

Driving With Confidence

“Keeping you on the road”



Are you a mature driver who is keen to keep your independence for longer?

This free course is for drivers aged 70+ to increase your confidence in dealing with today's traffic volumes and speeds. We can address any concerns or anxieties you may have regarding driving and can give you the reassurance that you are still a safe driver.

Driving With Confidence will be tailored to you and may include:

- Night driving.
- Negotiating roundabouts and junctions.
- Driving on motorways and dual carriageways.
- Understanding new road signs and markings.
- Tips and techniques to keep you driving happily and safely.

Here's what other Driving With Confidence course attendees had to say:

“My husband used to do all the driving, so I didn't have to. My circumstances changed last year, meaning I now have to drive to get around, so I wanted reassurance that I drive safely. The course helped me to refresh my driving skills and gave me the confidence to continue driving.”

“The feedback I received was extremely informative and helped me feel more confident behind the wheel. I can't recommend it enough”



How does Driving With Confidence work?

One of our experienced driving coaches, working on behalf of the Safer Essex Roads Partnership, will contact you to arrange a convenient appointment; usually at your home and using your own vehicle.

Your driving coach will listen to any concerns or issues you might have and will work with you to address those.

We will ask to see your driving licence, insurance, tax and MOT (if applicable) and we'll just check that you can read a number plate from a distance of 20 metres.

Who might benefit from this course?

- Anyone who has had a break from driving or doesn't drive very often and wants to reassure themselves that they are still a safe driver.
- Anyone who hasn't taken any refresher training since they passed their test, or is not familiarised with the new Highway Code (2023).
- Anyone who feels that their reactions or body movements might be a little slower than they once were.
- Anyone who finds themselves planning journeys around daylight or at quieter times of day.
- Anyone looking to provide reassurance to a friend or family member that they are still a safe driver.
- Anyone who would like advice, tips, techniques or help with a particular manoeuvre, to increase their confidence generally.
- Anyone looking to improve their skills and be equipped with the most up-to-date knowledge and skills, to continue to stay safe on the road.

To learn more, or hear from some of the many drivers we have helped, visit:

www.saferessexroads.org/road-users/mature-drivers/

To speak to one of our team:

Email:

driverintervention@essex.gov.uk

Telephone:

07980 745950 (answer service provided).

www.saferessexroads.org