaviour.'

The study also surprisingly found that playing sounds of noisy children to drivers in the experiment also accelerated reaction times, cutting stopping distances by 13.49 metres on average when travelling at 70mph.

However, critics will argue that the study fails to measure the distracting impact when children are physically in the car making such a level of noise.



Can anyone tell me if its true that an apple a day keeps the doctor away?.....or is it just one of Granny's myths?

My dentist accidentally used laughing gas instead of deodorant - she smelt funny all day

Charles Darwin wrote a book about the creams applied by Victorian doctors caused people to become murderers, thieves and harden criminals he called it :

The Theory of Evil Lotion

Just failed my ventruiquist exam.... Can't say I'm surprised



Classic Motorcycle Meet

Tommy and I went to the first of these meetings and there were some lovely bikes there. Free entry but you buy coffee and food from the pub. It was well run and will get better. Highly recommended. Bill Storey

Midweek lunchtime event

Classic Motorcycle Meet

First Wednesday of the month



The Duke William pub, Matlock DE4 3BZ

Large covered outdoor seating, hot n cold drinks & food

Dates: 2nd June, 7th July, 4th August and 1st September 2021

DIARY DATES

In accordance with changes to Covid Legislation we are able to recommence the Sunday Morning and Summer Tuesday Evening Guidance Sessions and Social Evening in October to start the winter programme

Sun	13th	June	Eyre Arms Calver 10.00am	Guidance
Sun	20th	June	McDonalds Matlock 10.00am	Guidance
Tues	6th	July	McDonalds Matlock 7.00pm	Guidance
Sun	11th	July	Eyre Arms Calver 10.00am	Guidance
Sun	18th	July	McDonalds Matlock 10.00am	Guidance
Tues	3rd	Aug	McDonalds Matlock 7.00pm	Guidance
Sun	8th	Aug	Eyre Arms Calver 10.00am	Guidance
Sun	15th	Aug	McDonalds Matlock 10.00am	Guidance
Tues	7th	Sep	McDonalds Matlock 7.00pm	Guidance
Sun	12th	Sep	Eyre Arms Calver 10.00am	Guidance
Sun	19th	Sep	McDonalds Matlock 10.00am	Guidance
Tues	5th	Oct	Duke William Matlock 7.30pm	Social Evening

Notes re Guidance Meeting Venues

Matlock Guidance – McDonalds

McDonalds has a 90 minutes limit before tickets are issued. Anyone likely to stay longer should inform the manager who will add your regd. number to their list so you wont fall foul. If we use the car park furthest from the building, we should all be fairly close together

Calver Guidance – Eyre Arms

The Eyre Arms top level car park is pretty much fully booked for camper vans, so we will need to meet on the lower level. I suggest on the left as you enter the car park (under the bushes).

Newsletter Dates

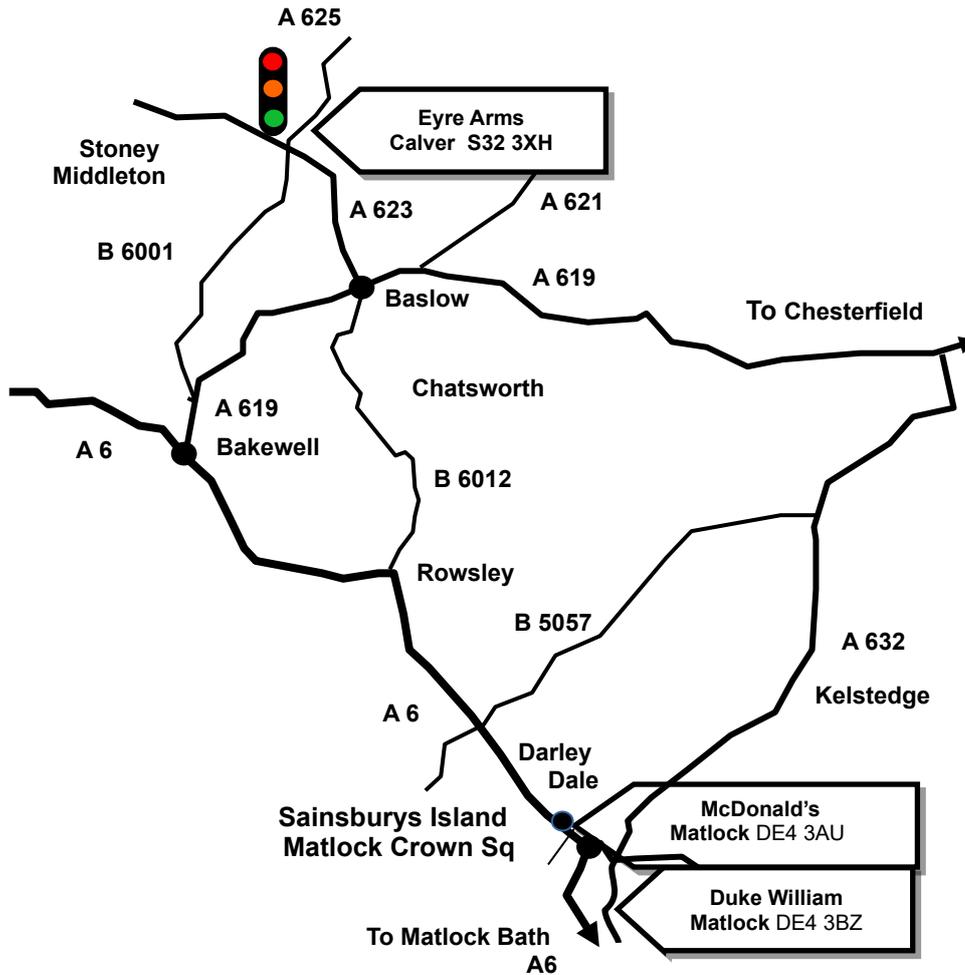
Last date for copy for the August/September Newsletter is July 5th for articles, July 12th for tests, new members etc.

Articles, letters, clippings etc. for inclusion to Mike Scawen

17 Banks Avenue, Golcar, Huddersfield, West Yorkshire HD7 4LZ

E-Mail: mike.scawen@peak05.plus.com

Tel: 01484 647496 or Mobile (preferred) 07788 108177



Meeting Venues

Outdoor Guidance

Eyre Arms Calver. S32 3XH Car park
Second Sunday in month 10.00am

McDonald's 43 Bakewell Road Matlock DE4 3AU car park - area to the right
Third Sunday in month 10.00am All Year
Summer Months (May-September) First Tuesday in month 7.00pm

Indoor Meetings

(Winter Programme October-April)

Duke William. 91 Church Street Matlock DE4 3BZ
First Tues in month 7.30pm

See Diary dates for details or our web site

<https://matlock-iamroadsmart.org.uk/>

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Data Protection Act.

Details which members have supplied to the Group are held on a database for the club's own use. If you object to your details being held in this way, please inform the Secretary, in writing.

The contents of this Newsletter are purely the views of contributors and do not necessarily constitute the views of the Editor, the Institute, or the Matlock (Derwent and Hope Valleys) Group of Advanced Motorists.

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