



Sixty people tackled 60 yoga sun salutations in aid of Solent Mind



Yogis packed inside Richard Taunton College sports hall to take on the challenge

## Limbering up for Solent Mind

MORE than £3,500 has been raised for a Hampshire mental health charity after 60 people took on a two-hour yoga challenge.

Completing 60 sun salutations, yogis packed inside Richard Taunton College sports hall to take on the challenge for Solent Mind.

Led by organiser and instructor Laura Green, the challenge saw the group complete the routine in slots of ten, as other instructors changed over with music to keep everyone motivated.

Laura, 32, said: "I'm so pleased that it's gone this well. Everybody was really up for it and it was fan-

tastic to see!

"We have managed to raise around £3,500 for a charity that is so important. With yoga, mental health is really important and you can fix a physical injury, but some people still don't feel able to open up about mental health and Solent Mind do such vital work."

The group were led by instructor Laura Green



The group raised thousands

## Grab shades to beat glare

Richard Percival



DRIVERS on a Hampshire motorway are being urged to keep a pair of shades handy to protect themselves from sun glare.

With sunrise and sunset now occurring during rush hour, the AA is advising thousands of motorists on the M27 to drive safely and keep a pair of sunglasses nearby to reduce the risk of being blinded.

It comes after a stretch of the M27 between junction 9 for Whiteley and junction 12 for Port Solent had been ranked one of the worst roads in the South of England for the problem following a survey of 9,321 UK AA members.

The survey found that 10 per cent either drive into the sun for most of their journey or admit to sometimes being caught out by glare and are temporarily blinded.

Sun glare was also a contrib-



The M27 near Fareham

utory factor in 28 fatal road accidents last year across the UK, a rise on the year before.

Data from the Department for Transport also showed that sun glare contributed to 3.3 per cent of reported road accidents in Hampshire in comparison with the national average of three per cent.

Edmund King, president of the AA, said: "Most drivers are sensible enough to go with their instincts - they are temporarily blinded and they slow

right down.

"In that respect, drivers behind must expect that to happen.

"Where a dazzling sunset gets particularly nasty is when the road turns unexpectedly into it or the glare appears from behind trees or buildings, or by reflection.

"Drivers can't gamble that that will change quickly - in the couple of hundred yards that takes to happen, there may be a pedestrian, cyclist or jogger.

"All road users need to be fully aware of the potential twilight dangers."

A spokesperson from Road Safety Analysis, a Department for Transport-funded road safety scheme, added: "Drivers should take extra care early in the morning, especially in deep mid-winter when the sun is at its lowest.

"Mature drivers should consider their options regarding eyewear, ensure their eyes are checked regularly and appropriate tinted glasses are available."



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