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| **My Personal and Local Contacts - People and Groups important to me** |

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| --- | --- |
| **Individual Name** | **Contact details (Telephone/Email/Address)** |
| Next of Kin |  |
| Personal Assistant (s) (PAs) |  |
| Family/Carers |  |
| Friends |  |
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| **Group Name** | **Contact details (Telephone/Email/Address)** |
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Please add any additional individuals and groups as required