

North Tyneside Carers' Centre

MESSAGE IN A BOTTLE



The Message in a Bottle is a way to alert the emergency and social services that you have a caring role if you have an emergency.

The information in the bottle gives details of the person you care for so they can be supported. We can provide you with a Message in a Bottle kit at your first appointment or on request.

The Message in a Bottle kit includes a form where personal and medical information is detailed. Once the form is completed, the bottle is then saved in the fridge.

Each kit has two stickers, one for the fridge and the other for the inside of the front door to inform and warn paramedics, police, fire-fighters, and social services. This life-saving initiative is supported by these services, who know to look in the fridge when they see the Message in a Bottle sticker. This enables them to locate life-threatening illnesses, allergies, emergency numbers, and disabilities on a standard form in a common location.

The Message in a Bottle is provided by the Lion Club, who are ordinary people doing extraordinary things by helping others.

You can obtain a Message in a Bottle from one of our workers, or contact North Tyneside Carers' Centre on

0191 249 6480