This month we have articles about Anti Drink Drive, vehicle checks, community speed check and the two second mistake.

DON'T PAY THE PENALTY FOR DRINK – DRIVING THIS SUMMER

A great World Cup is in prospect this summer – and motorists in Bedfordshire planning on enjoying the football are being urged: ‘Don’t pay the penalty – don’t drink and drive’.

It is acknowledged that enjoying a drink while watching the World Cup is fine but if people are going to drive they must remember it takes time for alcohol to pass through their system and they may even still be over the limit the next morning. Therefore the Bedfordshire and Luton Casualty Reduction Partnership is raising awareness of this.

Police officers have been briefed to carry out breath tests on all drivers involved in any road collisions they attend. They will also be on the lookout for any suspicious driving and will stop and check anyone suspected of committing a driving offence as part of their usual patrols.

To calculate roughly how long it takes for alcohol to pass through the body you need to know how many units you have consumed.

To work out units there is an easy sum:

<table>
<thead>
<tr>
<th>ABV (%)</th>
<th>ML</th>
<th>EG. 1 pint of Premier lager:</th>
<th>Units</th>
</tr>
</thead>
<tbody>
<tr>
<td>5.0</td>
<td>568</td>
<td>5 x 568</td>
<td>2.84</td>
</tr>
</tbody>
</table>

It takes one hour for your body to break down each unit of alcohol consumed. However, it also takes an hour for the first unit to get into your blood system. Therefore, if you drank three pints of premier strength lager during one of the late-night matches, and you finished your last pint just after the end of the match, it would take 13 hours for your body to break down the alcohol and you may not be safe to drive until after 1pm.

Bedfordshire Police advises the following alternatives to drink-driving:

- If you have to take the car, make sure you stick to non-alcoholic drinks rather than having one glass of wine or a pint of beer and hoping you will be under the legal limit – you cannot calculate your limit so do not try to. Take it in turns for one of your party to be the designated driver.

- Leave the car at home and use public transport or take a registered taxi – why not pre-book one with a reputable company before you go out?

- Stick to soft drinks – it tends to be a cheaper alternative as well as helping you avoid that ‘morning after the night before’ feeling.

- If you know a drink-driver, help by calling police on 0845 33 00 222 and saying where and when they drink. If you know someone has been drink and is about to drive, always dial 999.

- If you are found to be driving while under the influence of drink you can face: A minimum of a 12-month disqualification, as well as a fine of up to £5,000, and/or imprisonment, plus an endorsement on your driving licence for 11 years.

- The offence of causing death by careless driving while under the influence of drink or drugs now carries a maximum penalty of 14 years’ imprisonment and a disqualification of at least two years.

- Other consequences can include an increase in car insurance costs and the shame of a criminal record.

For more information about drinking and driving go to http://think.direct.gov.uk/drink-driving.html

VEHICLE CHECKS

When was the last time you checked the air pressure or the tread on your car tyres? These will be checked along with your lights, fluid levels and windscreen at a series of FREE vehicle checks taking place as follows:

June 10 – Tesco, Flitwick
June 11 – Gypsy Lane Retail Park, Luton
June 12 – B&Q warehouse, Luton
June 13 – M1 motorway, Toddington Services, northbound

The checks will be carried out between 11am and 6pm by Autohomes and National Windscreens with assistance from road safety experts from the Bedfordshire and Luton Casualty Reduction Partnership.

Please come along and let your friends and family know about them.

COMMUNITY SPEED CHECK

During May the Bedfordshire and Luton Casualty Reduction Partnership along with volunteers carried out Speed Watch at 16 locations across Luton, Dunstable, Bedford and Leighton Buzzard to raise awareness of the dangers of speeding.

269 speeding vehicles were detected and the owners will be contacted by the police to warn them.

Chief Inspector Neill Waring from Bedfordshire Police said: “The aim of Speed Watch is to educate drivers and make them think about their driving behaviour as well as to enable local residents to help ease speeding in their community.

“The data collected in Community Speed Watch will help identify problem areas which may mean the police carry out further speed checks which will result in speeding drivers being prosecuted.”

If you would like to help your community and want to become a Speed Watch volunteer, please email speedwatch@bedfordshire.pnn.police.uk or complete the online form at www.drivesafely.org

TWO-SECOND MISTAKE

Young people were given the chance to win a free ticket to see ‘X-Men: Days of Future Past’ when Luton and Central Bedfordshire Councils again teamed up with Heart FM to run the ‘Two-second mistake’ cinema advert at the end of May. Around 200 people attended the showing and unbeknown to them an actor was also in the audience. As the advert played, everyone heard a phone ring and someone in the audience started to have a conversation with the people on screen. To find out more watch the film at www.youtube.com/watch?v=InrCcpeA28A

Meanwhile, Nick, ‘the passenger’, talks about his experience at http://youtu.be/CtsT_Hm5gnl

We hope you will pass the link on to your friends and family.

MORE 16 AND MORE DRIVE

Bookings are now being taken for the More 16 and More Drive young driver training courses taking place on 27 July at Millbrook Proving Ground.

For more information go to http://www.luton.gov.uk/Transport_and_streets/Road_safety/Driving/Young%20Drivers/Pages/MORE-young-driver-training.aspx

To book a place email roadsafety@luton.gov.uk

Editorial information

This newsletter has been produced by the road safety team. For more information or queries please call 01582 546861 or email roadsafety@luton.gov.uk

If you would prefer not to receive this newsletter, please email roadsafety@luton.gov.uk