



CARERS NEWS

Sponsored by Direct Line Insurance

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'Contact4Me'

If you or a loved one were involved in an accident, could you be sure that emergency services could contact next of kin without delay? Could you also be sure that any critical medical alerts could be made known to the emergency services immediately? Almost certainly not – because few of us carry easily-found contact numbers and details of pertinent medical conditions. 'Contact4Me' solves the problem.

'Contact4Me' card membership allows anyone to store up to ten emergency numbers and medical alerts on a central database. The card gives emergency services instant access to this vital contact information – all for as little as 23p a week.

Buy peace-of-mind 'Contact4Me' membership for yourself, older people you care for, or younger family members away from home or on worldwide travels.

For full details about 'Contact4Me' and how to obtain membership go to <http://www.caredirections.co.uk>

Laughter Workshops



These are held regularly at Chapel Allerton Holistic Centre, 144 Harrogate Road. They last for one hour and cost £6, including light refreshments afterwards.

To book a place contact Roger Gilbert on 0113 285 7136; e-mail roger@rogergilbert.co.uk or ring Jean Watson at the Centre on 0113 269 4448.

REMAP

REMAP is a national charitable organisation with over 100 Panels (groups) spread throughout the United Kingdom. The objectives of REMAP are to improve the lifestyle of disabled people and their carers by designing and supplying specialised equipment that is not available from commercial or other sources.

Our products range from essential daily needs to those that enhance the recreational activities of our clients. We utilise the voluntary services of some 1500 professional engineers, technicians and craftspeople. Our members have extensive experience in a wide range of disciplines and skills. Their technical expertise is supported by input from the medical, healthcare and welfare professions when required.

How to contact the Leeds & Bradford Panel:

email: leeds-bradford@remap.org.uk
email: remapleeds@aol.com

Tel: 01484 715748 or 01422 203138 or write to REMAP - Leeds & Bradford Panel c/o Rastrick Engineering Ltd, Martin Street, Brighouse - HD6 1DA

Patient UK

This directory of UK health, disease, illness and related medical websites that provide patient information can be found at www.patient.co.uk

With over 700 leaflets on conditions, a Surgery section, drug information and articles, this website is well worth a visit.