

Derwent and Hope Valleys Group of Advanced Motorists

NEWSLETTER



Derwent and Hope Valleys Group IAM

We make better drivers and riders

October - November 2024

Free assessment Drives and Rides

This issue's features

What is AdBlue and how does it work

How clean is your car

“Sorry Mate I didn't see you”

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

Facebook - Matlock IAM Twitter - MatlockIAM

**Congratulations on
passing your test**

IAM MEMBERSHIP

Associate

Observer

None to report

IMI National Observer - Car

Geoff Salt

Welcome to the group

Associates

**Max Boag M/C
Simon Haworth M/C
Mark Moriarty M/C**

**Anne Griffiths
Paul Lewins M/C
Rob Wilson**

=====

*Four Fonts walk into a bar,
the Barman says*

"Hey, we don't want your Type in here!"

=====

*I am sorry about my creased clothes;
I have an iron deficiency!*

=====

Chairman's Ramblings



Well “summer” has now given way to autumn and I hope you enjoy reading the penultimate newsletter of 2024.

I welcome the six new members or more correctly five new members and welcome again Anne who having been a member and passing the test some years ago has come back to prepare and do the test again. I am sure that you will all find preparing for the test under the guidance of our qualified observers informative, beneficial and rewarding.

Unfortunately we have not had any associates taking the advanced test since the last newsletter but I am aware that there will be some in the near future.

I congratulate Geoff Salt who recently qualified as an IMI National Observer – Car. Geoff is already an IMI National Observer – Bike.

October 14th will see the beginning of our winter programme at The Duke William Starkholmes with the George Smith Challenge. We are having difficulty in coming up with speakers for the evening sessions so if anyone has any suggestions or can recommend someone from a talk they have attended these suggestions would be gratefully received. We are happy to pay speaker expenses. It may be that some associates are happy to give a talk on their experiences, be it work, holiday, hobby or any topic.

Thanks go to Keith Seaton, Tommy Thorpe and Rob Lowe for promoting the Group at the UpRight Derbyshire stand at the Chatsworth Country Fair.

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 safe motoring

Kevin J Knight Group Chairman

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I started playing golf last week. I've already got a handicap of three!

I can't drive, I can't pitch and I can't putt!

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NOTICE BOARD

SUBSCRIPTIONS FOR 2025

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

Please remember to fill in and return the subs form with your payment , this not only enables me to check payments it very importantly confirms whether or not you are happy to Gift Aid for which I have to have signed authority

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

Gift aided subscriptions for last year did bring in an additional £141.73 to group funds.

If you prefer to pay 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

In the comments please put your name.

If you do pay by BACS transfer, please still complete the subscription form and e mail to me as this enables me to check payments and confirms whether or not you are happy to Gift Aid. I will e mail receipt and membership details (number and expiry date). If you wish to receive by hard copy then please send me a stamped addressed envelope.

Thanks Maiki (Postal Address and E Mail on back cover)

8 October Last Calver guidance of the year. The next one is 10 March 2025

14 October We start our winter programme with a fun event of simple challenges with the winner receiving the George Smith Challenge Trophy.

26 October BikerDown Near Crescent Hotel Buxton more details later in newsletter

11 November Training evening

9 December The annual photo competition always a fun evening with, of course, an unbelievable prize for the winning entrant. Can members wishing to exhibit please e mail their entries to Bill on matlockdhv1@btinternet.com by Thursday the 6th December to enable him to compile a powerpoint presentation. Photos can be on any subject but must be taken by the person submitting and have been taken in the last 18 months or so. Entrants can submit up to three entries. It is hoped there will be a good turnout and should you not be able to attend you can still submit your entry ideally with a short comment on the photo.

14 December UpRight Derbyshire Christmas Toy Run - more details later in newsletter

Chesterfield Group

Chesterfield Group Evening Meetings are on the second Thursday of the month at 7:30pm - 9:00 pm, St. Johns Church, Walton Back Lane, S42 7LT and our members are always welcome.

Report from IAM Regional Conference 2024.

Attended by Keith Seaton and Bill Storey, held near Wakefield.

Same format as usual with Chairs and Chief Observers. Opened by CEO and Video from Chairman of IAM. Thanking volunteers.

Price Increases – Why. All products were making a loss. Need to break even or small profit. IAM believe products are undervalued. Income is being reinvested, there is a product development plan and there will be an annual product review to 'Create a sustainable charity'.

Deadline for Local Observers to register for National assessment is 31st March. They have 1 year to complete from registration.

Urged to get all members to check the DASHBOARD on IAM website.

HEADLIGHT – everyone should receive it. As well as the Newsletter from IAM.

Products – Members Refresher Courses aimed at IAM members not in the Group system. Idea to get some to return to Groups.

Rider development courses can be done by group observers. 4 hours.

Driver Development Session 2 hours has to be done by ADI. Not by groups.

First Car is a Tik Tok collaboration.

Road Champion – on line

Run Sheets are to go onto DARTS but not compulsory. Lot of resistance from several groups. Aim is to go digital.

INVESTING IN VOLUNTEERS

Positives – High retention rates of volunteers.

Clear training process.

Resources available.

Urged to use DARTS and DASHBOARD

Request ideas to better value our volunteers, NO FREEBIES / or discounts.

IAM have 3 year plan. Looking at new products.

What's coming – More diversity females / race etc.

New website coming summer 2025

Webinars and Podcasts are available on dashboard.

There is a new fundraising manager looking at campaigning work.

IAM AGM on line 10.30am 14th November. Need to register to 'attend'.

Bill Storey

04 October 2024

BikerDown



26 October 2024 10:00am to 2:00pm Nr Crescent Hotel Buxton

Following the recent tragic rise in motorcycle incidents in and around Buxton, three of our experienced presenters from the BikerDown courses along with Buxton Blue Watch are hosting a road safety campaign on the 26th October 2024.

The campaign will be taking place near the Crescent Hotel in Buxton SK17 6BH from 10am - 2pm, with the aim of the campaign being to deliver and raise awareness on the importance of road safety.

We would like to welcome as many of you as possible to attend if you are available, to come down and have a chat with the team and discuss the importance of staying safe whilst on the road.

We will also be discussing our BikerDown courses and the valuable knowledge these sessions provide, so please do come along if you would like any further information.

UpRight Derbyshire Christmas Toy run

Saturday 14 December 2024



As the biking season draws to a close I have now turned my attention to the annual UpRight Toy Run which is again being held to support the local charity Safe & Sound.

This year we will be holding the event on Saturday 14th December with assembly starting at 10am and the run starting at mid-day.

We will be assembling at the Pidcock BMW store on Fields Farm Road at Long Eaton NG10 3FZ and riding over to the Safe & Sound offices at Darley Abbey Mills, Derby.

This will take approximately 40 minutes and hot drinks a nibbles will be available at both ends of the ride.

This is an open invitation, so any motorcycle riders are welcome to take part so please spread the word within your group and also to anyone that you meet who looks like they might have a bike, the more the merrier!!!

Cheers

Craig

PC 3259 HOLMES

CREST Investigations

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I said to the builder, "Can you give me a quote?"

He said, "I wandered lonely a cloud!"

=====
I'm trying to organize a hide and seek tournament, but good players are really hard to find!
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What is AdBlue and how does it work?

AdBlue reduces harmful emissions – but if you run out, your car won't start

Many new diesel cars use a fluid called AdBlue. If your car uses AdBlue, you'll probably need to top it up at least once between services.

Find out what Adblue is, how it works and why it's important to keep an eye on dashboard warnings – particularly if you're a high-mileage motorist.



What is AdBlue?

AdBlue is a diesel exhaust fluid, not a fuel additive. It's stored in a separate tank and is topped up via a (usually) blue filler cap located either next to your fuel filler, in the boot or under the bonnet. It's extremely important that AdBlue is never added to the fuel tank of your vehicle or irreparable damage will occur.

It's a trade name registered by the German car manufacturers association but is the most recognised form of Diesel Exhaust Fluid (DEF).

What does Adblue do?

AdBlue is a liquid that's added to diesel vehicles exhaust to help reduce harmful exhaust emissions (NOx). It turns harmful pollutants into harmless gases that do less damage to the environment. It's made up of special chemicals such as Urea and water and is stored in a separate tank in your vehicle.

What is AdBlue made of?

AdBlue is a colourless, non-toxic mixture of urea and de-ionised water. It's not actually blue at all. Lots of people think AdBlue is made of pig urine – it's not. The

urea used in AdBlue is a high-purity man-made solution – pig urine wouldn't be pure or sterile enough for a commercial product.

How does AdBlue work?

Tiny amounts of AdBlue are injected into the flow of exhaust gases and mix with the fumes your car produces. At high temperatures AdBlue turns to ammonia and carbon dioxide. These chemicals react with nitrogen oxide gas (NOx gas) created by your engine and breaks it down into harmless nitrogen and water vapour.

NOx gases cause respiratory problems and contribute to the formation of particulate matter, smog, acid rain and ground level ozone.

Most cars can only meet the [Euro 6](#) test standard when fitted with emissions technology known as Selective Catalytic Reduction (SCR). This technology uses AdBlue to break down and reduce harmful emissions.

Similar technology has been used effectively for years in buses and heavy lorries.

What happens if I run-out of Adblue – is it okay to drive without it?

If you run out of AdBlue while you're driving, then the engine's power and performance will be reduced to limit its emissions. Once you've stopped, you won't be able to restart the engine if the AdBlue tank's empty.

The car will give you plenty of warning that the AdBlue tank is running low. You'll usually see a text warning on the dashboard when there's around 1500 miles' worth of AdBlue left.

How do I refill the AdBlue tank?

You can refill the Adblue tank yourself. Typically, you'll find an easily accessible AdBlue filler cap right next to the diesel filler cap. Simply unscrew the cap and pour in the AdBlue solution. If you can't find the Adblue filler cap you should:

- Follow any instructions given in your handbook or on the pack
- Your handbook will tell you how much AdBlue the tank holds
- 5 litres should be enough to make sure your car will restart if you've run out completely
- You may need a funnel depending on where the AdBlue filler cap is located (next to the fuel filler, in the boot, or under the bonnet) and the size or design of the AdBlue pack you've got
- Wash your hands and rinse any spills from the bodywork – AdBlue is non-toxic but can cause irritation to your skin and eyes and may damage the paintwork

- AdBlue crystallises on soft surfaces such as upholstery and carpets. The water in AdBlue evaporates, resulting in the formation of uric acid crystals. These crystals will cause damage over time.

Does my car need AdBlue?

Not all car manufacturers use AdBlue technology. However, some older cars or vehicles from other manufacturers use it. If you've got a diesel from Jaguar, Land Rover or any French or German manufacturer, and it was registered new after September 2015, it'll use AdBlue.

If you're not sure if your car uses it, you can check:

- The vehicle handbook
- See if there's an AdBlue filler cap either next to the fuel filler, in the boot or under the bonnet
- If the model name contains 'Blue' or 'SCR'
- If you're still not sure, ask a dealer

Where can I buy AdBlue?

AdBlue is sold by petrol stations, garages, motor accessory shops, online retailers and even some supermarkets. If you're in any doubt that you're buying the right stuff, contact your dealer.

It's widely available in 1.5, 5 and 10-litre containers. The smaller packs have a specially-designed neck that lets you top up the tank without risk of spillage even if you don't have a funnel.

With easy-fill bottles available, it's a good idea to carry a small container of AdBlue so you're ready to top up when necessary.

How much AdBlue does my car use and how long does it last?

The rate at which you use AdBlue depends on your engine and how economically you drive.

- Typical consumption is around a litre of AdBlue every 600 miles.
- But it could be as high as a litre every 350 miles.
- Tank size varies too, so you could need to refill somewhere between 3,000 and 12,000 miles depending on the car and your driving style.

This means that most drivers will have to top-up their AdBlue reservoir at least once between normal service visits to the dealer.

What is the Adblue warning light?

The Adblue warning light is an indicator on your car's dashboard. It signals when Adblue levels are low and is usually accompanied by a mileage countdown. When

the light is on your car's AdBlue tank needs to be refilled to maintain proper emissions control.

It's important to address this warning, because failure to refill the tank may lead to your vehicle going into reduced power mode and in some cases the car won't start. You'll need to switch it off to restart it.

Is it safe to drive with the AdBlue warning light on?

It's not a major safety issue, but if you don't top up, you'll eventually run out of AdBlue and you won't be able to start the car.

When the warning light first comes on you'll have plenty of time to refill – so don't panic. Just make sure you don't put off topping up, especially if you're about to undertake a journey.

How to reset the AdBlue warning light

There's no manual way of resetting your AdBlue warning light – the only thing you can do is top up. Once you've refilled to the minimum level, the warning light will normally disappear (though you may need to go for a short drive for the refill to register).

Where is the AdBlue tank?

The AdBlue tank is usually located under the boot floor, where the spare wheel might have been in the past. But it's more important to know where the filler for it is located.

There'll usually be a small blue filler cap next to the main diesel filler. If it's not there, then check in the boot or under the bonnet.

What happens if I put AdBlue in the diesel tank?

Putting it directly into your fuel tank could cause expensive damage to your fuel tank, pump and injection system. If you start the engine it's likely to be an expensive write-off, so don't touch the ignition.

You'll need to get the tank drained and the contents disposed of safely before you can refill it.

What happens if I put diesel in the AdBlue tank?

Don't turn on the ignition or start the engine and call help.

If you do start your engine, then the damage could mean that you have to get the entire Selective Catalytic Reduction and AdBlue injection system replaced.

Can you overfill the AdBlue tank?

It's possible to overfill the AdBlue tank on some cars, but it's more likely to make a mess as it spills out of the filler cap, than to cause any damage. Pay attention to the size of your AdBlue tank and how many litres it can hold. If it's only 8 litres then make sure to add around 7 litres, just to be safe.

How much does AdBlue cost?

AdBlue roughly costs around £8 for a 5L container, but prices can vary quite wildly if you're looking to purchase some online. Make sure to check several sources before making your mind up.

Is all AdBlue the same?

You might see AdBlue with different names depending on the brand that's making it, but the basic mixture doesn't change. The solution should always be 32.5% urea and 67.5% de-ionised water.

FAQs

Is AdBlue toxic?

While AdBlue isn't classified as toxic, it could still cause environmental damage if allowed to run into a source of water, and it can also be an irritant if it gets on your skin or in your eyes.

How do I start my car after running out of AdBlue?

If you've completely run out of AdBlue, your car won't start again until you've refilled typically around 3-5 litres. Once your car starts, the AdBlue warning light may take some time to catch up. Don't worry, it'll soon turn off once you've driven for a while.

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Bought some railway buffers cheap.

It was an end of line sale

=====

*If a Methodist married a Spiritualist, would their children be
Mentholated Spirits?*

=====

Sleep disorder drivers tested on simulated motorway



A new study is putting drivers with a sleep disorder behind the wheel on a simulated motorway inside a Leicestershire laboratory.

Loughborough University is testing if a “caffeine-nap” can help drivers with obstructive sleep apnoea (OSA).

Drivers with the condition, which affects breathing during sleep, are being given a caffeinated drink and a 15-minute sleep by researchers before being set on a motorway driving simulation.

If the results show the technique is effective, new guidance can be issued by The Road Safety Trust to patients, medics and the Driver and Vehicle Standards Agency (DVSA).

Government figures show fatigue contributed to almost 1,300 collisions during 2021, and OSA patients are at an increased risk of tiredness at the wheel.

A participant said: “The simulation is very tiresome, you do tend to drift off and I have actually crashed once, lost control and went up the embankment.

“To me it’s very valuable, you hear people talk about ‘I have a nap’, or ‘I have a cup of coffee’, but with this study we’ll be able to scientifically prove which one works the best and put some hard facts behind what everybody peddles as the best thing to do.”

Loughborough University said it would like more people with OSA to volunteer to take part in the research.

Project lead Professor Ashleigh Filtness said: “Because this has always been done with healthy young men it’s difficult to know if this advice is as beneficial for other sections of the population.

“Once we’ve done our research and know what the best way to improve alertness is, we’re hoping to produce some practical guidance and get it out there to as many people who have OSA as possible.”

Sonya Hurt, chief executive of The Road Safety Trust, which is funding the research, said: “Driver fatigue causes hundreds of collisions a year. It is a really serious issue.

“This project can play a big role.”

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I always go after the athletic types.

I've never caught one though!

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Went to my mate's wedding last week.

He's a TV engineer.

The Reception was perfect!

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How clean is your car?

Steering wheels have nine times more germs than public toilet seats

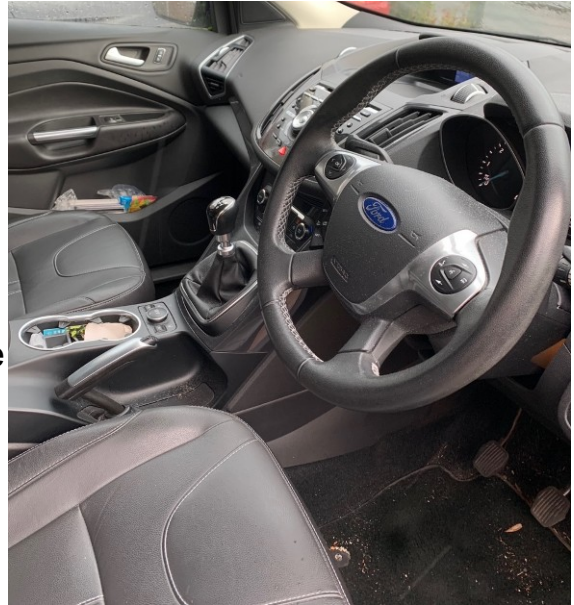
Keep this in mind next time you make a pit stop at a fast-food drive-through - the steering wheel of your car harbours nine times more germs than a public toilet seat.

Research has found that while 80 bacteria lurk on each square inch of toilet, around 700 harmful bugs inhabit the car's interior.

The study also revealed that 42 per cent of motorists regularly dine while driving.

Only a third cleaned the inside of the car once a year, while ten per cent said they never bothered to wipe down surfaces or vacuum.

Dr Ron Cutler, director of biomedical science at Queen Mary University, London, said: 'While most of the bacteria were unlikely to cause health problems, some cars were found to play host to a number of potentially harmful bacterial species.'



'Most people clean their homes but many are neglecting to clean their cars and are driving around in vehicles which resemble a rubbish bin.'

'A car is the perfect place for germs to breed, especially if you eat in it and leave litter or uneaten food around. To avoid potential health risks it would be wise to regularly clean your car inside and out.'

Scientists said the car boot was the filthiest area, with 1,000 bacteria for every one and half square inches. The study found that bacillus cereus – a bug that can cause food poisoning and is found in rice, pasta, potatoes and pies – was the most common along with arthrobacter, which is found in soil and human skin.

Lack of Maintenance

The survey, for home store B&Q, also revealed that 66 per cent of motorists did not check the oil and water levels before heading out on a long journey.

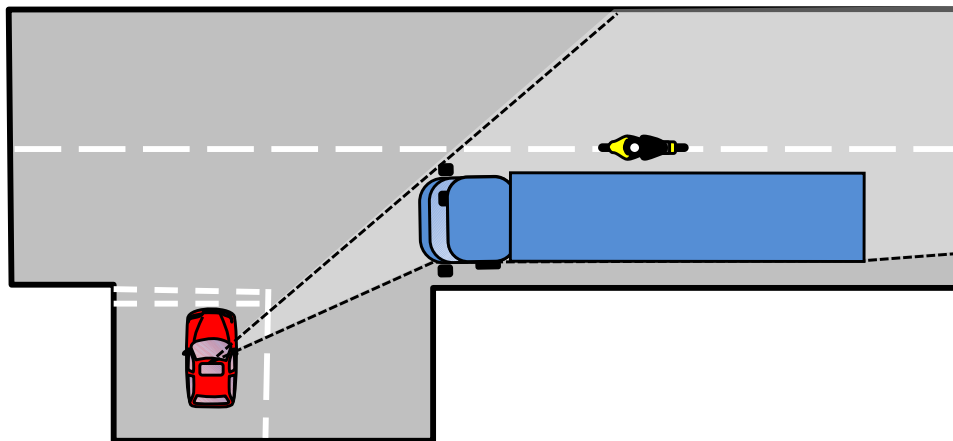
The same percentage did not know how to change a tyre, half weren't able to check if the tyre tread was legal, a third had no idea on how to pump up a tyre and more than half couldn't replace a windscreen wiper.

Perhaps we should be including instruction in these skills in our programme??

An article from over 10 years ago but still very relevant and pertinent

“Sorry mate I didn’t see you”.

These are probably the last words any motorcyclist wants to hear, but so very often they are true, and the rider will be in a heap on the road and his or her pride and joy will be a crumpled mess further down the road.



My brother who is in the Fire Service has started looking at the causes of motorcycle collisions in Nottinghamshire, and has already found that in the majority of collisions where other vehicles have pulled

into the path of a motorcycle, that a larger vehicle was in the driver’s line of sight before they pulled out. These larger vehicles are rarely involved in the actual collision, but were masking the motorcyclist, so the other driver could not see them clearly. Vehicles such as vans, lorries, large 4 x 4’s can block the view of the smaller sized motorcycle and rider, who may very well be on the blind side when that vehicle is turning, and the other driver pulls out not being aware there is a motorcycle approaching.

In most recorded statistics by the Police and Councils the vehicle which masked the motorcycle is not recorded, as it was not involved in the actual collision, so the full extent of this happening cannot be accurately reported. My brother has done this by contacting people involved and this has resulted in his findings to date. I must say at this point, his is only small scale research in the area he works, but I am sure it must apply equally in other areas.

So be aware when pulling out into the main road from a side road, if a vehicle is turning left into your side road, there may be a biker masked from your view.

Riders, make sure you are very visible to other road users about to turn out into your road, slow down, and if all else fails make it look spectacular, it could increase the compensation you get!

Bill Storey

Diagram courtesy Eric Ellwell

DIARY DATES

Please Note that indoor meetings at the Duke William Starkholmes are now on the **SECOND MONDAY** of the Month

No Calver Sunday Guidance November, December, January and February

Sun	13th	Oct	Yondermann Cafe Wardlow Miers 10.00am	Guidance Last Calver Guidance of year
Mon	14th	Oct	Duke William Matlock 7.30pm	George Smith Challenge TBC
Sun	20th	Oct	Peak Village Rowsley 10.00am	Guidance
Sat	26th	Oct	Near Crescent Hotel Buxton SK17 6BH 10:00am to 2:00 pm	Reps from BikerDown and Buxton Blue Watch
Mon	11th	Nov	Duke William Matlock 7.30pm	Training Evening TBC
Sun	17th	Nov	Peak Village Rowsley 10.00am	Guidance
Mon	9th	Dec	Duke William Matlock 7.30pm	Annual Photo Competition
Sat	14th	Dec	UpRight Derbyshire Pidcock BMW store on Fields Farm Road at Long Eaton NG10 3FZ assembling 10:00	UpRight Derbyshire Christmas Toy Run
Sun	15th	Dec	Peak Village Rowsley	No Guidance Christmas
2025				
Mon	13th	Jan	Duke William Matlock 7.30pm	Details - To be confirmed
Sun	19th	Jan	Peak Village Rowsley 10.00am	Guidance

Notes re Guidance Meeting Venues

Matlock Guidance – Peak Village Rowsley DE4 2JE



On entering the car park turn right (you can't turn down first lane) and then at end of lane turn right up the exit lane of car park and park on the left (Marked X) hopefully we should all be fairly close together

Calver Guidance – Yondermann Cafe Wardlow Miers SK17 8RW



Approximately 4 miles from the Eyre Arms on the A623 towards Tideswell.

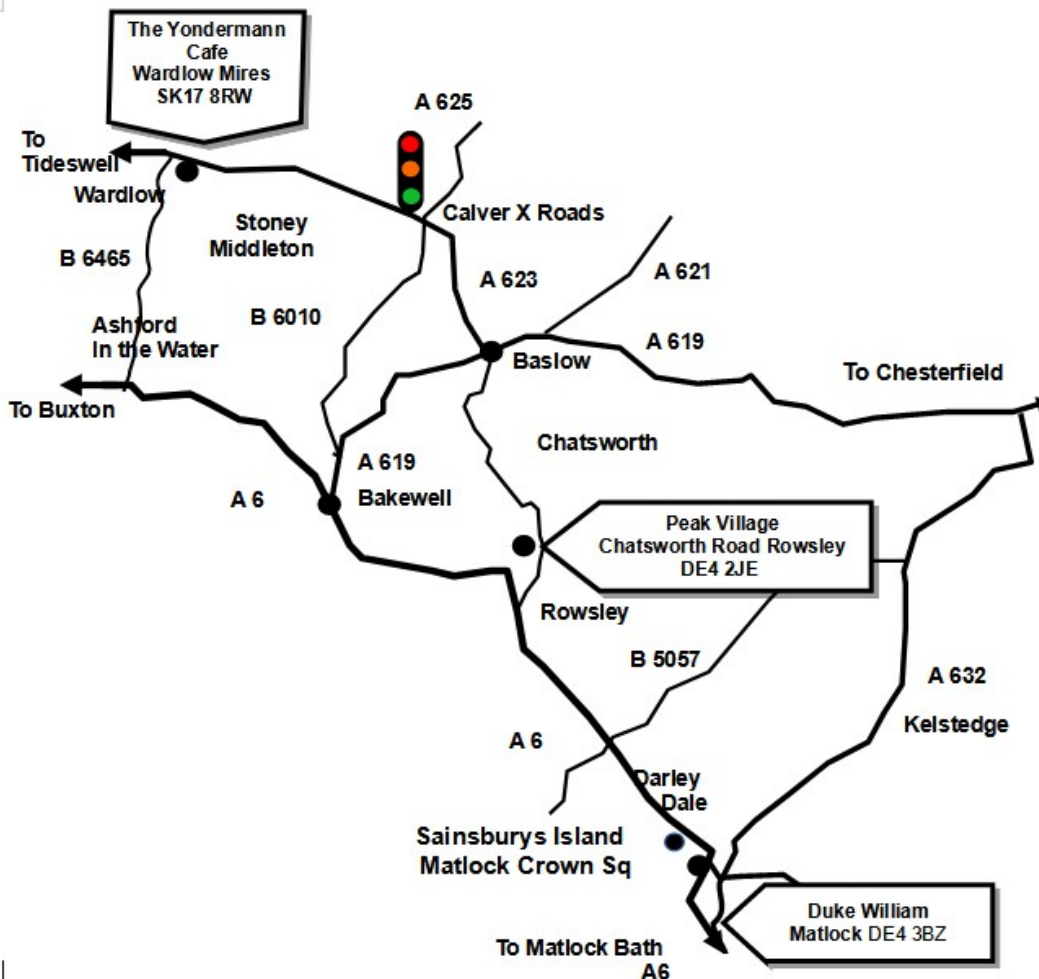
On entering car park turn right and park at the front of the car park next to the road (A623) the Tideswell side, in front of building with CAFE sign.

Newsletter Dates

Last date for copy for the December/January Newsletter is November 17th for articles, November 24th for tests, new members etc.

Articles, letters, clippings etc. for inclusion to Kevin Knight

E-Mail: knights@btopenworld.com Tel: 01629 584142



Meeting Venues

Outdoor Guidance

The Yondermann Cafe Wardlow Mires SK17 8RW Car park
 Second Sunday in month 10.00am
 March - October

Peak Village Chatsworth Road Rowsley DE4 2JE car park - area to the right
 Third Sunday in month 10.00am

Indoor/Outdoor Guidance

Duke William. 91 Church Street Matlock DE4 3BZ

(Summer Programme May-Sept for guidance drives / rides but with use of the pub, shelter and drinks etc.)

Second Monday in month 7.00pm

(Winter Programme Oct-April Indoor meetings in First Floor Room)

Second Monday in month 7.30pm
 See Diary dates for details or our web site <https://matlock-iamroadsmart.org.uk/>

GROUP COMMITTEE 2024 - 2025

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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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