

Please help the emergency services help you

A few minutes delay in finding your home in an emergency could make the difference between life and death. Give the emergency services a fighting chance.

Make sure they can find your home quickly by displaying the house number or name or both.

Ensure the house number or name are:

Near the road as possible

Easy to see, clear and easy to read

Can be seen from the road by day or night

If you call for help look out for their arrival

A person waving is much easier to see than a house number



pride in your community

Message in a Bottle Scheme is supported by the following services:

Ambulance

Police

Fire & Rescue

Emergency Doctors

NHS Primary Care Trusts

How can I help?

If you would like the opportunity to get involved with this scheme and many others that help those in need, then please contact:

Your local Lions Club

or telephone Lions Clubs Head Quarters on **0345 833 9502**

To order a **Message in a Bottle** please email: **mdhq@lionsclubs.co.uk**

If you would like to know more about Lions Clubs please visit **www.lionsclubs.co**



get your free

MESSAGE IN A BOTTLE

IT COULD HELP SAVE YOUR LIFE



Lions Clubs International
British Isles

**MESSAGE
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BOTTLE**
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What is Message in a Bottle?

The Lions Message in a Bottle is a simple idea that encourages people to keep their basic personal and medical details in a common place where they can easily be found in an emergency.

How does it work?

The information is kept in a bottle. The bottle is kept in the fridge, where the emergency services will expect to find it in the event of being called to your home.

They will know you have a bottle by a label. One to be applied to the fridge door and one on the inside of your front door.

What is the cost?

We supply the bottles free of charge to individuals. However, we are always grateful to receive donations towards this project so that we can continue to produce the bottles. There is a donation site you can visit if you would like to make a donation

<http://lionsgiving.co.uk/national-appeals/message-in-a-bottle>
For organisations who may need larger quantities of bottles we would have to make a charge.

Where can I get a bottle?

Health Centres, Doctor s Surgeries, Chemists who should have supplies.

If you have difficulty, please contact your local Lions Club or contact Lions Clubs HQ and the number can be found on the reverse of this leaflet.



Medic Alert / SOS Talisman

If you wear any of these alert products you should continue to do so. The Message in a Bottle is not intended to replace these items.

The Lions can supply details of Medic Alert bracelets that will assist the emergency services when you are away from your home.

What information is needed?

The information is very basic but you may like to ask a relative, neighbour or carer to help you.

The details required are:

- Your full name and brief physical description
- Your doctor's name, Surgery address and telephone number
- A brief description of any medical conditions you are suffering from
- Allergies and allergic reaction to medication
- Location of your medication in your home
- The names, addresses and phone numbers of two people who may be contacted in any emergency
- Details of any pets that may be on the premises

We also advise that you keep your repeat prescription list with your medication, this is of great help to paramedics.