

Think about giving blood

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Have you considered donating blood? Each week around 500 people in Northern Ireland need a life-saving blood transfusion. It only takes 45 minutes to give blood and 150 new blood donors are needed each week.

Blood donation is vital

Blood donation is vital for the delivery of healthcare, and it saves and enhances lives. Most of us know someone who has benefited from donated blood through emergency surgery, for routine operations, in the treatment of cancer, or childbirth.

Only six per cent of Northern Ireland's population currently give blood. That leaves 94 per cent of those eligible who do not. All eligible people are encouraged to consider becoming a blood donor.

There are almost 800 blood donation sessions a year at around 240 locations throughout Northern Ireland.

If you are between the age of 17 and 65 and in reasonably good health you should be able to give blood for the first time .

You can find out more, including how to become a donor, from the [Northern Ireland Blood Transfusion Service](#).

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