

# **Give blood – it is a “valuable way to spend your time”**

## **More locals are encouraged to donate blood on a regular basis.**

Moira Ritchie, who is a former research nurse and a committed blood donor, says that “only a small percentage of Scots donate blood regularly”.

She said: “It’s a truly altruistic way to help others. Essential for surgery, cancer treatment, chronic illnesses and traumatic injuries, blood donation is a kind, altruistic gesture. Did you know that each unit donated can help to save up to three lives, according to the Red Cross? There are so many ways donated blood can be used.

“Edinburgh Donor Centre in Lauriston Place is open six days a week, and aims to welcome 510 donors every week (26,520 annually) to meet the needs of Scotland’s hospitals. The Centre also runs a programme of community, workplace and school sessions across SE Scotland attracting regular and irregular donors, and importantly, new donors giving blood for the first time. Across Scotland the aim is to welcome 15,000 new donors every year. Across our region, which includes Edinburgh, The Lothians, Fife and The Borders, it has been possible to welcome 3,612 new donors. Read stories on the website about how donation helps individuals and how much these donations are appreciated.

“There cannot be many more valuable ways to spend an hour of your time.”



Blood Donor Staff and Donors PHOTO courtesy of NHS