

**More donors needed in Huntingdon!**

**Thursday 19<sup>th</sup> October**

**9.50 – 12.30 & 14.00 – 16.30**

**CROMWELL SUITE, JOCKEY CLUB  
HUNTINGDON RACECOURSE  
THRAPSTON ROAD**

***We recommend booking an appointment for these sessions  
by calling 0300 123 23 23 or visiting [www.blood.co.uk](http://www.blood.co.uk)***



**Blood and Transplant**

NHS Blood & Transplant

Long Road  
Cambridge  
CB2 2PT

NHS Blood and Transplant is having a blood donor session in your local area and we would like to invite you along to the session to donate a pint and save a life.

**Less than 4% of eligible people give blood so please consider attending one of these local donation sessions (above) and giving the gift of life. One donation can help save or improve the lives of up to 3 patients!**

***What Happens When I Donate?***

When you go along to the donor session you will be greeted by a donor carer who will give you some relevant information to read. You will then complete a health questionnaire to ensure you are able to donate blood. After completing the questionnaire we will check your iron level. If your iron level is fine you will then make your donation, which will normally take between 5-10 minutes. After your donation you will have a rest and be provided with refreshments. You should allow between 45 minutes and 1 hour in total from arrival.

Throughout the donation process there will always be someone nearby. If you have never given blood before please make sure you have had something to eat and plenty to drink before you donate. If you are unable to donate yourself, please pass this letter on to a friend or relative. You can make an appointment to donate at this session by calling 0300 123 23 23, visiting [www.blood.co.uk](http://www.blood.co.uk) or downloading the app: Search for NHSGiveBlood.

***Queries or Questions?***

To be a blood donor you need to be aged 17 or over and you can give your first donation up to your 66<sup>th</sup> birthday (we have now removed the upper age limit for regular donors). You need to weigh over 7st 12lbs (50 kg) and be in general good health. Please visit our website or call our helpline for further information or if you have questions regarding medication, travel and health.

Thank you for your help and support.  
**Natalie Shaw – Donor Marketing Coordinator**

