

Refresher Driving Sessions for Older Drivers

Following the overwhelming demand for, and great success of, four road safety sessions held in November 2013, the 50+ Forum are once again pleased to be working in partnership with Carmarthenshire County Council's Road Safety Unit to bring you more driver awareness sessions. We want to keep you mobile and independent, and keep you confident behind the wheel. Perhaps you are a casual driver looking to 'brush up' on your skills, or, perhaps 'Silverstone' is more your thing!

Either way, why not take advantage of this informal and relaxed day-long session, benefiting from the expertise of a fully qualified driving instructor?

You do not need to bring your car to benefit from this session – we'll provide the wheels.

Participants valued the opportunity to attend the theory and practical sessions...but don't just take our word for it, here's what some had to say. "I have re-learned a lot of what I should have known but over the years have forgotten"; "this really helped my confidence"; "everyone (Over 50) should do this course – thank you all"; "I can now do Morrisons roundabout with confidence"

The course is about:

- Helping to keep you driving safely for longer
- The ageing process and driving safely
- Addressing your personal concerns about your driving now and for the future
- Identifying bad driving habits. You might have picked some up over the years!
- Updates to the Highway Code
- Safe driving during extreme weather events



This course is not:

- A test of your driving skills

Please return the tear-off form below to register your interest, indicating your preferred location. Unfortunately, we are unable to offer specific dates/time at present, though will endeavour to do so as soon as is reasonably practicable. Alternatively, you may prefer to contact us via:

Phone: **01267 228284**

Or email: roadsafety@carmarthenshire.gov.uk

If you registered your interest in the over-subscribed November sessions, we are holding your details and will contact you shortly. There is no need to register your interest again.

Name/s:

Address:

Postcode:

Tel:

Email:

Do you drive a MANUAL / AUTOMATIC car?:

[Please tick all applicable] I would prefer to attend a session at:

- Llanelli** **Ammanford** **Carmarthen**

Please return the tear-off form using the freepost envelope provided

Sesiynau Adfer Sgiliau Gyrru ar gyfer Gyrrwyr Hŷn

Yn dilyn llwyddiant mawr a'r galw aruthrol am bedair sesiwn diogelwch ar y ffyrdd a gynhaliwyd ym mis Tachwedd 2013, mae'r Fforwm 50+ yn falch i gydweithio mewn partneriaeth ag Uned Ddiogelwch y Ffyrdd Cyngor Sir Gâr i gynnal mwy o sesiynau ymwybyddiaeth i yrwyr. Efallai mai nawr ac yn y man y byddwch chi'n gyrru a'ch bod yn dymuno 'gloywi' eichsgiliau, neu efallai fod 'Silverstone' yn agosach ati yn eich achos chi!

P'un bynnag, beth am fanteisio ar y sesiwn diwrnod anffurfiol a hamddenol hwn, gan gael budd o ar benigedd hyfforddwr gyrru sydd wedi llwyr gymhwyso?

Nid oes angen ichi ddod â'ch car i gael budd o'r sesiwn hwn – fe ddarparwn ni'r ceir.

Roedd y cyfranogwyr yn gwerthfawrogi'r cyfle i fynychu'r sesiynau theori ac ymarferol...ond peidiwch â chymryd ein gair ni, dyma beth oedd gan rai i'w ddweud: "Rwyf wedi ail ddysgu llawer o'r hyn y dylem fod yn gwybod ond wedi anghofio dros y blynyddoedd."; "mae'r sesiynau wedi cynyddu fy hyder"; "dylai pawb (dros 60) fynd ar y cwrs – diolch i chi gyd"; "gallaf nawr fynd o amgylch cylchfan Morrisons gyda hyder"

Mae'r cwrs yn ymdrin â:

- Eich helpu i yrru yn ddiogel am fwy o amser
- Y broses heneiddio a gyrru'n ddiogel
- Mynd i'r afael â'ch pryderon personol am yrru nawr ac yn y dyfodol
- Nodi arferion gyrru gwael. Efallai eich bod wedi dysgu rhai dros y blynyddoedd!
- Diweddariadau i Reolau'r Ffordd Fawr
- Gyrru'n ddiogel yn ystod tywydd eithafol



Nid yw'r cwrs yn:

- Profi eich sgiliau gyrru

Dychwelwch y ffurflen isod i gofrestru eich diddordeb, gan nodi eich hoff lleoliad. Yn anffodus, ni allwn gynnig dyddiadau/penodol ar hyn o bryd, er byddwn yn ymdrechu i wneud hynny cyn gynted ag sy'n bosib. Efallai byddai'n well gyda chi i gysylltu â ni:

FFoniwch: **01267 228284**

Neu anfonwch e-bost at: **DiogelwchFfyrdd@sirgar.gov.uk**

Os ydych wedi cofrestru eich diddordeb ar gyfer sesiynau mis Tachwedd, rydym yn dal eich gwybodaeth o hyd a byddwn yn cysylltu â chi cyn bo hir. Nid oes angen i chi gofrestru eich diddordeb eto.

Enw(au):.....

Cyfeiriad:.....

Côd post:

Rhif ffôn:.....

E-bost:

Ydych chi'n gyrru car CYFFREDIN / AWTOMATIG?:

Hoffwn gofrestru ar gyfer y sesiwn a byddai'n well gen i fynychu sesiwn yn: [Ticiwch bob un sy'n berthnasol]

Llanelli

Rhydaman

Caerfyrddin

Dychwelwch y ffurflen atodedig gan ddefnyddio'r amlen rhadbost