



Media Release  
Friday 13 February 2015

## **Courses help residents stay safe on the road**

Programmes aimed at helping mature Selwyn drivers gain skills to be safer on the road are being offered to Selwyn residents in February and March.

The Selwyn District has a high number of crashes involving older people compared to the rest of New Zealand, and the older population is growing. A Confident Driving Course, Life Without a Car, and Carfit courses have been designed to assist with this.

Selwyn District Road Safety Coordinator Ngaire Tinning says these courses are a fun and easy way for residents over 60 to refresh their skills and look at alternatives to driving.

“We are really pleased to be able to offer these free courses and workshops with support from Age Concern and our volunteers. All of these activities have proven very popular and valuable to assist people to drive with refreshed knowledge and confidence on our roads.”

Selwyn District Council and Age Concern offer the Confident Driving Course to help older drivers remain confident on the road and encourage an increased awareness of the traffic environment and other road users.

It is designed to be thought provoking, informative, enjoyable and informal. There are no tests or exams and participants will receive a certificate of attendance. Morning tea and lunch is provided and bookings are requested.

Three Confident Driving Course courses will be offered at:

- Darfield on Monday 16 February, at 9.30am
- Rolleston/ Weedons on Monday 2 March, at 9.30am
- Leeston on Tuesday 17 March, at 9.30am

The Life Without A Car workshop is new and assists mature drivers who are considering stopping driving or people who no longer drive. This course provides valuable insight into how to keep mobile, alternatives to driving, and information on community and public transport services, recreational activities and social outings. The course will run on 18 March.

The Carfit programme focuses on helping mature drivers ‘fit’ safely in their vehicles. It consists of a short 20 minute safety check which includes mirrors, seatbelt, seat and steering wheel position. The Carfit programme is currently looking for volunteers to run more courses for residents.

All courses are available free to Selwyn residents.

For information and bookings on the Confident Driving Course and Carfit, contact Ngaire Tinning at Selwyn District Council on 347 2901 or Age Concern Canterbury on 366 0903.

For information and bookings on the Life Without A Car course, please contact Age Concern Canterbury on 366 0903 or email [ypalmer@ageconcerncan.org.nz](mailto:ypalmer@ageconcerncan.org.nz) or [wlorenz@ageconcerncan.org.nz](mailto:wlorenz@ageconcerncan.org.nz)

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