**First Aid**

About the project and also about first aid courses. To contact the project, call 08700 100010.

1. Arrange to take or send the casualty to hospital. Never advise the casualty to drive themselves.
2. Do not blow the nose as this can cause more bleeding. Never advise the casualty to blow the nose.
3. Arrange for someone else to help you with this. Never advise the casualty to do this alone.

**Health**

**Restaurant kickstarts scheme by giving its menu a healthy ‘tweak’**

A project which encourages restaurants to serve healthier food options has been launched in Cambridge.

**About the scheme**

The project, which is being run by Cambridge City Council, is designed to help restaurants introduce healthier food options to their menus.

**How it works**

Restaurants can sign up to the scheme and agree to provide at least one healthy option on their menu, such as a salad or a side dish.

**Why it matters**

The scheme is being supported by public health nutritionists and aims to help people make healthier choices when they go out to eat.

**For more information**

Visit the Health website at: cambridge-news.co.uk

**Late night chemists**

**Just the start**

Public health nutritionists Sarah Stevenson joins, from left, Greg Reidley, who is leading the healthier options project, and Charlie’s Coffee Company which have been adapted to fall in line with the healthier options initiative.

**Healthier food**

• The initiative, which is being evaluated for the University of Cambridge, has been set up in partnership with the city council and other local authorities.

**For more information**

Visit the Health website at: cambridge-news.co.uk

**Factfile**

• The scheme is also recruiting Healthy Options ambassadors, volunteers who can help to promote the healthy options scheme and spread the word.

**FAKE NEWS**

• The scheme is not as healthy as it first appears.

**Healthier Options**

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Public health nutritionists Sarah Stevenson joins, from left, Greg Reidley, who is leading the healthier options project, and Charlie’s Coffee Company which have been adapted to fall in line with the healthier options initiative.

**Factfile**

**What is Healthier Options?**

• It’s an innovative initiative that aims to make healthier food available in local (small) businesses, across all food businesses.

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