

# Stay cool in the car park

## Deadline looms for our awards

AS the Christmas shopping frenzy starts to increase so do car park collisions, according to new data from NRMA Insurance.

The insurer's claims data showed that last year in Queensland, car park collisions in December spiked by 4 per cent above the annual average and Friday was the most common day for a car park collision, followed closely by Thursday.

NRMA Insurance Queensland corporate affairs manager Susan Hawkins said the lead-up to Christmas was busy enough without adding the stress of a collision.

"Research shows that two out of three Queensland drivers get stressed when trying to find a car park during the Christmas rush, so we want to urge shoppers to try and stay calm while at the wheel," she said.

"Stress can affect your concentration, and losing focus for even one second puts you at greater risk of having a collision.

"We also want to encourage drivers to obey the parking rules and get into the Christmas spirit by being considerate and alert for other drivers when circling the car park.

"Typical parking collisions involved reversing into



**EASY DOES IT:** Car park collisions increase at Christmas as shoppers race to beat the clock.

other cars, runaway shopping trolleys and scrapes with pylons and poles.

"With Christmas around the corner, we're calling for shoppers to allow for extra time and to take it easy."

NRMA Insurance offers some key tips for a less stressful Christmas parking experience:

- Obey the parking rules and traffic directions and be alert for other drivers who don't;

- When reversing in or out of a car space, go slow and don't just rely on your mirrors, look over your shoulder as well;

- Reversing cameras and sensors can help, but drivers

should still be aware of what's around them;

- If you can, reverse into a car space, so it's easier to see in both directions when pulling out;

- Do your bit by returning shopping trolleys to their bay;

- Use indicators every time you make a turn;

- Don't pull out around cars that are waiting to drive into a parking space, be patient and give them room to move;

- If you hit a parked car, do the right thing and leave a note with your details;

- If you witness a collision, pass on any information you have to the innocent party.

TIME is running out to nominate for the Sunshine Coast Australia Day Awards.

The annual event aims to recognise the achievements of residents through a range of categories including environment, business, community and creative.

So far 35 nominations have been received with council expecting numbers to top the 66 received last year.

Mayor Bob Abbot said the awards honoured those people in our own backyard.

"There are many individuals who work to make the Coast a better place, and they all deserve our thanks," he said.

Last year the Maroochy region was well represented with Buderim celebrity Jessica Watson, Buderim-based real estate guru Amber Werchon and Mudjimba's Guy Tanner all recognised.

Nominations close December 30 and can be completed online.

Entry kits can be downloaded from council's website or picked up from customer service centres, libraries, visitor information centres, Sunshine Coast University and TAFE.

➔ For more information visit [sunshinecoast.qld.gov.au](http://sunshinecoast.qld.gov.au)

## Drive Canberra crazy with a pair of scissors.



Yes, I would like to become a member and support National Seniors Australia on the issues that count for older Australians and their families.

Name \_\_\_\_\_

Address \_\_\_\_\_

Suburb \_\_\_\_\_ State \_\_\_\_\_

Postcode \_\_\_\_\_ Phone \_\_\_\_\_

Email \_\_\_\_\_

Membership starts from only \$40 pa.

National Seniors membership team will be in touch shortly to commence your membership. Alternatively you can join online at [nationalseniors.com.au/join](http://nationalseniors.com.au/join) or call the National Seniors membership team on 1300 50 50 98.

Please complete and return this coupon to:

Reply Paid 1450  
National Seniors Australia  
GPO Box 1450  
Brisbane Qld 4001

National Seniors Australia makes no apology for relentlessly promoting in Canberra the issues that count for older Australians and their families, such as age discrimination in the workplace and cost of living pressures. And it works. This year the Federal Government established Australia's first Age Discrimination Commissioner, increased the superannuation guarantee from 9 to 12% and abolished the age limit on superannuation. These changes were brought about in no small part by the collective voice of our 250,000 members. Join us today by completing the coupon, calling 1300 50 50 98 or online at [nationalseniors.com.au/join](http://nationalseniors.com.au/join)

Be heard

**National Seniors**  
Australia