

# Derwent and Hope Valleys Group of Advanced Motorists

## NEWSLETTER



**October - November 2021**

**Free assessment Drives and Rides**

**This issue's features**

**Posture when driving  
Longer Lorries could hit British Roads  
Carrying Pets in your car  
Can Electric Vehicle Batteries run out in a traffic jam**

# 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](http://matlock-iamroadsmart.org.uk)

Facebook - Matlock IAM    Twitter - MatlockIA

# Congratulations on passing your test

## IAM MEMBERSHIP

### Associate

**Lindsay Allison  
Brian Hill M/C  
Rob Lowe M/C  
Duncan Priestley M/C**

### Observer

**Allan Roberts and David Graham  
Rob Jones  
Keith Seaton and Geoff Makin  
Geoff Salt**



Lindsay Allison receiving her certificate from Bill and her Observer Alan Roberts. Initial Observer David Graham (inset)  
Apologies for quality of photo

Duncan Priestley receiving his certificate from Kevin. Observer Geoff Salt (small photo to left)



## **Reassessment IMI National Observer and Local Observer Assessor Bike**

**Dave Bettison**

# Welcome to the group

**Philip Derbyshire.**

**Martin Knighton**



### Chairman's Ramblings

We are now in meteorological autumn and time for the penultimate newsletter of 2021. It is also the time when Ann, our treasurer, is looking to replenish group funds and the 2022 subscription form is enclosed with hard copy and attached to the e mail. Please note that it is essential that observers and active associates renew before 31 December 2021 to ensure they are covered by the Group insurance.

I congratulate Dave Bettison who recently successfully completed his reassessment as an IMI National Observer and also Local Observer Assessor Bike.

I also congratulate those associates who have recently undertaken and passed the advance test and also thank their observers. I was particularly pleased to hear that Lindsay Allison had passed her advanced car test, Lindsay commenced preparing for her test prior to the Covid Pandemic and despite the interruptions caused by lockdowns and other Covid restrictions stuck to it and under the guidance of David Graham initially and subsequently Alan Roberts was finally successful.

I welcome the new associates to the group and am sure they will find preparing for their test under the guidance of our trained and dedicated observers an enjoyable and beneficial experience.

I was pleased to note that recently after a lean spell the group has had some interest from car drivers. This has already resulted in some new car associates and hopefully this will continue.

I was recently speaking to Kate who as you all know until recently edited our newsletter for many years. I am pleased to report that Kate continues to improve and is finding interesting articles for inclusion in the newsletter.

I am sure you will all join me in wishing Ian Michaels a speedy recovery. Ian is recovering from a double fracture of both his ankle and elbow sustained when he came off his bike on a patch of gravel washed down the hill in a very heavy rain storm. Ian was on his way to one of our guidance sessions and indeed only a few hundred yards away.

We start our winter programme of monthly indoor meetings on Tuesday 5 October at the Duke William Starkhomes at 7:30. As previously mentioned

this will be a social evening where we can all reminisce and share our experiences of the last 18 months etc and have a good general chat. Everyone is, of course, welcome and hopefully there will be a good turnout. **Light refreshments will be provided and in order to assist in planning can you please advise either Bill or myself by the end of September if you intend to come along.** We will in any event allow for contingencies so if you haven't let us know but decide to come along please do.

The following three evening events will be a training evening in November, the annual photo competition in December and on 4 January 2022 Paul Barker, a bike examiner, will give a talk and answer questions. Whilst Paul is a bike examiner his advice etc will also be of interest and useful to car members as well. More details of Paul's talk will be in the next Newsletter.

On Sunday 3 October some of our members will be promoting the group at the Crich Classic Bike Show at the Crich Tramway Museum.

Please note that in line with usual practice there will not be any guidance at Calver on Sunday 14 November as this is remembrance Sunday.

Finally with the Autumn season remember the hazards that await us. Low sun, dark evenings, slippery leaves on the road and fog to name just a few. As always, I wish you all safe driving.

Kevin J Knight  
Group Chairman

## **SUBSCRIPTIONS FOR 2022**

These are due before 31 December and you will note that we have again kept it at incredible value for money at £10.00!!

Many people don't use cheques anymore so if you prefer to do it by Bank transfer the details are as follows.

Bank:- RBS

Sort Code :- 16-15-17

Account Number :- 11708780

Account Name :- Derwent & Hope Valley Group of Advanced Motorists

If you do pay via Bank Transfer PLEASE SEND ME AN E-MAIL (E-mail on last page) to let me know for my records. CAN YOU PLEASE let me know, if you pay income tax, you are happy to Gift Aid your subscription. Gift aided subscriptions for 2021 did bring in an additional £128 to group funds.

If paying by cheque, **Please** send me a note for my records and an **SAE**.

Those of you who joined after Sept 1 do not need to renew.

Thank you, Ann

## Should EV owners be concerned about range when stuck at a standstill? New research has the answer.

Range anxiety is one of the main reasons car buyers give for not wanting to make the switch to an electric vehicle just yet.

Although most EVs on sale today have a range in excess of 200 miles and could suit most people's daily journeys, being able to charge at home is impossible for many, leaving them at the mercy of public infrastructure.



With this in mind, the idea of being caught in stationary traffic for an extended period of time could lead to legitimate concerns about how much battery is being used by features such as the air conditioning and radio – and in turn, how many miles they take off the battery's range.

Consumer publication Which? has worked to find out just how much of a drain these features can be, and whether drivers should actually be worried or not.



To find out, the publication sat in a stationary Volkswagen ID.4 electric SUV to simulate being in a traffic jam. The occupants streamed music through Android Auto, put both front heated seats on maximum, put the air conditioning on, put the headlights on dipped beam, and plugged a tablet into a USB socket to play a film.

In news that will likely alleviate any concerns surrounding battery drain, the Volkswagen lost just two per cent of battery in over an hour and 15 minutes. For this particular vehicle, that equated to just eight miles of range.

One important caveat, though, is that the experiment took place on a warm summer's day. Batteries perform worse in cold conditions, and driving in winter will see a noticeable drop in an EV's range.

Which? says it will do the same experiment in winter to see if using these features in cold weather has a bigger drain on the battery. The good news from this experiment is that, so long as you hit traffic with a decent amount of charge left, you have nothing to worry about using the climate controls and entertainment features. However, if you're running low, it could be a good idea to turn off anything that's not totally necessary for peace of mind.

*A sweater I bought was picking up static electricity all the time, so I returned it to the store. They gave me another one free of charge.*

## ***From resting your elbow out of the window to stretching for pedals: Physio explains how a bad driving posture can cause chronic pain***

- **Victoria Joyce, a clinical tutor at Liverpool Hope University, explains the poor body positions behind the wheel that could result in chronic pain**
- **This includes hanging an arm out the window and having a seat too far back**
- **Lower back pain is the most common outcome of not being positioned correctly**
- **We reveal her top 5 tips for ensuring you're sat correctly when driving**

The sun's out and for many, the temptation to wind down the car window to feel the breeze with a elbow rested on the ledge for a 'trucker tan' bronzing is too much to resist.

While most motorists would have done this, a specialist in sports physiotherapy and rehabilitation says it is one of the bad driving habits that could cause you chronic injuries in the future.

Victoria Joyce, a clinical tutor at Liverpool Hope University, says drivers sat in traffic could be adopting positions - such as resting your elbow out the window, having your seat too far back or even gripping the steering wheel incorrectly - that our bad for our bodies.



Below are her top five tips for body position at the wheel that will help swerve future health issues. Chronic shoulder pain: A clinical tutor says she has plenty of lorry drivers coming to her physio clinic with complaints about pains caused by resting their elbow out the window

The physio says poor posture behind the wheel can potentially result in a host of musculoskeletal problems - chief of which is dreaded lower back pain, or 'LBP'.

Victoria, a strength and rehabilitation coach and also former track and field athlete, advises motorists should try to identify, and rectify, any niggles they get from driving before they develop into 'chronic' injuries.

She explains: 'Commuting to work, or long journeys in general, can be really unhelpful when an individual is sitting in the same position for a prolonged period of time.

'There can be a number of factors at play - from the make of the car, to the set-up of the cabin, to the position the individual adopts while driving.

'Having your seat pushed back too far, for example, not sitting at the correct height, or even resting your elbow on the window ledge while holding the steering wheel, could all actually lead to painful irritations.

Victoria Joyce from Liverpool Hope University is a strength and rehabilitation coach and physio

'It's even more of a problem if you drive for a living, where habitually-compromised posture, combined with inactivity and the potential for unhealthy eating, could all contribute to potential health and injury issues.'

One of the most pressing concerns for Victoria is the impact commuting can have on delicate backs.

She adds: 'Lower back pain is a continual burden on our population, despite decades of research, varied advice and new techniques introduced to try and address LBP concerns.

'Since two-thirds of people who experience an episode of LBP are more than likely to have a painful recurrence within a year, it goes without saying there is a significant benefit to preventing any further episodes.

'Commuting to work with poor posture is, again, a risk factor for LBP that needs addressing.'

So what might you be doing wrong when you drive, and how can you rectify it?

Victoria Joyce has given us her five best posture-related tips for drivers...

Over-reaching to operate the pedals can be a cause of lower back pain for drivers, Victoria warns

### **1. Seating position tips**

'The basic principle here is to sit up - shoulders and head back - with the seat as high as is comfortable while still being able to operate the car.

'Your legs should be neither too extended, nor too flexed, where your knees are brushing the bottom of the steering wheel, as this might aggravate the hamstrings.'

### **2. Don't over-reach for the pedals**

'When your foot's on the accelerator, your leg is in what's known as a 'plantarflex' position, with the foot and toes in a pointed position.

'If your seat is too far back, this position causes you to have to reach for the accelerator and over time this may create discomfort both in the extended leg and the back due to disrupted pelvic alignment.'



Drivers are told that this hand position on the wheel is the safest and best for having full control at all times. Victoria says it is also best for your body

### **3. Hands at 10 and 2 o'clock is also best for your body**

'Remember that when you're driving, you're subjected to tiny movements, little oscillations of the road.



'If you're in a poor position, these slight movements may actually contribute to irritations of areas of the body over prolonged time or may even exacerbate injury.'

'My advice is to keep both hands on the wheel in a ten to two position - left hand being at 10 o'clock and right hand at 2 o'clock - so that the body is in balance and these movements have minimal effect.'

#### **4. Elbow out the window will result in a summer trucker tan - and potential shoulder pain**



'I've had a good number of lorry drivers who've come to see me in the physio clinic with shoulder pain. And it can happen to anyone who does this: resting your arm or elbow on their window frame, while also holding the wheel.'

'It's something many people do without realising the potential problems this driving position creates.'

'For me, it's all about motorists being mindful of how their subtle behaviours might affect their bodies - because

education is a key part of the rehabilitation process when it comes to injuries.'

Victoria says plenty of visitors to her physiotherapy clinic are truck drivers who have developed chronic shoulder injuries by resting their arm on an open window frame while steering

#### **5. Stay hydrated and stop to stretch your legs on long stints at the wheel to avoid cramping**

'On longer journeys, plan to stop regularly - roughly every hour - so you can get out of the car and move around.'

'This movement is really important - as it stimulates all the vital systems in your body, helping you to stay healthy while also warding off injury. Keep well hydrated, too.'

'Many individuals restrict their fluid intake on longer journeys due to concerns about having to stop to use the bathroom.' But this is not good for your body, leading to muscle cramping, loss of concentration, and even injury. It's vital you keep hydrated when you're behind the wheel.'

*Thieves broke in to our local store last night and stole all the body lotion, shampoo, deodorant and toothpaste.*

*Police say they have made a clean getaway.*

## Why driving with your dog in the car could land you with a £5,000 fine

Thousands of drivers in the UK who travel with their pets could be breaking the law - and they could end up with a big fine.

That's because animals need to wear a seatbelt just the same as humans and not making your pet wear one is a breach of the Highway Code.

The Code points out that if an animal moves about during a journey it could trigger an accident and also warns drivers not to put their pets in the front seat for the same reason.

Car expert Mark Tongue at Select Car Leasing, explains: "Most dog owners will know they need to keep their pet suitably restrained when they're in a car, as stipulated by the Highway Code.



"But many owners are left confused as to whether dogs are allowed in the front seat or not. It's something of a grey area.

"Whilst not particularly recommended - dogs should generally be in the backseat or boot for their own safety.

"You should only ever have your dog by your side while driving if you're able, and know how, to disable the front passenger airbag, as some vehicles don't actually have an override function.

"Failing to disable the airbag could result in catastrophic injuries for a dog. An airbag is designed to provide protection for a human, not a canine, and the cushioning is simply in the wrong place.

"When an airbag deploys it does so with so much force it could even crush a dog cage."

Disabling the front passenger airbag differs according to the vehicle manufacturer and model.

To turn it off, you'll typically find the switch either in the glove box or located on the left hand side of the passenger dashboard.

If you can't find one, shotgun trips for your ball-chasing friend should be banned.

Tongue adds that if you are considering carrying your dog in the front of your car, be sure to move the seat as far back as it will go, minimising the risk of the dog striking the glovebox or windscreen during a collision.



"We'd recommend you don't let your dog stick its head out of the window," he explains.

"Not only does that potentially illustrate that the animal is not restrained properly, there's also the obvious risk of its head coming into contact with something, like a bush or a tree, resulting in a bad injury.

"And make no mistake - if you don't have your dog properly restrained, and it's causing distraction, you could be prosecuted by the law."

Recent research by the Dogs Trust found 76% of dogs have no formal training on how to behave in the car, while only 60% of people believe that having a dog unrestrained in the car is dangerous.

They advise that dogs should not travel in the front of the car and the Trust suggest ensuring a dog is well hydrated before a journey.

If you're just getting your dog used to the car for the first time, make sure you bring something along that'll offer some reassurance, such as a blanket or toy, and which carries its scent.

And begin with short journeys before progressing to longer ones - and always try to find journeys with a positive association at the end of it, such as a walk in the woods, rather than a visit to the vet!

### **What's the risk?**

The risk is a fine of up to £5,000 for 'careless driving' as well as the risk of an accident on the road.

Rachel Wait, at MoneySuperMarket, explains: "While driving with your pet in your car – whether in the boot or on a seat – might seem like a harmless way of getting from A to B, the truth is you can risk invalidating your car insurance.

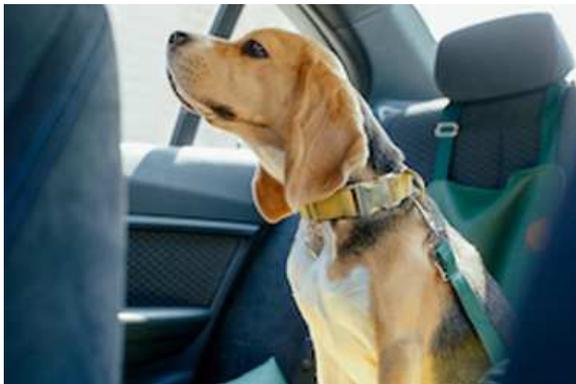
"If you're in an accident with an unrestrained pet in your car, insurers may use it against you – regardless of whether it was as a direct result of the animal itself – so it's worth being on the safe side and making sure 'man's best friend' is properly restrained." Always read your policy in full to make sure you have the correct level of cover for your needs. If not, shop around to see if you are getting the best deal – you could save up to £245 per year simply by switching provider, and it doesn't take long to do."



### **What the law says**

According to the Highway Code, unrestrained pets could cause accidents, near misses or emergency stops.

It states: "When in a vehicle make sure dogs or other animals are suitably restrained so they cannot distract you while you are driving or injure you, or themselves, if you stop quickly.



"A seat belt harness, pet carrier, dog cage or dog guard are ways of restraining animals in cars." And while breaking the Highway Code doesn't carry a direct penalty, if you're deemed to be distracted on the road, you can be fined £1,000 on the spot for 'careless driving'. This carries a maximum fine of £5,000 and nine

penalty points depending on the severity of it.

In extreme cases, the incident could also result in a driving ban and a compulsory re-test.

The law recommends a seat belt harness, pet carrier, dog cage or guard as ways of restraining your pet while driving.

*I went litter picking yesterday and came back with six puppies!*

*My wife was so mad at me last night when she caught me out cheating, she found some letters I'd been hiding. She looked me in the eyes and said, "That's the very last time I'm ever playing Scrabble with you!"*

## Longer lorries could hit British roads next year in bid to cut emissions and congestion

Longer lorries could reduce traffic by carrying the same cargo in fewer vehicles.

Longer lorries could be seen on British roads from next year following a nine-year Government trial.

The trial found the vehicles to be safer, more economical and better for the environment.

Following the trial, the Department for Transport (DfT) has published its response to its consultation on the introduction of 'longer-semi trailers (LST), with the majority of

“ Today's announcement is a vital step forwards as we work to introduce more environmentally friendly freight to our roads and build back greener. ”

*Grant Shapps, Transport Secretary*

respondents said to be in favour of their use.

LSTs could remove up to one in eight freight journeys by carrying the same amount of cargo in fewer vehicles, which would reduce mileage, congestion and carbon emissions.



*A truck loaded with thousands of copies of Roget's Thesaurus crashed yesterday losing its entire load. Witnesses were stunned, startled, aghast, taken aback, stupefied, confused, shocked, rattled, paralysed, dazed, bewildered, mixed up, surprised, awed, dumbfounded, nonplussed, flabbergasted, astounded, amazed, confounded, astonished, overwhelmed, horrified, numbed, speechless, and perplexed 😄*

## DIARY DATES

<b>Social Evening in October to start the winter programme and welcome members back – Please advise if you intend to come along as light refreshments will be provided. Hopefully there will be a good turnout.</b>				
Sun	3rd	Oct	Crich Tramway Museum	Crich Classic Bike Show
Tues	5th	Oct	Duke William Matlock 7.30pm	Social Evening
Sun	10th	Oct	Eyre Arms Calver 10.00am	Guidance
Sun	17th	Oct	McDonalds Matlock 10.00am	Guidance
Tues	2nd	Nov	Duke William Matlock 7.30pm	Training Evening
Sun	14th	Nov	No Meeting – Remembrance Sunday	
Sun	21st	Nov	McDonalds Matlock 10.00am	Guidance
Tues	7th	Dec	Duke William Matlock 7.30pm	Annual Photo Competition
Sun	12th	Dec	Eyre Arms Calver 10.00am	Guidance
Sun	19th	Dec	No Meeting – Too near Christmas	
Tues	4th	Jan	Duke William Matlock 7.30pm	Paul Barker – Bike Examiner
Sun	9th	Jan	Eyre Arms Calver 10.00am	Guidance
Sun	16th	Jan	McDonalds Matlock 10.00am	Guidance

### Notes re Guidance Meeting Venues

**Matlock Guidance – McDonalds** : McDonald's 43 Bakewell Road Matlock DE4 3AU car park - area to the right

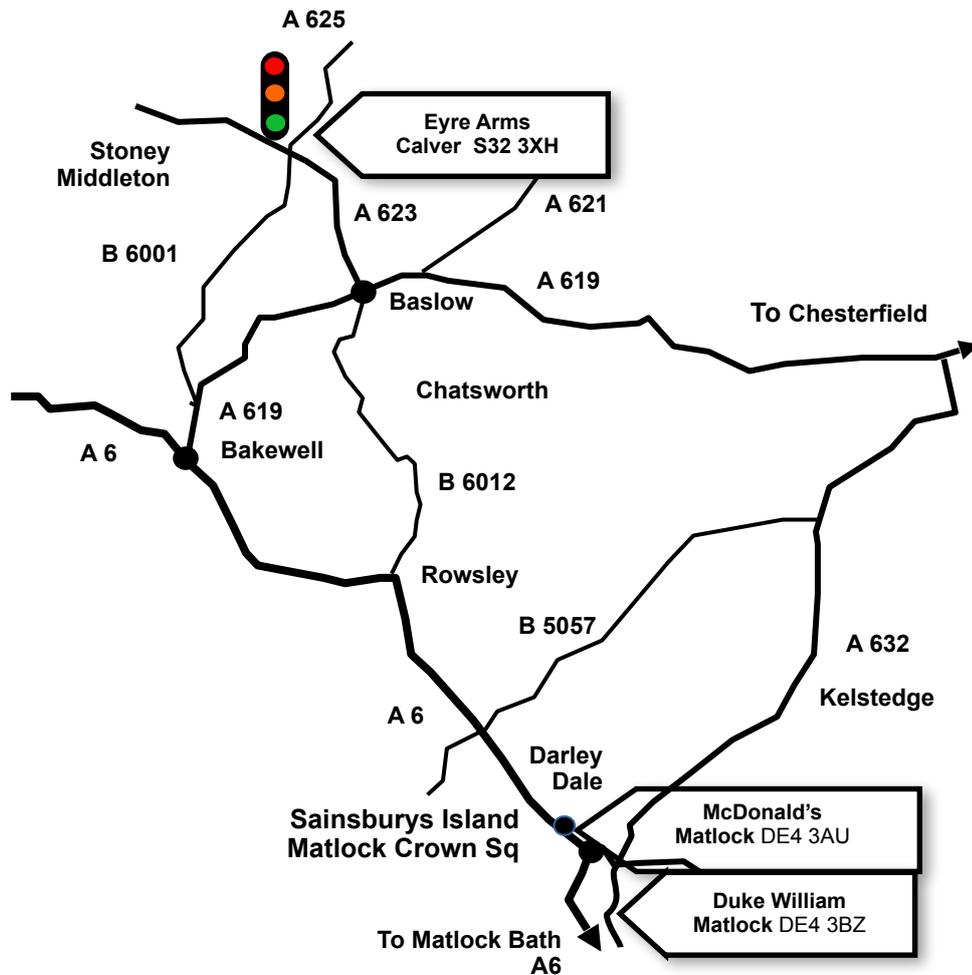
Third Sunday in month 10.00am All Year

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** : Eyre Arms Calver. S32 3XH Car park

Second Sunday in month 10.00am

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).



## Meeting Venues

## Outdoor Guidance

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 Tuesday in month 7.30pm

See Diary dates for details or our web site

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

## **GROUP COMMITTEE 2020 - 2021**

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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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