



Friends of Henfield Medical Practice Trust

Registered Charity No: 1140280



HENFIELD ACTION FOR OLDER PEOPLE

Some topics from the May Information Meeting

TV Digital Switchover. If you still need help, ring the UK Advice Line on 08456 50 50 50, but be warned that the automated system is rather complicated before you reach your required answer. Old redundant analogue TV sets must be disposed of at a Designated Collection Facility, eg at Burgess Hill, or Hop Oast, Horsham.

Neck Pendant Alarm System. This well-known system brings help quickly if you activate it. For more information, telephone Sheila at Horsham District Council on 01403 215 230.

Message in a Bottle. An easily recognisable plastic container is available from the Medical Centre or Lloyds the chemist. It contains a form on which you write important information about yourself such as medical details and a contact number. Keep the 'bottle' with its form in the fridge, with an appropriate green sticker on the outside of the fridge, so that if you have an accident at home the emergency services will know where to find vital information.

ICE - In Case of Emergency. If you have an accident, emergency services can easily find relevant contact details on your mobile phone. Select 'new contact' in your mobile phone book, enter the word ICE followed by the name of the contact person you have chosen and their phone number. You can choose more than one person, simply label them ICE1, ICE2 etc. The person or persons you choose should know about any medical conditions that may affect your emergency treatment, including allergies and medication. The ICE system has now gone global, so it may also work when you are abroad.