

For immediate release

Be a Mighty Hero - Donate Blood.

Western Cape - 1 August 2024: The Western Cape Blood Service (WCBS) concludes its winter campaign in August, celebrating the remarkable commitment of blood donors who have played a crucial role in saving lives throughout the colder winter months. As we enter into August, they shine the light on the profound impact of every blood donor, emphasising that each individual, regardless of their donation milestone is a mighty hero, helping to sustain the blood supply all year-round.

Many people can do great things but the mightiest ones are those giving of themselves, this is why the August theme “Be a mighty hero. Donate Blood,” calls on all individuals to take up the challenge of potentially saving three lives through the act of blood donation. This will also be the last chance for donors to get their hands on a pair of exclusive hero socks as a token of appreciation.



Marike Carli, Public Relations Manager at WCBS says, “Without the support of our donors, saving lives would not be possible. We are deeply thankful to each donor who braved the winter cold to donate blood; they are the true heroes of the Western Cape.”

 www.wcbs.org.za  info@wcbs.org.za

George
Medical Centre, Courtenay Street
PO Box 65, George, 6530
T: 044 874 2074 / F: 044 874 6097

Paarl
26 Zandwyk Industrial Park, Old Paarl Road, Paarl, 7646
PO Box 422, Paarl, 7620
T: 021 871 1031 / F: 021 872 5945

Worcester
26 Napier Street, Worcester, 6850
PO Box 194, Worcester, 6849
T: 023 342 2450 / F: 023 342 7556

Western Cape Blood Service NPC | Pr. No: 7800045 | Reg. No: 1943/016692/08

Directors: GRM Bellairs, NB du Toit, N Dhevcharran, A Huggett, CF Ingram, EC Johannes, VJ Louw, UD Mungal-Singh, DM Ndebele, M Moyo, PK Slack, PJC Veldhuizen (Chairman). Company Secretary: Themis Commercial Legal Advisors (Pty) Ltd

About the Blood Donation Process

Donors begin with a confidential questionnaire and verify their details. A fingerpick test checks your haemoglobin level, ensuring it meets the required 12.5g/dl for women and 13.5g/dl for men. A professional nurse conducts a medical screening, checking your blood pressure and pulse. Donors then proceed to donate a unit of life-saving blood, followed with delicious juice and biscuits to refuel lost fluids.

Basic Donor Criteria:

- Age between 16 and 75 years
- Weigh at least 50kg or more
- Be in good general health
- Live a safe sexual lifestyle

Donors are also advised to eat a meal 3-4 hours before donating and to stay well-hydrated before, during, and after donation.

“We encourage the public to be mighty heroes and donate blood this winter. It only takes 30 minutes of your time and you get to help patients in need”, added Carli.

For further details or to find your closest donation clinic, visit www.wcbs.org.za, download the WCBS App, or message via WhatsApp at 060 549 7244.

Do something remarkable: donate blood.

Distributed by the Western Cape Blood Service
Public Relations Manager - Marike Carli
0718563625 | marike@wcbs.org.za

About the Western Cape Blood Service (WCBS)

WCBS is a non-profit regional health organisation, dedicated to collecting blood from voluntary blood donors, and providing the safest blood products and efficient service to the community, while operating at the highest professional and ethical standards and remaining a viable organisation.

 www.wcbs.org.za  info@wcbs.org.za

George
Medical Centre, Courtenay Street
PO Box 65, George, 6530
T: 044 874 2074 / F: 044 874 6097

Paarl
26 Zandwyk Industrial Park, Old Paarl Road, Paarl, 7646
PO Box 422, Paarl, 7620
T: 021 871 1031 / F: 021 872 5945

Worcester
26 Napier Street, Worcester, 6850
PO Box 194, Worcester, 6849
T: 023 342 2450 / F: 023 342 7556

Western Cape Blood Service NPC | Pr. No: 7800045 | Reg. No: 1943/016692/08

Directors: GRM Bellairs, NB du Toit, N Dhevcharran, A Huggett, CF Ingram, EC Johannes, VJ Louw, UD Mungal-Singh, DM Ndebele, M Moyo, PK Slack, PJC Veldhuizen (Chairman). Company Secretary: Themis Commercial Legal Advisors (Pty) Ltd

WCBS work without prejudice to supply safe blood and blood products to all communities in the region, from Cape Town all the way up to George. It's our goal to deliver a world-class blood service in the Western Cape.

 www.wcbs.org.za  info@wcbs.org.za

George
Medical Centre, Courtenay Street
PO Box 65, George, 6530
T: 044 874 2074 / F: 044 874 6097

Paarl
26 Zandwyk Industrial Park, Old Paarl Road, Paarl, 7646
PO Box 422, Paarl, 7620
T: 021 871 1031 / F: 021 872 5945

Worcester
26 Napier Street, Worcester, 6850
PO Box 194, Worcester, 6849
T: 023 342 2450 / F: 023 342 7556

Western Cape Blood Service NPC | Pr. No: 7800045 | Reg. No: 1943/016692/08

Directors: GRM Bellairs, NB du Toit, N Dhevcharran, A Huggett, CF Ingram, EC Johannes, VJ Louw, UD Mungal-Singh, DM Ndebele, M Moyo, PK Slack, PJC Veldhuizen (Chairman). Company Secretary: Themis Commercial Legal Advisors (Pty) Ltd