

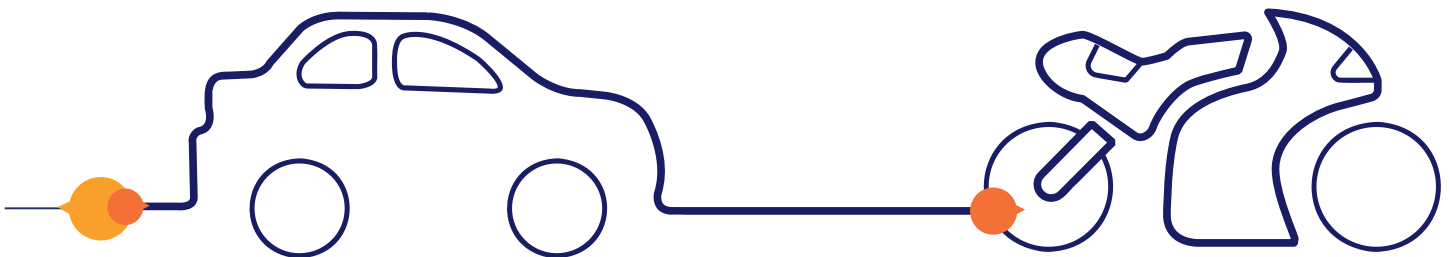


# Regional Coordinator Newsletter September 2025

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Date: 21<sup>st</sup> of September 2025



Welcome to my September 2025 newsletter. Group activities have been in full swing over the summer months. Some groups will now be preparing for their AGM before the end of the year. The autumn weather is now settling-in and the morning temperatures in many areas will be in the low +ve numbers with –ve numbers coming soon. Tree leaves are turning and some already shedding. All of which will impact (and increasingly so) on our driving and riding over the next months.

The Scottish Government’s Road Safety Campaigns for 2025/26 has been illustrated in the table below.

	MAY	JUNE	JUL	AUG	SEP	OCT	NOV	DEC	JAN	FEB	MAR
MOTORBIKES											
DRIVE ON THE LEFT											
SPEED											
YOUNG DRIVERS <i>Speed, drink, drugs</i>								Drug driving	Speed	Both	Both
FITNESS TO DRIVE											
DISTRACTION											
VISION ZERO											

Look out for the Motorbike Campaign which is scheduled to start next month and will last into the start of the 2026 riding period.

The campaign will

- 🗨️ AIM: To ensure bikers are prepared and to stay in control whilst still enjoying Scotland’s breathtaking roads.
- 🗨️ AUDIENCE: Bikers aged 17-65, weighted towards men aged 30+
- 🗨️ MEDIA: PPC, social and partnerships

## 🗨️ This month’s discussion Topic.

### Knowing more about diabetes and driving and riding.

The Diabetes Safety Organisation presented at a recent ScORSA event in Edinburgh. It is important that RoADAR Tutors are aware of diabetes and how it may affect driving and riding. As the statistics below suggest, the possibility of meeting an associate with diabetes is increasing and therefore it is essential to understand more so you can better provide advanced training and the possibility of assisting in any situation you meet on the road. Let me begin by stating what Diabetes is.



When you have Type 1 diabetes, your body doesn't produce insulin. That's because your immune system mistakes cells in your pancreas for invaders. Your immune system attacks your insulin-making cells, destroying your natural ability to produce insulin.

People with Type 2 diabetes do make insulin — at least at first. But their bodies don't use it properly. It's called insulin resistance. It happens when the cells in your muscles, liver and fat stop responding to insulin. Diabetes is diagnosed from a blood test. If there are no obvious symptoms it can go undiagnosed.

Here are some of the statistics presented for Scotland and given the similarity of population in the Republic of Ireland (ROI), so the statistics may prevail.

According to Diabetes.Org.UK, the numbers and proportion (prevalence) of people with diabetes in Scotland continue to increase. At the end of 2023 there were 353,088 people with a diagnosis of any type of diabetes in Scotland. It is estimated the numbers in ROI are similar. This equates to 1 in 11 (or 1 in 6 of those who drive for a living) working age population and is estimated to rise to 1 in 10 by 2030 and 1 in 8 by 2045.

It is estimated that people who are not managing diabetes effectively have a 30% higher risk of accidents while driving/riding. Complications that may affect driving/riding when diabetes is not managed effectively can be severe and non-severe Hypoglycaemia; Diabetic peripheral neuropathy (loss of feeling in hands and or feet); impaired vision and Hyperglycaemia

In the UK, Group 1 drivers and riders must only advise the DVLA if their diabetes requires Insulin Therapy. Group 2 drivers (Bus, coach or lorry) must always report their diabetes but do not need to report to the DVLA if their diabetes is managed by diet.

Both drivers and riders have to declare their diabetes as a material fact when applying for vehicle insurance.

Advice to drivers and riders who have diabetes before every journey is -

- Check your blood sugar levels before you set off and every two hours on long journeys.
- Five to drive – your blood sugars have to be 5mmol/l or above before you drive. If they're between 4mmol/l and 5mmol/l, eat some carbs before heading out.
- If they're under 4mmol/l – treat your hypo and check your levels again before driving. Leave 45 minutes before you drive/ride again.
- Always keep hypo treatments where you can easily reach them in the car.
- Take breaks on long journeys.
- Don't delay meals or snacks.

Driver/Riders who start having a hypo while driving -

It's the law that you must stop. And it's what you must do to avoid any risk of an accident. So find somewhere safe to pull in as soon as possible.

- Pull over safely. If you feel like your blood sugar is low then make sure you pull over as soon as possible.
- Switch off the engine. Take the keys out and move from the driver's seat – if you don't, the police can think you're still in charge of the car and you could be prosecuted.
- Take fast-acting carbs, like glucose tablets or sweets, and some longer-acting carbohydrates too, like plain biscuits or crackers.
- Don't drive until 45 minutes after your blood sugar level has gone back to 5mmol/l or above. This is the time it takes for your concentration to go back to normal.



## Additional RoADAR topics



Roadarbenefits.co.uk

### Make use of your RoADAR member rewards

Visit [RoADAR Benefits](https://roadarbenefits.co.uk) today to see what offers are currently available to you.

- 🗨️ RoSPA Testing: Six RoSPA tests were taken during August in Scotland. There were ten tests taken during August in the Republic of Ireland. While there were three tests taken in North Cumbria and South West Scotland, there were two Rospa tests taken in Northern Ireland in August.
- 🗨️ Ayrshire Road Alliance is repeating the iDrive event in Kilmarnock on the 15<sup>th</sup> of November. This event was successful earlier in the year and targets all drivers in the county.
- 🗨️ ScORSA –On the 30<sup>th</sup> of September at 11am, ‘The Road Safety Hour’ topic is ‘Driver Fatigue’. The 2025/26 calendar of webinar topics is available on their website. All previous webinars so far this year are also available on their website. ScORSA’s Driving & Riding for Work Newsletter, Summer Edition, is now available.
- 🗨️ The Charity Brake is holding a ‘Road Safety Week’ this year on the 16<sup>th</sup> to the 22<sup>nd</sup> of November. This campaign is to raise awareness of the impact of road death and injury and call for key measures to make roads safer Sign up to take part at [www.brake.org.uk/road-safety-week](https://www.brake.org.uk/road-safety-week). You’ll receive all our email updates, and links to this year’s activities and resources. This will include resources for schools, employers and communities to take part.
- 🗨️ I would like to ask all motorcycle members to remember if you have recently purchased new PPE, please consider donating your unused but useable PPE to a young rider who may not have the finances to purchase proper PPE.

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