

**MESSAGE IN A BOTTLE**

**What is it?**

It is a simple idea designed to encourage people to keep their basic personal and medical details on a standard form and in a common location – the fridge!

**What does it do?**

It saves the Emergency Services valuable time if they need to enter a property in an emergency situation. Not only does it help to identify who you are it also identifies if you have special medication or allergies. It is not only a potential lifesaver, but also it provides peace of mind to you, your friends and family by knowing that prompt medical treatment is provided and that the next of kin and emergency contacts are notified.

**Who is it for?**

Anyone! Whilst it is focused on the more vulnerable people in a community, anyone can have an accident in the home, so this scheme can benefit anyone.

**What does it cost?**

The scheme is free to the public and is funded by your local Lions Club.

**Where can I get one?**

You may find the bottles displayed in your local GP’s Surgery or Local Pharmacy. If you have difficulty locating a bottle please contact **Hart Lions Club 0845 833 7353**

**Who knows about it?**

All Emergency Services are aware of the Message in a Bottle scheme. By displaying the green stickers in your home, the emergency services will locate the bottle in the fridge and use the forms inside to ensure you are treated quickly which can save time, and save lives.

**What is in the bottle?**

A form you fill in with your name, medicines, allergies and contact details for a relative or designated contact person. And two green stickers.

**What do I have to do?**

Fill in the form – put it in the bottle – put the bottle in your fridge – put one green sticker on your fridge door – put the other green sticker on the INSIDE of your house door.

**Who co-ordinates the scheme locally?**

Hart Lions Club – your local Lions Club: 0845 833 7353