



[your club name] LIONS



## Message in a Bottle

**What is it?** It's 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 in helping you & identifying 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 it can be used by anyone taking regular medication no matter their age so this scheme can benefit anyone.

**What does it cost?** Nothing – **it's FREE.** (All costs are paid for by the Luton Lions)

**Who knows about it?** All Emergency Services are aware of the Message in a Bottle scheme, and will locate the bottle and pass it on to a doctor or hospital personnel in an emergency.

**What's in the bottle?** A form you fill in with your name, medications, allergies & relatives contact details and two stickers.

**What do I have to do?** Fill in the form, put it back in the bottle. Put the bottle in your fridge ( the only place the Emergency Services will look) Put one green sticker on your fridge door and the other green sticker on the INSIDE of your house door.

**What if I need more information or additional bottles?** If you would like any further information please use the email below or call xxxxxxxxxxxxxx

Entre your club [contact@something.co.uk](mailto:contact@something.co.uk)

[miab@lions105a.org.uk](mailto:miab@lions105a.org.uk)

Registered Charity Number xxxxxxxxxxxx

