



## **Emergency Contacts**

Shoreham and Southwick u3a were recently contacted by a member who witnessed a medical emergency resulting in death in another u3a. The person did not have an emergency contact that was easily accessible, which led to unnecessary distress.

We encourage all members to do one or all of the following:

a) Make your emergency contact's number(s) available on your mobile phone even when it is locked. To do this see:

[https://www.huffingtonpost.co.uk/entry/android-iphone-emergency-contact-ice\\_l\\_5ce2e6aee4b075a35a2b9250](https://www.huffingtonpost.co.uk/entry/android-iphone-emergency-contact-ice_l_5ce2e6aee4b075a35a2b9250)

b) Carry a small card on you at all times with your emergency contact's details including a phone number.

c) Take a photo of your emergency contact details and use it as your phone's wallpaper

It is very distressing when there is an emergency and by-standers or emergency services do not know who to contact. Please be thoughtful and assist with these easy actions.

Sue Lawrence, Chair