

Driving with Confidence

Are you, or do you know a mature driver aged 70+ looking to maintain your independence and confidence on the road?

The free **“Driving with Confidence”** course can help you by offering:



More confidence while driving.



Tips and techniques for safe driving.



Skills for negotiating roundabouts and junctions.



Greater understanding of new road signs and markings.



Skills with driving on motorways and dual carriageways*



Night driving*

*(if applicable).

How it works:

- To qualify, you must be a resident of Essex.
- An experienced driving coach will contact you to arrange an appointment to start from your home and discuss any areas of concern that you would like to focus on.
- You will use your vehicle for the drive which lasts about 45 minutes.
- The coach will check your driving licence, insurance, tax, MOT (if applicable) and vision (read a number plate from 20 metres).
- The Safer Essex Partnership are providing this session FREE of charge.

Who benefits:

- Those who haven't driven recently or often.
- Drivers who avoid driving to certain places and at specific times.
- Those seeking reassurance or advice on specific manoeuvres.
- Reassurance to not only the driver but friends and family too.
- Drivers who may not have driven for a while and want to maintain their confidence whilst driving.

To book a session or speak to one of the team for more information, please email: driverintervention@essex.gov.uk.

Or telephone: 03330 137590 for the office between 8am and 4.30 Monday to Friday.

Find out more about **Driving with Confidence** or other advice please visit:

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

