



## CHAIRMAN'S INTRO



Here we are again another festive season upon us, seems to have been building up since the end of the summer. Someone asked me the other day what I miss about Christmas from when I was a child, I answered how simple it was back then, how the Christmas build up started only a few days before the main event.

It got me thinking again how interesting it is that we still view Drink Driving as the worse offence that can be committed whilst driving, and correctly so. But speeding, kills and seriously injures more people than Drink Driving does, we now have the more modern problem of Mobile phone use whilst driving. Imagine if every speeder or person convicted of using a mobile whilst driving,

were to face a ban, and a criminal record, I'm not sure it would stop them, but the roads would be so much quieter for those of us who do obey the rules.

I know I don't need to say please don't Drink and Drive to any one who is reading this newsletter, but will just say that many, many more people are being caught over the limit on the morning after. So remember no amount of coffee, big breakfasts, or cold showers, are going to get that alcohol out of your system, the only thing that will is TIME.

So, I would like to wish you all a very Merry Christmas, a Prosperous New Year, and safe and enjoyable driving, whatever the weather may deliver to us.  
**Peter Hodd Chairman**

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## EDITORIAL

The following test results are reported:

James Alvey-  
secured a Gold Pass.  
Darren Chappell-  
secured a Silver Pass.  
Gwyn Davies-  
maintained his Gold Pass.

May I take this opportunity to wish everyone a happy and enjoyable Christmas and a prosperous New Year.



**A New Chair and a New Treasurer are required to join the team running RoSPA Sussex Drivers from the next AGM on the 31st May. See page three for further details.**

# Thieves could target 96% of motorists with relay attack

EXTRACT From Fleet News 4/12/2017



Ninety-six percent of motorists could be at risk of having their car stolen by criminals using a relay attack.

A relay attack is a new method used by car thieves, which involves two criminals working together using electronic signal relay devices. One receives the car key signal from inside the victim's home, transferring that signal to the second box, which is placed next to the car. The car's system is tricked into thinking the key is there, allowing thieves to unlock the vehicle and drive away within minutes.

In 2016, 66% of Tracker's stolen vehicle recovery customer thefts were

committed by way of a relay attack, confirming just how prevalent this crime has become.

A quarter of those surveyed by Tracker said they leave their car keys somewhere in the hallway overnight. This is the most common room in the house for thieves to target to intercept an electronic car key's signal, and it's where the signal is likely to be strongest because of its proximity to the vehicle itself.

"We're seeing more and more of these relay attacks taking place across the country," said Andy Barrs, head of police liaison at Tracker. "It's clear from our survey that many people are unintentionally leaving themselves vulnerable to these kinds of attack, by putting their keys in easy reach of relay devices."

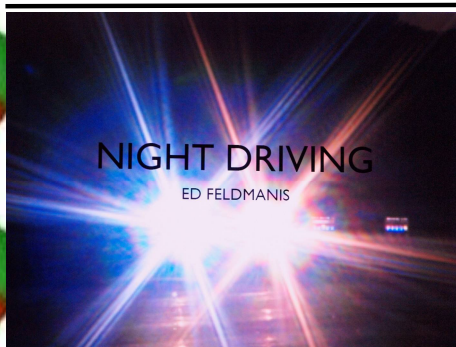
"The good news is there are simple precautions people can take. Whilst the relay devices

can receive signals through walls, doors and windows, metal is its enemy, so putting keys in a metal tin or the microwave is a cost effective way to thwart the criminals.

Alternatively, invest in a metallised signal blocking pouch, such as a Faraday wallet, which is designed to shield electronic keys from relay attacks.

"It's also worth remembering that vehicle security should be multi-layered and shouldn't just rely on the keyless security system. Physical barriers, such as crook locks and wheel clamps will deter thieves. And whilst investing in a tracking device won't stop a car being stolen, it can significantly increase the chances of police locating it and returning it to the rightful owner. This, plus added vigilance, dramatically contributes to keeping thieves at bay."

To read more insert the following link in your browser: [www.fleetnews.co.uk/news/car-industry-news/2017/12/04/thieves-could-target-96-of-motorists-with-relay-attack](http://www.fleetnews.co.uk/news/car-industry-news/2017/12/04/thieves-could-target-96-of-motorists-with-relay-attack)



On the 30th November, Ed Feldmanis, Sussex RoSPA Training Officer gave a presentation about Night Driving which was attended by a large number of members. He used about 23 slides and some excerpts from a DVD to illustrate his talk. For anyone who wishes to refer to it, there is a listing of the Slide Headings attached to this Newsletter.

Starting by talking about winter commuting with dark mornings and dark late afternoons, he noted that 40% of

accidents occur in these dark conditions, and posed the question: Perhaps we don't train enough for dark conditions.

He set out the following as an Agenda:

- Particular Hazards after Dark
- You the Driver
- Your Vehicle
- Planning the Trip
- Driving Techniques
- And finished with extracts from a demonstration DVD

Talking about 'Particular Hazards after Dark', he raised amongst other things the problems of high contrast between well lit and dark areas and the ability of the human eye to adapt to this. He also referred to the ever present risk of dazzle from bright headlights.

Talking about 'You the Driver', he noted amongst other things how minor eyesight problems are magnified at

night, and the need for regular rest breaks.

Talking about 'Your Vehicle', amongst other things he noted the need for all lights to be operable and the windscreen to be clean inside and out. If buying a new vehicle, he suggested consideration of Bi-Xenon or LED headlights and other automatic systems.

The training officer went on to raise many more issues which can be noted from the list of slides, but perhaps the most important single issue raised is the Golden Rule:

**Drive at a speed that will allow you to Stop well within the distance you can see to be clear.**



# A New Chair and a New Treasurer are required to join the team running RoSPA Sussex Drivers from the next AGM on the 31st May 2018

RoSPA Sussex Drivers need a new Chair and a new Treasurer to join the team, running the Sussex RoSPA Group and take over these roles from the next AGM on the 31st May 2018. Without these posts being filled, it is very possible that the Group will no longer be able to operate and will therefore be discontinued.

Any one who is interested in taking over one of these important roles should contact the Group Secretary **Kathy Blythe**: [kathy.blythe@btinternet.com](mailto:kathy.blythe@btinternet.com) and inform her of their interest.

The current Treasurer, Julia White has written the following note laying out the role of the Treasurer for anyone who is interested. If you would like to discuss the role in more detail, please contact her.

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## A message from Julia White, Sussex RoSPA Treasurer.

"It is with much regret that I have decided to resign from my position as Treasurer with our local Sussex Group, effective as of the AGM 2018. After eight years in post I think it is time for me to give someone else the opportunity to get involved!

For those of you who may consider taking on this role, here is a short summary of activities involved, none of which involve a huge time commitment:

1. Send cheques to pay invoices as required including speaker expenses, members expenses and similar.... no online banking available as it is a charity account requiring several signatures!
2. Record incoming and outgoing funds and reconcile bank accounts (2 accounts available).
3. Update charity commission website with annual accounts and trustee details should they change.
4. Reclaim gift aid (can be done online and as we are only a small group it does not take much time: only to be actioned once a year).
5. Manage bank account, ensuring sufficient funds are in the current account, and sufficient signatories are available.
6. Manage PayPal account and ensure that funds are transferred to the accounts regularly.
7. Drive and control the annual membership renewal through payments of annual membership received, working closely with the membership secretary.
8. Provide a short financial overview to the committee at each meeting.
9. Attend between 4 and 6 committee meetings per annum.
10. Attend Group evenings when available.
11. Prepare annual fiscal summary of accounts for the AGM, ensure verification by external third party.

So all you really need is a calendar and a little personal organization. There is no need to have any accounting or financial background, (although an affinity with numbers does help!), and I will always be available to give a little advice whilst you find your feet.

If you are interested, or would just like to discuss this in more details, please let me know! Contact me via e:mail at [sussexrospatreasurer@gmail.com](mailto:sussexrospatreasurer@gmail.com), I look forward to hearing from you.

## From: Gwyn Davies Membership Secretary

Dear Member or Associate

1. Please note that your membership of the group is due for renewal at the end of the year. The renewal fee is £18 for the year ending December 31<sup>st</sup> 2018 (the same fee as this year).
2. Our preferred method of payment is via the 'buy now' button on our website:  
[www.sussexadvanceddrivers.co.uk](http://www.sussexadvanceddrivers.co.uk)
3. Some who pay by standing order may do so as before.
4. If you wish to pay by cheque please make it payable to 'Sussex Advanced Drivers' and send it to me at: **121 Southdown Road, Seaford, BN25 4JS**
5. Newer members or associates who have joined recently have already paid up.
6. Committee members do not pay – it's their reward for their hard work in keeping the wheels turning!!!
7. Active tutors equally get their membership free. If you are a current tutor who is prepared to carry on tutoring please let me know by the end of the year. Note that you are expected to tutor at least one associate during the year. If you are unable to tutor then you are expected to pay your membership fee.
8. If you currently hold a Silver or Gold and wish to become a tutor for 2018 you will also get free membership. Please let me know so that I can arrange for our Training Officer to contact you with further details and some tutor training
9. Please note that any members who have not renewed by January 31<sup>st</sup> 2018 will be deemed to have rescinded their membership and will be taken off the list of members....**further reminders will not be sent out.**

I look forward to welcoming you all to an exciting 2018.

With kind regards  
Gwyn Davies

Email: [membershipsecretary@mail.com](mailto:membershipsecretary@mail.com)

Registered Charity Number: 1075367

### STOP PRESS

We are delighted to inform you that Kevin Reader has agreed to take on the role of Events Coordinator for our group. Kevin is a long standing member on our committee and we are very grateful to him.

Kevin will be coordinating the evening meetings and any daytime events the group feels able to support.

It's important that our meetings are relevant, interesting and enjoyable so please do let Kevin know by email if you have any suggestions that might fit the bill, especially if there is anything that may be of interest to our newer members and younger drivers.

# PROGRAMME FOR MEETINGS 2018

Date	Speaker	Confirmed/TBC
25 January 2018	The Advanced Driving Test Dave Taylor	Confirmed
29 March 2018	Quiz Night with our new President, Dave Raine	Confirmed
31 May 2018	AGM + Presentation	TBC
26 July 2018		TBC
27 September 2018	Children's Road Safety Keith Baldock Brighton and Hove City Council Road Safety Officer	Confirmed
29 November 2018	Winter driving Ed Feldmanis	Confirmed

## Group Secretary's notes:

All meetings are held at:

St John Ambulance, 16 Crowhurst Road, Hollingbury, Brighton, BN1 8AP

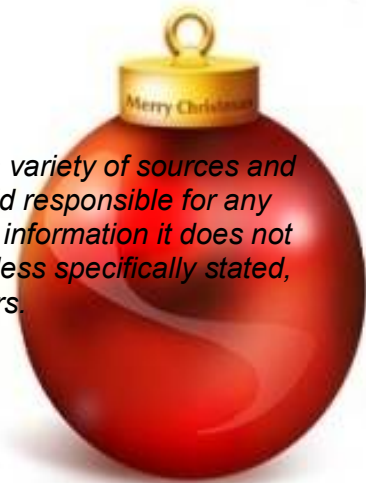
Start time: 7.30 for 8pm

To ensure you are kept informed of news and extra activities arranged for the group, please could all members and associate members let us know of any changes to your contact details so that we can update the group's database.

Kathy Blythe: [kathy.blythe@btinternet.com](mailto:kathy.blythe@btinternet.com)

## Sussex RoSPA

**Disclaimer:** The information contained within this communication is drawn from a variety of sources and whilst every effort is made to ensure it is correct, Sussex RoSPA cannot be held responsible for any misinformation provided by third parties. It should also be noted that in using the information it does not necessarily reflect RoSPA policy, practise or its position on any given matter, unless specifically stated, but is provided for the purposes of information to its members.



# Night Driving Presentation Slides

## Winter commuting:

By: Ed Feldmanis

- Dark mornings and late afternoons
- 40% of accidents occur in dark conditions
- Perhaps we don't train enough for dark conditions

### 1 AGENDA

- Particular Hazards after Dark
- You the Driver
- Your Vehicle
- Planning the Trip
- Driving Techniques
- Chris Gilbert DVD

### 2 PARTICULAR HAZARDS

- Light:
- Dazzle from bright headlights
- But less light overall
- High contrast between well lit and dark areas
- Ability of human eye to adapt to all this
- Minor eyesight problems exacerbated (older people esp)
- Glass surfaces cause additional problems if not spotless
- Pedestrians, cyclists etc in dark clothing
- Drunkards on the streets in towns and cities
- Large mammals active in the countryside

### 3 YOU

- Eyesight:
- Minor imperfections show up at night
- Regular eye tests
- Clear glasses with anti glare coating
- Carry spare pair (esp if wearing contacts)
- Night driving requires more concentration
- Fatigue:
- Regular rest breaks
- Make sure car is well ventilated
- Find a safe place to stop if feeling tired
- A cup of coffee can help

### 4 THE VEHICLE

- All lights must be operable
- Keep windscreen clean, inside and out
- Wipers must be in a good condition
- Demisters working

- Screenwash topped up, plus additive
- Interior lights dimmed as much as possible
- Rear view mirror dimmed as necessary (auto)

### 5 LIGHTING LAW

You must:

- Ensure that sidelights/rear registration plate lights are lit between sunset and sunrise
- Use headlights at night (but not required if the road has lit street lighting)
- Use headlights when visibility is seriously reduced

### 6 LIGHTING LAW

You must not:

- Use lights in any way which would dazzle or cause discomfort to any other road user (including pedestrians)
- Use front or rear fog lights unless visibility is seriously reduced (<100m)

### 7 THE VEHICLE

- If buying new, consider lighting systems:
- Bi-Xenon or LED headlights
- Dynamic Cornering Function
- Automatic Headlamp Range Control
- Dynamic Light Assist/High Beam Assist
- Dusk Sensors

### 8 PLANNING

- Alertness at a minimum between midnight and 6 am
- Allow more time for your journey (stops)
- Consider sharing the driving (passenger stay awake)
- Adequate fuel
- Try to use main roads that are well lit
- Torch, high vis jacket and charged mobile in case of breakdown

### 9 THE GOLDEN RULE

- Drive at a speed that will allow you to stop well within the distance you can see to be clear

### 10 USE OF LIGHTS

- Use your headlights once light levels drop
- Once it is dark, use main beam as default
- Dip whenever you might dazzle other road users
- It can be useful to dip headlights when light is reflected back at you (snow, bright road signs, fog) and when approaching crests, etc

(Continued on Page 7)

## **(Continued from Page 6)**

### **11 WHERE TO LOOK**

- Avoid fixating on the brightest part of your beam
- Look further ahead into less bright areas
- Look down the sides of the road, particularly the nearside
- Avoid staring at oncoming headlights - look to the sides of them
- Use the light from the vehicles in front of you to see further ahead

### **12 LARGE MAMMALS**

- Each year approximately:
  - 74,000 collisions
  - 400 to 700 human injuries
  - 20 human deaths
  - Animal suffering

### **13 LARGE MAMMALS**

Most active:

- During the rut (Oct/Nov for large deer)
- Between sunset and midnight
- Around sunrise

### **14 LARGE MAMMALS**

Be particularly careful:

- When you see the wild animals warning sign
- At times when deer are most active
- Whenever you spot eyes reflecting in your headlight beam
- If one animal crosses, beware - others may follow

### **15 IF DAZZLED**

- Slow down!
- A brief flash of your headlights might alert the other driver that they are on main beam
- If necessary stop!
- Do not retaliate - two dazzled drivers approaching each other is not a good plan!

### **16 CLUES**

- Road surface - smooth, or shiny, or sparkly:
  - Smooth - possibly good braking
  - Wet - slippery (in autumn - leaves!)
  - Sparkly - ice may be forming
- White lines, studs and cats eyes:
  - More paint/cats eyes = more hazard
- Know your stud colours

### **17 CLUES**

- Traffic signs:
  - Circular = orders (eg speed limits)

- Amber glow in distance = built up area
- Edge markers:
- Early indication of changes in direction
- Red = LHS/White = RHS

### **18 CLUES**

- Be particularly aware when passing pubs around closing time!

### **19 OVERTAKING**

- A dangerous manoeuvre at best of times
- More so in the dark
- Is it really necessary?
- On the busy evening or morning commute?
- Is the driver in front leaving a nice gap to avoid dazzling the vehicle in front of them?

### **20 OVERTAKING**

- If you have decided to overtake:
- Remain on dipped beam whilst scanning the road ahead (and checking behind)
- Consider a brief warning flash
- Go onto main beam as you draw level

### **21 OVERTAKING**

- If you have decided to overtake:
- Remain on dipped beam whilst scanning the road ahead
- Consider a brief warning flash
- Go on main beam as you draw level
- If being overtaken, dip as the overtaking vehicle draws level

### **22 COURTESY**

- Avoid dazzling other road users:
- Dip your headlights in good time
- Do not follow others too closely
- Use of handbrake when stationary
- Considerate use of indicators
- Know rules regarding the use of the horn
- In dark, flash can be more effective than horn