



# MESSAGE IN A BOTTLE

**What is it?** Its 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's 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?** It is provided free from your Local Lions Club.

**Where can I get one?** You may find the bottles displayed in your local GP's surgery, Local Pharmacy, Local Lions Club. If you have any difficulty locating a bottle please contact Lions Clubs Headquarters 0845 833 9502.

**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's in the bottle?** A form you fill in with your name, medicines, allergies & relatives contact details. And also 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 and the other green sticker on the INSIDE of your house door.

**Who co-ordinates the Scheme locally?** Lincoln Lions Club can be reached on 0845 833 9852 or visit our website [lincoln-lions.org.uk](http://lincoln-lions.org.uk)

