



Have you heard about the  
**Message in a Bottle  
Scheme?**

The scheme is being supported by Lions Clubs in Oxfordshire and is **free** to the user

It works like this:

Anyone living alone can use the bottle to store personal information about themselves which could be needed in an emergency, such as your own Personal details and

- Your next of kin, friends or carers to contact
- Your allergies, regular medications, Living Will etc.
- Your Doctor's details & medical information

The Emergency Services will look for the **GREEN CROSS SYMBOL** and find the information in the bottle which is kept in the fridge.

Easy!

**Your free bottle is available from:**



*Lions. . . .  
Caring for the community*