

NEWS

Issue 6 – September 2016

'Welcome to the 6th Edition of the Road Victims Trust Newsletter. This issue is full of information and news of what our friends and supporters have been getting up to on our behalf. We hope there is a little something for everyone.'

PCC pledges cash to help those bereaved by traffic deaths in Beds



The increase in road deaths across Beds, Cambs and Herts has resulted in a significant rise in demand for the services of the Road Victims Trust (RVT) – last year alone we provided support to 532 people who had been adversely affected by a road death.

We are pleased to report that the working relationships with the police forces of the three counties is as strong as ever, and this has been

reflected in the genuine understanding and support of the Police and Crime Commissioners who provide funding to us.

Bedfordshire PCC Kathryn Holloway is to invest £30,000 per year from speeding fines and road penalties to help those affected by the deaths of loved ones on the county's roads. She has pledged the money to RVT, each year from 2017, using income generated by the Bedfordshire Police Cameras, Tickets and Collisions Unit.

"It seems absolutely logical to me that money from road offences should go directly to help those whose lives have been blighted by deaths in traffic accidents. That is what I promised in my Police and Crime Plan and that is exactly what is going to happen in future," said Commissioner Holloway.

"The shock and trauma of losing someone you love from your life, out of the blue without warning, must be truly devastating and affects too many people in a county where road deaths have been rising in the last year, in contrast to other parts of the country, with 26 fatal collisions in Bedfordshire in 2015-16."

In the meantime, the Commissioner has granted £30,000 to the Trust, throughout this year, to help with its work counselling victims of road deaths for as long as they feel they need the support.

RVT works with Bedfordshire Police to support those who have been bereaved by a road death. It is informed by the police of those directly affected and accompanies them to inquests and court cases, together with the offer of specialist trauma counselling. It is in its 21st year and has supported many hundreds of local people during this time. Last year alone the RVT provided emotional and practical support to 164 Bedfordshire residents.

RVT Ambassador, 23-year-old Henry Wellbelove, whose younger brother Archie was killed on the road in 2012, said: "The Trust provided my family with unwavering and invaluable support at a time when it seemed to all that the inexorable sense of despair would take hold. We are all hugely appreciative of the support of Kathryn Holloway and Bedfordshire Police."

For more information about the PCC's victims' funding, visit the funding section of the Bedfordshire PCC's website: <http://www.bedfordshire.pcc.police.uk/bedfordshire-pcc-grants-funding>

Department for Transport releases figures for 2015

In July 2016 the Department for Transport (DfT) released final figures for road casualties recorded in the UK in 2015.

A total of 1,732 people were killed in reported road traffic collisions, a decrease of 43 people (2.4%) from 2014. Across Bedfordshire, Cambridgeshire and Hertfordshire the fatality figures were as shown:

Year	Beds	Cambs	Herts	TOTAL
2012	13	31	35	79
2013	11	36	27	74
2014	17	30	34	81
2015	26	34	24	84

Say Hello to . . .

Tom Osborne – newly appointed Patron

Mr Tom Osborne is the Senior Coroner for Bedfordshire and Luton as well as Milton Keynes. Before being appointed Coroner he was a solicitor in private practice for



over 30 years specialising in medical negligence claims and head injuries. He is a past chairman of Headway, the National Head Injuries Association. As Coroner he is anxious to ensure that the Inquest process is not traumatic for victims and families and that he is able to deliver justice for the bereaved. His ultimate goal is to reduce the number of avoidable deaths throughout the county. In his spare time he enjoys being with his family, his garden and his book collection.

Ian Pears – Trustee



Ian Pears has been a Trustee at RVT for quite some time and also held the position as Chair of Trustees for a while. Ian is a solicitor, qualifying in 1985,

and partner in the Bedford and Northampton firm of Park Woodfine Heald Mellows LLP.

Ian is a member of the Law Society's Personal Injury and Clinical Negligence Panels. He is also Assistant Coroner for Bedford and Luton and a Trustee of the Northampton and County Community Law Service. Ian has an interest in the more complex cases, in particular clinical negligence cases, fatal cases, and serious injury cases.

In his spare time Ian is a gongoozler! A gongoozler is a person who enjoys watching activity on the canals of the United Kingdom. The term is also used more generally to describe those who harbour an interest in canals and canal life, but do not actively participate.

RVT Supports ROSPA and Better Driving Course

The Road Victims Trust works closely with the Road Safety Partnerships in Bedfordshire, Cambridgeshire and Hertfordshire to promote road safety.



The objective of the RoSPA Advanced Drivers and Riders (RoADAR) is the reduction of road accidents by the raising of driving standards, knowledge and skill. Full Members of RoADAR have passed the Association's Advanced Driving Test, which entails driving in a wide variety of traffic conditions accompanied by an examiner who is qualified to Police Class 1 standard.

Better Driving Courses are run by many RoADAR groups around the country to assist members of the public to gain a sound theoretical understanding of advanced or defensive driving skills which, if applied consistently, would enable them to be safer drivers and less likely to be involved in traffic collisions.

By running Better Driving Courses, groups hope that at least some of those attending the courses will then be stimulated to join the group and undertake practical training (which is provided free to Associate Members) in preparation for the RoADAR Advanced Driving Test.

The topics covered by the course include:

- Observation and anticipation
- Driver attitude
- Hazard identification
- The system of car control
- Vehicle balance & use of main controls
- Dealing with corners & bends
- Correct positioning
- Effective signalling
- Overtaking safely
- Coping with adverse conditions
- Motorway driving
- Night driving
- Collisions and breakdowns
- Personal safety for women drivers
- Drive commentaries
- Assessment drives

On the final Sunday morning before the end of the course there will be an opportunity to have an 'assessment drive', where a member of the group accompanies you on a 20-30 minute drive in your own vehicle and offers you an assessment of your driving against advanced standards. After your drive you will be given a demonstration drive by one of the examiners over the same route.

The next course being run by the Bedford group will take place on six Tuesday evenings – 8.00pm to 9.30pm – starting on 18 October 2016 in Bedford.

There are parking facilities.
Course fee is £25 payable in advance.

To download an application form visit:
<http://www.road-a-bedford.org.uk/>
and click on the tab labelled 'Better Driving Course'
Enquiries to: secretary@road-a-bedford.org.uk

Crew Commander Michael Orme

During my last 17 years as an operational Firefighter I've been to many Road Traffic Collisions from simple 'make safes' to serious fatal incidents and everything in-between.

As we approach the collision site you can never tell from the wreckage what we are going to be faced with. Some cars can be smashed to a thousand pieces and the occupants walk away with only a scratch. Others can look as though they have suffered far less destruction but someone is severely trapped. You can never tell until you have a closer look.

The handbrake goes on and we all know what to do, a simple set of procedures to follow once in attendance.



Once the scene is safe it's time to make a plan – roof off, 'B' post removal, dashboard roll – it's all about a casualty-centred extrication plan.

Depending on the location we may be the first emergency service in attendance. This adds another element. We need a casualty carer, someone who can care for and access the patient until the Ambulance Service arrives. This job can get you very close to the person involved, as you talk to them, ask questions, reassure them, and just keep them awake. You build up a relationship with this person.

It can all be very up close and personal but this isn't at the front of your mind at this point. We just need this person out of the vehicle and in the care of medical professionals.

It's only once the gear is packed away and we are back at station that you can start to think about the incident and the impact on the people involved. A cup of tea around the mess deck with your watch is often enough but sometimes it can take more than that.

One incident that sticks in my mind involved the death of a young boy who was a similar age to my own son – no fatal incident is easy to come to terms with, but a child fatality definitely stays with you. Within Bedfordshire Fire and Rescue Service we have numerous support mechanisms to help staff who have suffered from the effect of Road Traffic Collisions.

Michael Orme

Cheering Volunteering 'Volunteer of the Year'

One of our longest-standing Counselling Volunteers, Trevor Pocock, who has been with the Trust for 12 years, was recently awarded The Cheering Volunteering 'Volunteer of the Year Award 2016' for his fantastic volunteer contribution in Central Bedfordshire. The presentation took place at the Grove Theatre in Dunstable on 7 June 2016.



Trevor said: "I was totally surprised but thrilled and honoured to receive this award and see it as a fitting recognition of the work of all of the volunteers in the Road Victims Trust."

We would like to take this opportunity to thank each and every one of our Counselling Volunteers for the fantastic job they do, you are all amazing in our eyes.

What's been happening this summer

It's been a very busy summer so far for our friends and supporters. They have been donning their running and walking shoes, getting on their bikes, lost in strange places, covered in mud, playing golf, you name it they have been doing it all in the name of charity, our charity and we think they are simply amazing. Check out the stories and photos behind the events.

The BIG LUNCH 2016 was again a great success the sun shone for us and the people of Bedford and surrounding areas came out to show their support and had a great time.

Deputy Mayor of Bedford Cllr Charles Royden kindly opened the event for us and then the fun began.



We were joined by Bedfordshire Police and Bedfordshire Fire and Rescue Service which were a great hit with both young and old – you can't beat sitting on a police motorbike or in a big red shiny fire engine. We were also joined by a 50-strong group of scooter riders from Cambridge Scooter Club, who came along to present a cheque for £500.

There was lots for all the family to do and see,

from meeting Tony's reptiles – which included snakes, a skunk and spiders – pirate shows by Imajica Theatre, children's dance displays by Sanford School of Dance, Tai Chi, line dancing displays and archery with Robins Reach, plus live music from 'May Contain Nutz' who were a great hit with everyone.

There were around 50 stalls selling all manner of local crafts from cushions to chutneys, a little something for everyone.

The dog show organised by HULA was a huge success with lots of lovely waggy tails on show and lots of prizes given out to very proud doggy owners.



The day was kindly supported by Bedford Borough Council, SSG Ltd, Ocado, Wests of Clapham, A Plant, Bedfordshire Police and Bedfordshire Fire and Rescue Services.

We would like to thank them all for their support and also everyone who came along to make the event such a wonderful success – we hope to see you all again at next year's event. SAVE THE DATE: 4 June 2017.



If you are interested in taking part in the event either as a stall holder or entertainer, please get in touch with Jenny Hillam jennyh@rvtrust.co.uk or on **01234 843345**

Hywel Ford tells us about his 'Big Ride' . . .

On 13 June, Charlie (Ballard) and I started our two-wheeled journey for the RVT from Edinburgh to Cambridge. The 'Big Bike Ride' was the rather fitting name we gave to the trip, and as two amateur cyclists little did we know just how 'big' this was going to be.



However, our commitment to the cause, combined with our youthful optimism, provided unwavering motivation which was strengthened each time we received more supporting donations.

Preparation for the adventure would be best described as minimal. It consisted of a few vague discussions, firstly identifying where exactly Edinburgh was, and then addressing the problem of getting there. Having recruited two of my university friends as our trusty support-vehicle drivers, we were equipped with two road bikes, a 15-year-old bike rack, a weeks-worth of clothing (for three people) and a Renault Clio.

Although space was an unrealistic luxury we didn't have, we piled-in, only to be 'piling-out' five miles later on the A1, to narrowly avoid losing both the bikes before we'd even begun.

As we travelled further up England and into Scotland the hills turned to mountains and blue skies turn to grey. It was at this point we began to realise that our training, which consisted of cycling relentless loops around the 'flats' of Bedfordshire, may not have been as tough as we thought.

Over the five days we faced some highs and a couple of lows, shed a few tears but had many more laughs. We proved to ourselves what amazing feats can be achieved with a positive mentality, and in doing so raised a respectable £2,500 for the RVT.

The sense of achievement left resonating throughout Charlie and I is something that we shall remember forever. By encouraging a number of our friends to get involved in cycling we aspire to continue fundraising for the RVT in bigger and better ways in the future.

Hywel Ford

Nightrider 2016



On 4 June a team of five riders cycled 100k through the night, taking in the sites of London as they went.

Mike McKeegan, who rode with son Tim McKeegan in memory of son and brother Jamie McKeegan, said, "I heard of the London Nightrider through a general conversation with Jenny Hillam and it immediately seemed an interesting event to take part in. The initial hurdle was that I did not have a road bike and secondly, I had not ridden a bike for years.



I was 60 this year, so to tackle the 60km route was my first choice but on reflection it had been five years since Tim (Jamie's brother) and myself climbed Mt Fuji to raise money for the Road Victims Trust. If I was going to ask for sponsors then I had to push myself so my target changed to the 100km route. Tim needed no persuading to join me.

I purchased a bike in March and managed all of six miles on my first ride out, before every part of my body ached (some parts more than others!). I gradually increased the distances until I was regularly cycling 30-mile routes twice a week.

June 4th arrived. It was an amazing experience to cycle past some of the famous sites in London. Many had told us that London is flat – but take it from us, having reached the left turn at the top of a long 1-in-2 rise we found ourselves at the bottom of a 3-mile, 1-in-10 mountain! After the last rest point we started the route back which took us over Tower Bridge just as dawn was breaking which I found to be a very emotional moment. We arrived back at the starting point around 6.30am, having cycled through London and thoroughly enjoyed every moment.

Tim and I would like to thank everyone who kindly sponsored us. With your generous donations we have managed to raise an amazing amount for Road Victims Trust. – **Mike McKeegan**

■ **AL & G Abbott Funeral Directors** in Kempston had a three-man team (right) which also took part. Steve Uff, Chris West and Craig Hall were up for the event as soon as they heard about it and said it was a great challenge. The Abbott's team was riding as part of their RVT Club 1000 pledge. They joined Club 1000 and pledged to raise £1,000 over a 12 month period – they blew the pledge out of the water by raising a total of £1,556 for RVT.

Thank you to all at AL & G Abbotts for your continued support and for taking part.

We will be looking for riders to take part in the 2017 event, if you are interested get in touch with Jenny Hillam for details. jennyh@rvtrust.co.uk



THE GREAT ESCAPE

Seven teams, 30 tasks and a race to be the first home from a mystery location – this year's GREAT ESCAPE was another day to remember.



The annual event saw the plucky participants being dropped in Brighton with just one pound per team. They had to get back to Bedford without their mobile phones, any other money or credit cards, relying on the kindness of strangers, and completing tasks en route, wearing fancy dress. This year's event was won in record time by a team dressed as Brownies. Calling themselves Flight of the Navigators – Rachel Glendenning, Nicky Baxter, Tasha Connelly, Kate Rowley – from Bedfordshire Police, crossed the line at 3.55pm. They were closely followed by a team dressed as traffic cones called Never Mind the Bollards, 25 minutes later. All teams made it home with the last team romping in at 9.25pm. This year's event raised £5,727 for RVT and we cannot thank the teams, their friends and the public in general for their fantastic support.



There were awards also up for grabs with the following going to; **Florrie's Floosie's** – 'Most Money Raised Overall', **Cohesion Cops** – 'Most Money Raised on the Day', **Never Mind the Bollards** – 'Best Fancy Dress' and **Flight of the Navigators** – 'Overall Winners'.



*We would also like to say thank you to teams, **Haywire, Tubbies** and **Wallies** for taking part in the event and helping us to raise funds and create awareness for the charity, you all did an amazing job.*

To take part in next year's Great Escape – Email: jennyh@rvtrust.co.uk

Pictured: All the teams, plus Cohesion Cops, Bollards, Florries Floosies, and above, winners Flight of the Navigators.

Forthcoming Events

Dates for your diary in 2016

EXTRAMILE CHALLENGE

22-26 September 2016



After putting out a plea for riders to take part in this year's Extramile Cycle Challenge, Leroy Goodman, David Vizard, Lexi Titterinton and Elaine Cox came forward to form Team RVT. The riders are based in Hertfordshire and Bedfordshire and will take part in a spectacular 500-mile cycle through the Vosges region of France, over the Rhine into Germany and on to their final stop in Montreux on the shore of Lake Geneva in

Switzerland. Each cyclist will cover about 45 miles per day, typically in four or five stages.



This really is a great challenge and we are so grateful to the team for their support. *We wish them luck and hope their legs and cycles hold out!*

If you would like to support Team RVT you can do so by following the link: www.justgiving.com/fundraising/LeroyGoodman2016

747in7

Local businessman Nick Kier DL of Lane and Holmes in Bedford has set himself a challenge to run 7 Half Marathons for 7 charities in 7 days.



The Road Victims Trust is pleased to have been chosen as one of the charities to benefit from Nick's challenge

and he will run for RVT on Saturday 22 October which will be the first day of his challenge.

Nick will be running under the banner of his St George's Day Charity Fund and with the assistance of the Rotary Club of Bedford Park. Joining Nick on his run will be 30 RVT supporters.

If you would like to join our team please get in touch for details:

jennyh@rvtrust.co.uk or 01234 843345

To show your support for Nick and our runners please donate here:

<http://747in7.com/RoadVictimsTrust>

Dates for your Diary

SEPTEMBER

22nd-26th – Extreme Challenge www.extra-mile.org.uk

For information on how to take part in next year's event get in touch:

jennyh@rvtrust.co.uk

24th – Afternoon Tea for RVT.

OCTOBER

15th – Musical Concert 'Something Mostly Different' at St Cuthbert's Hall, Bedford. For information and tickets go to:

<http://www.stcuthbertshall.co.uk/#labout1/cg49>

15th – 12th Moonraker Challenge Walk organised by Ampthill and District Lions Club. Sponsored night walk in aid of RVT. For details of how to take part contact: **Martin Stynes 07840 855863**

22nd – 747in7 Half Marathon. For further information on how to join the RVT team contact: jennyh@rvtrust.co.uk



NOVEMBER

5th – Afternoon Tea at Silsoe Village Hall, hosted by Magda Zanaty. 2pm to 5pm.

5th – 21st Anniversary Ball. Park Inn, Bedford

20th – Service of Remembrance at Jesus College, Cambridge (all welcome) 11.30am

20th – Service of Remembrance at St Paul's Church, Bedford (all welcome) 3pm

29th-1st Dec – The Big Give, to double your donation to RVT (further details on website)

DECEMBER

2nd – RVT Christmas Quiz (further details on website)

Dates for your 2017 diary:

May 20th – The Great Escape

June 4th – The Big Lunch

June 10th/11th – Nightrider 2017

For information on all the events above please contact Jenny Hillam

E: jennyh@rvtrust.co.uk T: 01234 843345

If you are holding an event to raise funds for RVT we would love to hear from you.

THANK-YOU'S

Our thanks go to the **Big Lottery Fund**. Due to their fantastic support we are able to bring this newsletter to you on a regular basis.



The Road Victims Trust, is being supported by the newly-elected **Mayor of Kempston, Cllr Carl Meader**.

Cllr Meader said: "I am delighted to lend my support to a local charity that does so much to help people at their lowest possible ebb. The work of the volunteers and staff is truly outstanding and I will do all I can to help to raise awareness and funds."

This continues the friendship and understanding shown by the Kempston Mayor over recent years. We rely on the generosity and support of so many people to continue to provide our services and this is another wonderful example.

A huge thank you to Paul Jones of **Instalec Ltd** and his team for another successful Luton and District Electrical Society Golf Day. This year there was a change of venue but that didn't deter the 25 teams in the slightest; they all had an amazing day of golf followed by a lovely meal, winner's presentations and an auction. The day was a huge success raising over £4,700 for the Trust.

Thank you to the organisers and golfers for their continued support and generosity.



On 4 June **Team Trusty Belles** (Jenny Hillam, Kimberley Biggs, Hayley Campbell, Lucy Taylor, Sophia Regelo, Bobbie Barrett, Sophie Gough and Rachael Jones) took on this year's Colour Rush in aid of RVT – all did an amazing job raising over £1,700.

Well Done Trusty Belles!



A huge thank you to **Kempston Concert Band** which held its summer concert in aid of the Road Victims Trust. The music was fantastic and it was a thoroughly enjoyable evening. A special thank you to Marion and

Matthew Bigg for organising the evening for us.

After the event Gareth King, Musical Director of the Kempston Concert Band came along to the Road Victims Trust office to present us with a cheque for £400.

Thank you to everyone for such an enjoyable evening and your ongoing support.

This year's **Annual 20-mile Walk** was another great success with around 30 walkers taking part.

The route this year started and finished at Kempston AFC. It followed the Ouse valley, up to Bromham, then Stevington, Pavenham, and Oakley before picking up the Clapham section of the John Bunyan Trail to drop back into Bedford and then finishing in Kempston. It took around eight hours to complete. The event raised over £2,000.

Thank you to everyone who took part – we hope to see you all again next year.



Ken Parsons: 'Run the Country'

So here we are folks... Run the Country's fundraising totals! (See websites)

Their efforts have truly been rewarded by you wonderful people. Ken, who ran for RVT, is overwhelmed, amazed and very grateful!

Thank you everyone for supporting him through this

incredible journey and to those who supported all the charities involved.

Check out the official website, www.runthecountry.net to see photos of Ken and the team on their travels.

Thank you Ken, you are a legend!

<http://uk.virginmoneygiving.com/KenParsons>

Thank you to **Gordon Collis** who was 'bullied' by friends into taking part in the **Iron Man Run** at the last minute this year.

Gordon did a grand job in finishing the course considering he has diabetes and angina – just goes to show you can achieve anything with a little determination.

Well done Gordon we are all very proud of you and appreciate your support.

Thank you for raising £295 for the Trust.



MORE THANK-YOU'S

Thank you to everyone who came along to say hello to Sue and Jenny at the **Police Fun Day** on Saturday, 3 September. Despite the weather being a little doubtful, you all came out to join in the fun. We hope you had a lovely day. We would like to say thank you to Bedfordshire Police for inviting us to take part and for their continued support. *Well done to everyone who helped to organise the event.*



Geraldine Drohan got in touch to let us know there was a **golf day** held in memory of her late husband **Donal Drohan** in June.

She said: "A very generous company of friends had a great day out remembering a great friend and family man. It was agreed again that your charity is first in our thoughts. Your support has been recognised by all. I would like to give a special mention to my sister Martina Chisolm who raises this money tirelessly because she has seen first-hand how I have survived with your help."

Thank you to all who took part in the day to make it such a memorable occasion and for raising over £1,000 for RVT.

The RVT were honoured and delighted to receive a donation of £2,500 from **Bedfordshire Police Sports and Social Club**. The amount was raised from the annual Police Charity Ball held in May.

Pictured with CEO Mark Turner are the ball organisers Joyce Nethersole and Janine Mills, alongside Bedfordshire Chief Constable Jon Boutcher. Mr Boutcher said: "We are delighted to work in partnership with the Road Victims Trust and recognise the magnificent support they provide to so many people who have been devastated by a road death." *Our thanks to Bedfordshire Police for the wonderful support.*



To provide our services we need your help

As a charity the Road Victims Trust relies on the generosity of its supporters in order to be able to deliver support to people in their time of need. Help and support can take many different forms.

If you would like to become a volunteer, help out at events and with local fundraising or, perhaps, form a local community fundraising group, please contact Jenny Hillam – she would love to hear from you: jennyh@rvtrust.co.uk

RVT Invites you to join our Club 1000 and help us to support local people affected by road death

To be able to give the full support needed it costs on average £1,000 per person. On average the trust can support up to 250 people a year over the counties of Bedfordshire, Hertfordshire and Cambridgeshire which means we need to raise at least £250,000 a year.

You can make a significant difference to a person or family by joining our CLUB 1000. The Club is open to both companies (small and large) and individuals who pledge to raise £1,000 within a one year period, to help with the cost of supporting a person or family for a year.

Once you have joined CLUB 1000 you will receive a membership certificate and a fundraising pack, plus invitations to join the many events we hold over the year. We will also promote your success on our website, social media platforms and newsletters. You will also receive our quarterly newsletter letting you know what's happening at the trust.

What do you do now?

Complete the online membership form: <http://www.rvtrust.org.uk/club-1000-membership-form>



To find out what happens in your area

www.facebook.com/road.victimstrust