**Message in a Bottle**

**What is the Message in a Bottle?**

The **Lions Message in a Bottle** scheme is a simple idea designed to encourage people to keep their personal and medical details on a standard form and in a common location - the fridge. Whilst it is focused on the more vulnerable people in our community, anyone can have an accident at home, so this scheme can benefit anyone, including you.

**How does the scheme work?**

As the name suggests, the personal information is kept in a small plastic bottle. The bottle has a push-fit lid and is big enough to hold the necessary information. The bottle is then kept in the fridge, where the emergency services will expect to look for it in the event of being called to your home. They will be alerted to your membership of the scheme by two 'green cross' labels. One is fixed to the back of the front door (or the door most used to access the premises), the second is attached to the door of the fridge.

**Where can I get a Bottle from?**

Your health centre, doctor's surgery and chemists will all have supplies of the bottles and forms. They will also be available in some other venues like the community centre or your local church.

**How much does it cost?**

There is no cost to the user. Costs of running the scheme are being borne by local Lions Clubs.

**What information is needed?**

The information you need to provide is quite straightforward, but you may like to ask a relative, neighbour or carer to help you complete the form.

The form also has a space for a passport size photograph, but this is only necessary when there is more than one person living at the premises (to aid identification).

Information required to complete the form is:

* Your full name and brief physical description
* Your doctors name and the surgery address and telephone number
* A brief description of any medical conditions you are suffering from - your doctor or carer will help if you are uncertain
* The names, addresses and telephone numbers of two persons who may be contacted in the event of an emergency - sudden illness or accident
* Details of any pets which may be on the premises and need to be cared for
* Are you a Carer? If so, for whom and where do they live?

In addition, we strongly recommend that you also include your repeat prescription list. This is produced every time a repeat prescription is ordered, and this information is of great value to the ambulance service. Paramedics are able to administer drugs, but need to know of any you are already taking to eliminate the risk of drug interaction.

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