



The Bedford Group of  
RoSPA Advanced Drivers and Riders  
Members Newsletter  
November 2017

Visit the BEDFORD RoSPA Group online at <http://www.roadabedford.org.uk>

President	Chief Inspector (Ops), Local Policing Bedfordshire Police		
Chairman	Andrew McGrorey		<a href="mailto:chairman@roadabedford.org.uk">chairman@roadabedford.org.uk</a>
Group Secretary	Stan Jones	01234 266070	<a href="mailto:secretary@roadabedford.org.uk">secretary@roadabedford.org.uk</a>
Treasurer	Richard Hales		<a href="mailto:treasurer@roadabedford.org.uk">treasurer@roadabedford.org.uk</a>
Training Co-ordinator	Paul Millbank		<a href="mailto:training@roadabedford.org.uk">training@roadabedford.org.uk</a>
Newsletter Editor	Ian Wade	020 7100 6369	<a href="mailto:newsletter@roadabedford.org.uk">newsletter@roadabedford.org.uk</a>

**Special November 2017 Meeting  
21 November 2017**

**EXTRAORDINARY GENERAL MEETING**

RoSPA Advanced Drivers' Association is changing the relationship it has with its Groups. In this Extraordinary General Meeting Stan Jones will explain to the Group their proposals.

Following his explanation of RoSPA's intent, the Group membership will have the opportunity to discuss the implications and options, and make recommendations to the committee for their consideration before any decisions are made.

*Either way changes will need to be made to the constitution at some point.*

It is important that all members have the opportunity to voice their views, and this meeting will be your only chance.

*Notice given by Stan Jones, Group Secretary  
26 October 2016.*

Please join us on

**Tuesday 21 November 2017 at 8pm in the  
Lecture Room, Bedford Athletic Stadium, Barkers Lane,  
Bedford MK41 9SB.**

Free parking is available at the Stadium.

## Driving Distractions

At our meeting on 19 September 2017 we had the pleasure of welcoming Kate Goldsmith from Vauxhall Motors in Luton. However, she did not talk about Vauxhall, but instead concentrated on her recent work on distracted driving – principally distractions from mobile phones.

Kate is now an ambassador for the Road Victims Trust (RVT). She initially became involved with RVT following the death of her 11-year old daughter Aimee when a lorry driver on his mobile phone ploughed into the back of the car she was travelling in. Kate's 13-year-old son Jake miraculously survived, but was left traumatised by the crash and his sister's death. RVT provides counselling sessions for victims and survivors of serious road accidents, and acts as advocate in working with the police. Kate has also been involved with other road safety organisations, driving schools and TV programmes in publicising the dangers of using mobile phones in vehicles.

Kate's main concern is that people in general still do not regard using the mobile phone at the wheel as seriously as wearing seatbelts, or driving when drunk or under the influence of drugs. According to a report on 21 September 2017 in the Daily Mail, nine million drivers still flout the new law on mobiles at the wheel.

Despite a crackdown that has doubled fines and points for those caught, the RAC says that a hardcore of 9.2 million drivers continue to text, talk, tweet and even take photos and videos while at the wheel. This soars to 16 million drivers when taking into account those who use their phones in stationary traffic.

Kate mentioned several initiatives to increase public awareness, including Department for Transport stickers proclaiming that the glove box is now the "phone box", and focusing on young drivers. She has already made contact with driving schools in the Luton area, persuading them to add the instruction "Switch off your phone and put it out of reach" before starting the vehicle. Her aim is to increase mobile phone awareness throughout as many driving schools in the country as possible.

Kate then threw the meeting open, for ideas on reducing driving distractions and making users aware of the dangers and the penalties. There were many contributions from the floor, including:

- Contact Young Drivers Academy, Milton Keynes
- Contact Under-17 Car Club
- Drive IQ Programme

- Institute of Advanced Motoring: Road Smart Programme
- Driver and Vehicle Standards Agency (DVSA)
- Laws on use of mobiles in other countries (e.g. across Europe, USA)
- Mothers on the school run (some schools are now banning drop-off/parking near the school premises)
- Concentrate on young boy drivers – they are the biggest killers of their girlfriends
- Concentrate on parents, who probably pay the car insurance for their children. Do not cut corners on the premium – they may be seriously underinsured
- Reminder that driving is a privilege, not a right, and subject to self-restraint. You are driving a potentially dangerous weapon
- Incorporation of phone jamming equipment in cars (e.g. Faraday cage)
- Clarification of hands-free phone usage
- Should older drivers be re-tested at 70, 75 etc? (The recent TV series on re-testing drivers over 90 was an eye-opener)

In conclusion, Kate thanked the audience for the many ideas that she would find useful in furthering her cause. It was a very stimulating evening for everyone.



*Bedford Chairman Andrew McGrorey presents Kate Goldsmith with a RoSPA pen and pencil set*

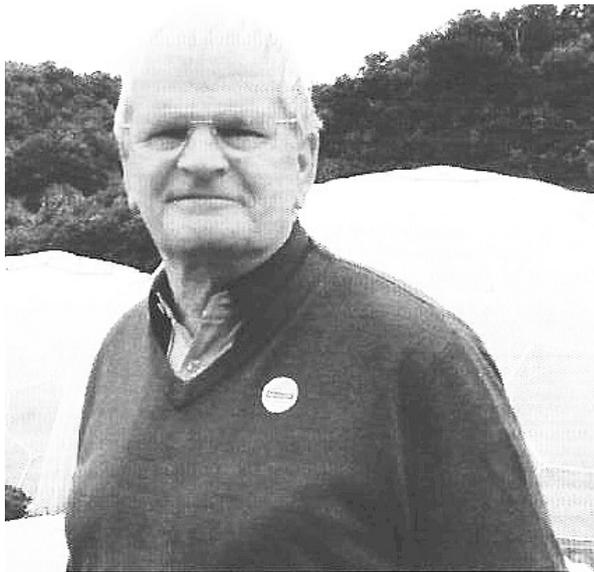
*Report by Ian Wade, Newsletter Editor*

## 30 Years with RoSPA

**RoSPA Advanced Drivers and Riders Bedford Group Secretary STAN JONES recalls his three-decade association with the charity**

### How did my links with RoSPA begin?

In the early 1980s my employer, a large Esso distributor, decided it would be a good safety project to put all its drivers through an advanced test. For some time I had been thinking about taking such a test so I put myself forward to investigate the options.



My enquiries led me to decide that the RoSPA test would be the most appropriate due to the retesting every three years. I subsequently applied to RoSPA for my initial test, which was conducted by the regional senior examiner who was serving at the time in Thames Valley Police. Needless to say, I struggled, but managed a bronze. The examiner was really encouraging in his debrief and advised me to get more training and re-sit in a year's time.

A few months later RoSPA wrote to all members in the area to advise that a new group, led by Alan Best, was forming in Bedfordshire. I joined the group and, as my retest was beckoning, Alan trained me. I achieved gold and have retained it ever since. Soon after, Alan moved away and set up a group in Preston. I remained an active group member and subsequently became a tutor.

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When my daughter wanted to learn to drive soon after her 17th birthday in 1985 I gave her some initial lessons, then advanced driving instructor John Robinson took her to test level. John was a RoSPA examiner and had tested me. My daughter passed first

time and I subsequently had many advanced tests with John.

Meanwhile, my employer, Flitwick Oil Co, was having fleet tests through RoSPA for its car and van drivers, which highlighted the need for more training for some drivers. The next stage was to put our HGV and tanker drivers through the exercise and it was here that I met Eric Simpson who was responsible for testing the tanker drivers. I got to know Eric quite well at a later stage of my RoSPA "career" as he became regional senior examiner.

At the AGM in March 1998 I became chairman and remained so for 10 years.

When the Mid Bedfordshire group closed, the Bedford group was established. On April 30, 1996, the new group was inaugurated at a meeting of the local road safety officer, David Footitt of RoSPA Advanced Drivers and Riders, neighboring groups including Three Counties and interested members like myself. It proved a success and I became an advanced tutor and group treasurer. At the AGM in March 1998 I became chairman and remained so for 10 years

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More than 30 years after my first encounter with RoSPA I'm still actively promoting RoSPA Advanced Drivers.

*This article appeared in the October 2017 issue of Care on the Road (RoSPA's house magazine)*

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## Police partner with PlayStation to explore additional driver training

**Lincolnshire Police have recently worked with PlayStation to explore supplementary driver training methods by testing out their latest Gran Turismo game.**

Four of our specialist operations officers spent the day at the Silverstone race circuit where they tested the newest game and its effects on driving, all to explore whether additional methods could help boost established police training structures.

ACC Shaun West explained: "Our officers met with experts at GT Academy at Silverstone to investigate whether the alternate route they offer to professional drivers - training players virtually using Gran Turismo and then transitioning them to real-world track driving – could offer Lincolnshire Police an alternate way of looking at how we develop and supplement our existing training methods."

After clocking an initial lap time at Silverstone, the officers were coached using GT Sport—including an all-new virtual reality mode—to develop their driving skills by highlighting and improving efficiency whilst playing the game. Any areas for improvement such as under or oversteer, braking late and carrying too much speed in corners were identified, with GT Sport used to demonstrate correct techniques and best practice to keep the car safe. The officers then returned to the track to see if the virtual reality coaching had helped them in real-world driving.

The results showed that some of the officers managed to reduce their lap times and increase smoothness and stability in their driving.

ACC West said: “There will never be a replacement for traditional training methods but we are always looking for innovative ways to supplement the learning of our officers and staff. If Gran Turismo can help to train world class racing drivers, then we were keen to explore whether it could offer anything to our officers and help expand the way we think about evolving and refreshing our training methods.

“It’s important to emphasise that exploring other methods such as this is not in any way seeking to substitute the rigorous training we already have in place but is simply another way to potentially bolster those existing programmes that our officers undertake.”

Laurence Wiltshire, Managing Director of GT Academy said: “GT Academy has proven that the skills learned via Gran Turismo directly transfer from the virtual track on to their own. This is thanks to the incredibly accurate simulation of the tracks but more importantly the simulation of the cars, their physics and how they handle. GT Sport is the best in the series history and, with the addition of VR mode, offers the most realistic driving simulation yet. It’s one thing to train racing drivers but the idea that a game could help officers respond to emergencies more efficiently is mind-blowing.”

ACC West added: “Because road safety is of paramount importance in Lincolnshire we want to ensure our practices are as up-to-date and innovative as possible. Our Fatal 4 campaign focuses on the four main causes of injury and death on the roads: drink/drug driving, speeding, mobile phones and seatbelts. Anyone who chooses not to comply with the standards outlined in Fatal4, and is therefore putting themselves and other members of the public at risk, must do so within the realms of a game like GT Sport or on a racetrack like Silverstone. We don’t want that kind of driving on Lincolnshire’s roads.



*Officers participating in the training  
(Image courtesy of Drew Gibson via PlayStation)*

“Also, we’re really keen to progress our immersive learning and exploring this type of training fits that brief well. We regularly ask ourselves: what more could we do to ensure our officers are trained to the highest standards while also accommodating the needs of a workforce that works varied hours, in a number of locations, and has different needs and expectations of respective roles? Taking technology like we have trialled in GT Sport, and the software that is in devices like our Mobile Data Terminals which, for example, may allow us to offer immersive learning in areas such as Child Sexual Exploitation, and means we are exploring different ways to enhance and augment our traditional training methods. Ensuring we utilise the skills and learning of our officers and staff means they can only offer a better service to the people of Lincolnshire.

“For all of these reasons, not to mention the fact that this also offered us a chance to do something different and at no extra cost to the taxpayer because PlayStation covered all the associated expenses, we were really pleased to work with them on this experience and found the results of this really interesting. It’s something we will certainly take away and think about and see if we can use any elements of it in the future to add on to our established training methods.”

*Reproduced with kind permission from the Lincolnshire Police. <https://www.lincs.police.uk/news-campaigns/news/2017/police-partner-with-playstation-to-explore-additional-driver-training/>*

## Are you fit to drive?

***Understanding driving regulations for people with diabetes and the impact of newly published DVLA guidelines.***

*By Dr Sarah Brewer*

### **Introduction to staying safe on the road with diabetes**

Regulations relating to fitness to drive are important for your own safety and that of others. Having diabetes does not mean you have to give up driving but does mean you need to plan ahead and ensure you are safe before you embark on a trip.



*Dr Sarah Brewer, GP, Health Journalist and Specialist in Nutritional Medicine and member of the DRWF Editorial Advisory Board on changes to guidelines for drivers with diabetes*

The good news is that the law will be updated from the beginning of next year to make the regulations fairer and more realistic for people with diabetes.

Currently, no distinction is made between hypoglycaemia suffered while awake or while asleep. This is considered unjustified, as hypoglycaemia (low blood sugar) that only happens during sleep should not affect your ability to drive.

Similarly, it is considered unjustified that current rules do not permit driving for anyone who suffers recurrent (at least two) severe episodes of hypoglycaemia within a rolling 12 month period.

It was decided that having to wait a year until you can drive again is no longer medically justified, so the length of time will be reduced to a three month period after the most recent episode if you experience two episodes within a 12-month timespan.

### **Changes from the beginning of 2018**

The new European Commission Directive (2016/1106/EC) concerning medical fitness to drive for people with diabetes will apply from 1st January 2018 for group 1 drivers (cars and motorcycles only); those wanting to drive a lorry or bus must continue to meet more stringent criteria.

If you have diabetes which is treated with any medication that carries a risk of inducing hypoglycaemia (e.g. insulin, sulphonylurea

or glinide tablets, such as nateglinide and repaglinide):

- You must demonstrate an understanding of the risk of hypoglycaemia and adequate control of the condition. A driving licence will not be issued to, or renewed for, those who have inadequate awareness of hypoglycaemia.
- If you experience recurrent severe hypoglycaemic episodes (low blood sugar levels that require assistance from another person) during waking hours a licence shall not be issued or renewed until three months after the most recent episode. A driving licence may be issued or renewed in exceptional cases, such as where “an identifiable event has been rectified, and normal awareness of hypoglycaemia is present”. By definition most cases are not exceptional, but examples given include if severe hypoglycaemia and altered awareness happen during pregnancy and resolve after delivery, or where hypoglycaemic episodes happen on admission to hospital when an inappropriate dose of insulin has been administered.

“Recurrent” means at least two episodes, while “severe hypoglycaemia” means that the assistance of another person is needed. If you are unsure whether your medication increases the risk of a having a hypoglycaemic episode, also known as a hypo, ask your doctor or pharmacist.

The requirement for all drivers who suffer two severe hypoglycaemic episodes within a 12-month period to notify DVLA will not change.

### **More information**

For further information on which guidelines apply to you visit [www.gov.uk/diabetes-driving](http://www.gov.uk/diabetes-driving)

These guidelines will be updated when the new regulations come into force in January. Your doctor can also provide advice.

*Reproduced with kind permission from the Diabetes Research & Wellness Foundation (DRWF). Originally published in the October 2017 edition of the Diabetes Wellness News. For more details about DRWF please visit [www.drwf.org.uk](http://www.drwf.org.uk)*

## Txtng & Drivng Campaign

### *Some films from AT&T*

AT&T in the United States has been mounting a "Txtng & Drivng Campaign" since 2013, urging consumers that "It Can Wait". They have sponsored a number of documentary films featuring families affected by texting while behind the wheel.

The films have been distributed to educators, government officials, safety organisations and the public as part of an educational awareness campaign.

Learn about the risks of texting while driving and take the pledge to stop texting and driving <http://www.itcanwait.com>.

Learn more about the It Can Wait campaign at <http://www.att.com/itcanwait>.

Subscribe: <http://soc.att.com/Subscribe>

Some of these documentaries are listed below:

**WARNING:** Before you watch any of these films, be aware that they are intended to shock. And they do.

**"From One Second To The Next – It can Wait"**  
[https://www.youtube.com/watch?v=\\_BqFkRwdFZ0](https://www.youtube.com/watch?v=_BqFkRwdFZ0)

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### "The Last Text"

<https://www.youtube.com/watch?v=u4xXnsorfms>

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### "Texting and Driving Simulator"

<https://www.youtube.com/watch?v=u4xXnsorfms>

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*What I would like to know is what steps RoSPA is taking to publicise the dangers of texting and driving. One quite often sees contributions in the press and on TV from Brake and other voluntary organisations on matters of road safety, but nothing from RoSPA.*

*Is RoSPA doing anything about talking to 17/18-year olds in schools?*

*Is RoSPA doing anything about approaching driving schools to warn of the dangers of texting and driving?*

*Ian Wade*

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## Newsletters by Post or Email?

If you receive the RoSPA Bedford Newsletters through the post but already have a computer or other device with email, you can ask to receive them by email instead if you prefer.

Just send me a quick email and I will switch you over to the email distribution list. All emails are sent as "Blind Copy" (Bcc) messages, so nobody else on the list can see your email address.

Ian Wade, [newsletter@roada-bedford.org.uk](mailto:newsletter@roada-bedford.org.uk)

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## And finally, a reminder:

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