

Lesley King was part of the steering group with Maggi Boyd that launched the Message in a Bottle campaign with a little help from Buddy Beat.

MESSAGE THAT COULD SAVE YOUR LIFE IS IN A BOTTLE!

New project helps mercy crews

By **LYNN JOLLY**

A NEW life-saving project is being launched today to help the emergency services treat sick people quicker.

The Message In A Bottle scheme will provide hundreds of free plastic containers to Buddies where they can store information about which medication they are on, emergency contact details and a phone number for a family contact.

This is then stored in the fridge, with a sticker on the door to tell paramedics, police and doctors that the patient is signed up for the programme.

Paisley woman Lesley King, 62, is on the steering group for Message In A Bottle and said it will be a life-saver for many people.

Lesley, who is coping with depression, said: "I suffer from bad depression and I have had it for six or seven years on and off. I am also a carer for my husband Alan and a long-distance carer for my son Crawford, who has epilepsy, while my daughter Karen is bipolar.

"My secret to it all is keeping busy. I do water aerobics at The Lagoon, in Paisley, three times a week and I am involved in various support groups including Recovery Renfrewshire, The Buddie Beat and Positive Mental Attitude, based in Johnstone Health Centre.

"At PMA, we talk to people to help reduce the stigma attached to mental health problems and, at The Buddie Beat, in Paisley Arts Centre, we use music."

The aim of Message In A Bottle is to help the emergency services treat

patients as quickly and effectively as possible.

It is a voluntary scheme that is open to anyone – from people who live alone and have health conditions to carers.

Medics will see the emergency sticker on your fridge door and can then easily find the container tucked away inside with all your information.

This means if you need emergency treatment or have to go to hospital because of sudden illness or an accident you will get treatment quickly.

Lesley, from Hawkhead, said: "This system will be very helpful for me. I first heard about a similar project from my daughter's mother-in-law, who lives in Hartlepool. Then it was suggested to me that I should go on the steering group, which was set up last year here in Renfrewshire.



GREAT IDEA:
Lesley King is on the steering group

"The steering group discussed the type of bottle we'd use, the type of sticker, what would go in the fridge and distribution.

"You can put a list of your medication and a repeat prescription in the bottle. You also put emergency contact details and say, for example, if you have asthma, diabetes or other conditions.

"If somebody takes a turn or collapses the paramedics will know what they're up against. It is simple but effective."

● Message In A Bottle is being officially launched at The Wynd Centre, Paisley, on Monday and packs are free from health centres, libraries and GP surgeries. If you have trouble getting one you can call 01505 821333. Replacement forms can be downloaded from the website at www.renfrewshire.gov.uk