

## **Christmas covered by Cornish First Aid Supplies**

A Cornish businesswoman has come up with a practical solution to surviving over-indulgence during the festive period – the “Morning After” First Aid Kit.

Created by Christine Chaplin of Cornish First Aid Supplies, the pack contains items to aid the typical ailments experienced during the Christmas party season.

The kit includes blister plasters for tired dancing feet, arnica cream to sooth unexplained party bruises and rehydrating salts for headaches and dehydration.

But perhaps the most important item is a breathalyser to measure any excess alcohol in the system the morning after.

It takes a healthy liver one hour to break down and disperse one unit of alcohol – the equivalent of half a glass of lager, a small glass of wine or one shot of spirit.

Therefore, a person who drinks six pints in an evening, or 12 units of alcohol, and finishes drinking at 11pm, is likely to be over the limit at 8am the next morning.

Christine, whose business is based in Devoran, Truro, said: “Of course, everyone wants to have fun at this time of year. Your diary gets booked up with parties and inevitably there is lots of tempting food and drink around.

“I already offer a variety of different first aid kits, tailored for various needs. I wanted to introduce something practical but also that makes people think about what they’ve drunk the previous evening before they get behind the wheel this Christmas.”

As well as the breathalyser, the first aid kit contains a whistle and a torch for safety at night, hand gel & wipes to clean you up the next morning, fabric plasters for any cuts, sweets to freshen up your mouth, lip balm for sore lips & a clinical waste bag which can be used for all sorts of things!!!!

While the first aid kit may be a bit of fun, it also carries a serious message about drinking and driving over the Christmas period.

Those convicted of drink driving can expect to be banned from driving for at least 12 months; face a fine of up to £5,000 and six months in jail.

Collisions resulting in a fatality where the driver is under the influence of alcohol carry a penalty of up to 10 years in prison.

Sgt Miles Topham, Neighbourhood Beat Manager for Truro Police, said: “Our figures show that every year a minority of people drink and drive. Last year Devon and Cornwall police caught 335 people drink-driving over the Christmas period.

“We are currently running our Christmas drink drive campaign, and we want to make people aware of how careful they need to be.

“Many people are sensible enough to appoint a designated driver to take them home after a party or office do. But not enough people think about the next morning, when they may still be over the legal alcohol limit.”

Please note that though the police are aware of the Morning After Kit they do not endorse it.



Thank you to Harvey's Wharf at Falmouth for letting us use their facilities for our photos.

Personal note – this isn't the photo that you may see in the newspapers - in the end I decided I preferred this one but it was too late to change it – I prefer ones where I'm looking fuzzy!!!!!!!!!!

For more information and to buy your kit please contact Christine Chaplin at Cornish First Aid Supplies on 01872 865011.

The kit will be available from our Ebay Shop (Cuts&Bruises) from Friday 14<sup>th</sup> December.

Thank you for looking and keep safe this Christmas.