



# Mature Driver Refresher Seminars 2011 Programme

## Are you over 55 and finding driving stressful at times?

Cardiff Council's Road Safety Unit, in conjunction with the Cardiff Group of the Institute of Advanced Motorists, is organising a number of **FREE** Mature Driver Refresher seminars to be held at the Road Safety Centre at Maindy during 2011. The seminar is designed to enable mature drivers to improve their existing practical skills and to help them cope with the growing demands of modern traffic conditions.

If you are concerned about driving-related problems, such as poor concentration, misjudging speed and distance, difficulties in seeing road signs, changes in road surfaces, difficulties in carrying out manoeuvres such as parking, problems with vision, difficulties coping with the effects of bright sunlight, headlight dazzle and night driving, then the Mature Driver Refresher seminar could help you to improve your driving skills and update your road safety knowledge.

### About the seminar

Eighteen places are available on each course and will be reserved on a first come, first served basis. Topics will include: the effects of speed, stopping distances, dealing with junctions and roundabouts, driver observation, accident causation, health and a fun Highway Code quiz.



All delegates will be offered **FREE** associate membership of the Cardiff Group of the Institute of Advanced Motorists and a resource pack. On the second Sunday following the course there will also be an opportunity to undertake a no obligation 'observed run' in your own car with a trained observer who will assess your driving skill and offer constructive advice.

### What attendees are saying about the course

*"This is an excellent seminar that should be offered to all mature people's groups."*

*"A very interesting afternoon – thank you."*

*"The course is a very useful reminder of the standards required for safe driving."*

*"The course was excellent and all mature drivers should take it."*

Mature Driver Seminar Venue	Dates in 2011	Time
Cardiff Council Road Safety Centre Crown Way, off North Road Cardiff CF14 3AJ Tel: 2078 8521/2  <i>Office hours: Mon – Fri 8.30am – 4.30pm</i>  If you would like to reserve a place on one of the seminars or require further details, please contact David Evans or John Goff at the address above	Thursday 20th January	1.30pm – 4.30pm
	Saturday 12th March	10.00am – 1.30pm
	Thursday 26th May	1.30pm – 4.30pm
	Saturday 23rd July	10.00am – 1.30pm
	Thursday 15th Sept	1.30pm – 4.30pm
	Thursday 17th Nov	1.30pm – 4.30pm

You can also visit the Road Safety website and view a directions map at

[www.roadsafety.cardiff.gov.uk](http://www.roadsafety.cardiff.gov.uk)

Please note that courses may be cancelled or rearranged if attendance falls below ten places