



## Newsletter

January 2025



**Diary Date: Annual General Meeting  
Tuesday March 4<sup>th</sup>  
at 7.30pm  
Liston Hall, Marlow, SL7 1DD**

### **First Aid Training: A New Initiative For High Wycombe IAM Group Members.**

We are very grateful to Group member Maria Marston for offering to host First Aid training sessions, combining theory with practical application.



Maria is pictured left, explaining basic principles for dealing with a choking infant.

Pictured right, is National Observer Tara Ridgeway practicing the provision of CPR (cardiopulmonary resuscitation) with a defibrillator.



Maria is a Thames Valley Police trainer, and her offer was eagerly accepted by the Committee as a valuable addition to the skills and expertise of our National Observer team.

The initial session, held in early December was illuminating, interactive and thoroughly enjoyable.

Due to the success of the first session, **two further dates have been confirmed** with Maria.

**Places are available for any member and family member who would like to attend. THERE IS NO CHARGE.**

Monday 27 January 7-10pm,

Monday 24 February 7-10pm,

Location: Amersham Police Station, HP6 5AL

To **book a place**, on a first come, first served basis, please contact: Margaret Gordon at [secretary@highwycombeiam.org](mailto:secretary@highwycombeiam.org)

### **MEET THE OBSERVERS:**



**Bern Warr** (left) is a National Observer, and also has the IAM Masters with Distinction qualification. Bern is a current Group Committee member. Bern works as a Global Transformation Leader for a multinational medical device and diagnostics company. When not in the passenger seat he can usually be found outdoors, often on his bike. He enjoys reading, musical theatre and repairing vintage watches.

**Stuart Whiteman** (right) is a National Observer and IAM member since 1995, with a passion for helping improve driving skills and road safety. Stuart is a highly qualified motoring tutor and mentor, in the twilight



years of a long and distinguished RAF career spanning 37 years, predominantly in the RAF's Mechanical Transport logistics sections. He has driven/operated a myriad of vehicles all around the world, in some nice places and some not-so-nice places! He often talks of "parking" multi-million-pound aircraft into very tight spots!

Stuart's other interests include keeping fit, SCUBA diving (as a diving supervisor and instructor), skiing, music and trying to keep up with technology, especially personal computing and gadgets!

### **GROUP NEWS:**

Congratulations to National Observer Tim Nicholson in gaining the IAM Masters with Distinction qualification.

## STOPPING DISTANCE IN ICE AND SNOW:

■ Thinking distance ■ Braking distance



**Drive slower**, and allow much more space between you and the vehicle in front. At 30mph total stopping distance increases over 6 times to 149m. At 50mph the number rises to over 7 times more to 395m.

(Chart courtesy of UK.gov, AA, and BBC.)

**Thames Valley Police guidance during these icy mornings is a reminder and warning to not leave your car unattended while the engine is running. If running the engine to defrost the windows, please stay with your car.**

## WHAT TO DO AT A RED LIGHT AND AN EMERGENCY “BLUE LIGHT” VEHICLE NEEDS TO GET THROUGH?



Emergency vehicles have **three exemptions** in law: **Speed Limits, Red Lights, and Keep Left signs.**

They are looking to **make progress** with the blue lights and siren, and asking to be **let through.**

If possible, move over to somewhere safe and allow them past. There is **no need** to mount kerbs or verges, or make sudden moves. (Often, for example on a restricted width road, or the brow of a hill, or at bends, it is better to keep going and let them pass in a safe place.)

**If at a red light** and you can **move aside**, please do so. But, **going through the red light is a road traffic offence.** (Similarly, going through a red light and ending up in a collision could place liability on you.)

If they cannot make progress, they apply the principle of **“effective non-use”.** The blue lights stay on, and the siren goes off. This is saying 'I'd like to come through when I can'.

(Source: Operational Patrol Unit – Warwickshire police)

## KNOW YOUR CAR DASHBOARD WARNING SIGNS:



**GREEN;** the system is working correctly, or is currently in use.

**YELLOW;** something is not working correctly. Take extra care and **CHECK HANDBOOK** as soon as it is safe to do so.

**RED;** denotes a **serious** and potentially dangerous **problem.** **Stop** driving as soon as it is safe to do so. **CHECK HANDBOOK,** call for assistance. If on ignition start up the red light does not go out do not attempt to drive off.

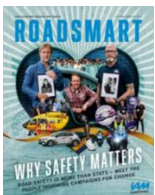
## IAM RoadSmart WELCOMES GOVERNMENT (£1.6 billion) INVESTMENT IN ROADS:



IAM's Nicholas Lyes said: “This record funding settlement will bring some festive cheer for motorists and cyclists alike. The emphasis is often on the nuisance and cost implications of **potholes**, but for many, particularly motorcyclists and pedal cyclists, **poorly maintained roads are huge safety risk.** While this level of funding will need maintaining for several years, motorists will hope journeys go a little more smoothly from 2025”.

(Visual courtesy of IAMRoadSmart)

## RoadSmart MAGAZINE ON LINE:



**RoadSmart** is the **exclusive magazine** for members, full of driving and riding related articles, IAM RoadSmart news, information on our products, plans and campaigns, as well as member stories. Currently it is run as 3 issues per year, mailed direct to members.

If you prefer to access **RoadSmart online**, click on this link [Preference Centre](#). Alternatively, to **read** the digital magazine follow this link click [Read the latest issue online](#)

(Visual courtesy of IAMRoadSmart)

(Unless stated otherwise, visuals are courtesy of the High Wycombe Group of Advanced Motorists)

## COMMITTEE:

Chair	Nigel Mason	Treasurer	Tim Nicholson
Membership Secretary	Valerie Brickell	Chief Observer	Nigel Mason
Group Secretary	Margaret Gordon	IT Admin	Sean Pearce
Without portfolio	Bob Hill, Tara Ridgeway and Bern Warr		

[www.highwycombeiam.org](http://www.highwycombeiam.org)