



## CHAIRMAN'S WELCOME

You may notice that this is not the usual layout or quality of newsletter that you have been used to recently, but due to our editor not being available for a while due to health problems, I have stepped in to keep the information flowing until Michael returns. In the mean time I will do my best to produce a regular newsletter. I have to also report that Alan Cooper, our Membership Secretary, is also on the waiting list for an operation, so Julia White our Treasurer, has kindly offered to take over Alan's duties until he is fit. I am sure you will all join with me in wishing Alan and Michael a speedy recovery.

At our last Committee meeting we discuss what activities we could try to arrange this year. In the past we have arranged gliding, a barbeque, skid avoidance training, first aid training and a 4x4 experience day. Various suggestions have been put forward and are being investigated, such as go-karting and gliding or perhaps a visit to Digger Land in Kent. If you have any ideas we would be pleased to hear from you. The event does not need to have a driving element so any interesting experience could be considered.

Drive the best that you can!

**David Bradley, Chairman**

## CARS ON THE ROAD INCREASING

The number of cars on England's roads rose to 25.8m in the third quarter of 2015, a year-on-year increase of almost 600,000. Since 2011, the number of cars has increased by about 1.6m in England, 142,000 in Scotland and 69,000 in Wales. The largest rise has been in south-east England, with 373,200 more cars over the five year period, while in terms of overall numbers the East of England (3.3m) has moved ahead of the North West (3.2m). The figures correlate with a rise in new car production.

The 2014 National Travel Survey confirmed that the car dominates UK travel, accounting for 64% of all journeys made and 78% of the distance travelled each year by an individual



## LOCAL AUTHORITIES PAY OUT COMPENSATION

New research from the TaxPayers' Alliance (TPA) has shown that, across Great Britain over the last two years, over £100m has been paid out in compensation claims against local authorities. Of the £100m, nearly eight million was paid out in claims related to potholes over 2013-2014 and 2014-2015. The figures indicate that some local authorities are failing to adequately deliver services – such as pothole repair and road maintenance – resulting in costly compensation claims. Other claims can be attributed to failure to meet the legal standard of care required of local authorities.

Chief executive of the TaxPayers' Alliance, Jonathan Isaby, commented: "The compensation culture is costing taxpayers dear and every pound spent on settlements or higher insurance premiums is a pound that isn't spent on essential services such as road maintenance or social care."

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## TRAINING OFFICER'S REPORT

A while ago we were approached by a local group 4x4 Assist and discussions have since led to our group agreeing to tutor all of the 4x4 Assist members towards gaining their advanced driving qualification. In turn 4x4 Assist members who gain Gold or Silver will be available not only to tutor their own expanding membership, but also help us out as tutors for RoSPA members. The trustees of 4x4 Assist are very keen and excited about this link up, as are our committee.

4x4 Assist are a local group to Sussex, and made up of members who similar to us, volunteer to help others, the difference being that we usually do this in the warmth and comfort of a car, and their members, are often out in all weathers helping to try and avoid flooding in people's property etc.

Their trustees are coming along to our meeting in July to give a talk on exactly what they do when, where, and why, so don't miss it. Take a look at their website <http://www.4x4assist.co.uk>

Below I enclose a few words from 4x4 Assist Trustee and RoSPA Member Paul Gibson

**4x4 Assist supplies response vehicles for medical staff transportation purposes in adverse weather, vehicle recovery, event support, emergency services assistance and help with community resilience projects throughout Sussex.**

**Volunteers are members of the local community who wish to put their own 4x4 vehicles to good use and help to preserve life in the county. 4x4 Assist vehicles are regularly maintained and all drivers are now receiving advanced training by RoSPA Sussex.**

**In just the last month or so, volunteers have been seen helping residents in Hellingly, East Sussex to protect their properties with sandbags during the recent flooding, and rescuing drivers from cars that have driven through flood waters.**

**Volunteers at 4x4 Assist will receive first aid training, as well as off-road driving tuition and a number of other courses which improve their skills. Any interested 4x4 owners can join or find out more by visiting <http://www.4x4assist.co.uk>**

Peter Hodd, Training Officer

## A MESSAGE FROM OUR TREASURER

Thank you to all members and associates who have renewed their membership – it is much appreciated! I hope that your new year with our local group gives you many opportunities to evaluate your driving and that you find the support and forthcoming member's evenings and activities on offer of benefit and good value.

If you are currently waiting for tutor, or for support for a re-test, please bear with us as the group has a large demand for training and we struggle a little with the limited number of tutors available to support this. If you are

interested in becoming a tutor, please contact Pete Hodd, our training officer, who would be more than grateful to hear from you!

Best wishes for 2016!

Julia

## JANUARY PRESENTATION REPORT

A VERY INTERESTING TALK BY MR VARA FROM THE SEAFORD OSTEOPATHIC CLINIC ON **Whiplash!**

*The incidence of reported whiplash injuries has risen dramatically in the UK and other western countries since 1980's. In the mid 80's reported annual incidents in the UK were in the hundreds. In 2002 the annual estimated incidence had arisen to 250,000*



### **What is whiplash?**

**Common injury that occurs to a person's neck following a sudden acceleration-deceleration forces that cause unrestrained rapid forward and backward movement of the head and neck.**

### **Symptoms of Whiplash.**

Majority of whiplashes involve muscles, ligaments, tendons, joint capsules and nerves. Listed below are some of the most common symptoms reported by patients.

Neck pain and Stiffness  
Shoulder pain and Stiffness  
Jaw Pain  
Visual Disturbance  
Tinnitus

Fatigue  
Dizziness  
Arm Pain and Weakness  
Headache

### **Treatments**

- Keep Moving, Exercise
- Painkillers, NSAID, Muscles Relaxants
- Manual Therapy
- Spinal Injections
- Spinal Surgery
- Antidepressants

## Prognosis( How long to recover )

- **Mostly have good recovery within 12 months**
- **Some can go on longer than 12 months**
- **Some patients can have chronic psychological**

## And emotional symptoms

Article Supplied By **Seaford Osteopathic Clinic**

# 80% OF TRAFFIC LIGHTS SHOULD BE REMOVED

## THE INSTITUTE OF ECONOMIC AFFAIRS (IEA)

New reports published by the IEA claims that this would boost the economy and improve road safety. The think tank says the high proportion of traffic regulation is not only detrimental to road safety, the economy and the environment, but that it also imposes huge costs on road-users, taxpayers and communities.

From 2000 to 2014, when there was little growth in traffic volumes, the number of traffic lights on Britain's roads increased by 25%. The number of junctions controlled by signals has risen to about 15,000 with a further 18,000 pedestrian crossings. The number of instructional traffic signs in England reached 4.57 million in 2013 – an increase of 112% since 1993. The report also looks at other areas of driver control including speed cameras saying that, after Britain's first speed was installed in 1992, within 20 years there were more than 3,000 at 2,300 fixed sites and that monitoring now extends to large sections of the motorway network, a step change in the surveillance of motorists.

The IEA report discusses the proliferation in 20mph zones, saying that in 2013 Islington became the first borough to bring in a blanket 20mph speed limit, and by summer 2015 around 14 million people lived in local authorities that had adopted or were in the process of adopting a 20mph standard. It also looks at the effect of bus lanes on traffic. The importance of the road network means the cumulative effect of these measures imposes an enormous burden on the UK economy, says the report's summary. Just a two-minute delay to every car trip equates to a loss of approximately £16 billion a year. It wants most traffic lights to be replaced by filter-in-turn or all-way give-ways. Many bus lanes, cycle lanes, speed cameras and parking restrictions should also go. Culling such traffic management infrastructure would deliver substantial economic and social benefits the report suggests.



## UPCOMING MEETINGS & EVENTS

| DATE                                 | DETAILS              |
|--------------------------------------|----------------------|
| Thursday 31 <sup>st</sup> March 2016 | A Policeman's Lot    |
| Thursday 26 <sup>th</sup> May 2016   | AGM + Brighton Trams |
| Thursday 28 <sup>th</sup> July 2016  | 4X4 Assist           |

**Advanced Notice:** Our next meeting on Thursday, 31<sup>st</sup> March will commence at 7.15pm with refreshments, ready for a 7.30pm start. Please note that on this occasion we will be congregating at:

**St John Ambulance, 16 Crowhurst Road, Hollingbury, Brighton, BN1 8AP.**  
**All members and their guests welcome**