

**Blood Donation**

Giving blood saves lives. The blood you give is a lifeline in an emergency and for people who need long-term treatments.

**Why are you needed to give blood?**

New blood donors are needed from all backgrounds to ensure there is the right blood available for patients who need it.

**What is needed?**

* Nearly 400 new donors a day to meet demand
* Around 135,000 new donors a year to replace those who can no longer donate
* 40,000 more black donors to meet growing demand for better-matched blood
* 30,000 new donors with priority blood types such as O negative every year
* More young people to start giving blood so we can make sure we have enough blood in the future

**Who can give blood?**

Most people can give blood. You can give blood if you:

* are fit and healthy
* weigh between 7 stone 12 lbs and 25 stone, or 50kg and 160kg
* are aged between 17 and 66 (or 70 if you have given blood before)
* are over 70 and have given blood in the last two years

**How often can I give blood?**

* Men can give blood every 12 weeks and women can give blood every 16 weeks

**To find out more, check your eligibility to give blood and find out where you can give blood go to** [**www.blood.co.uk**](http://www.blood.co.uk/)

If you would like further information about the Bridge Cottage Surgery Patient Participation Group please email [ppgbridgecottage@gmail.com](mailto:ppgbridgecottage@gmail.com)