

# Northern Ireland Blood Transfusion Service

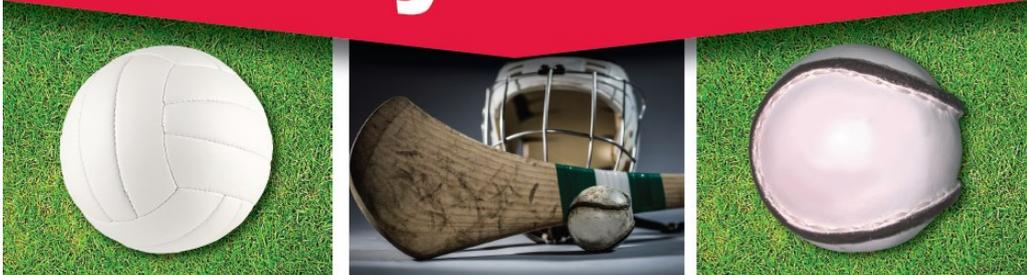


## INTERESTED IN PROMOTING BLOOD DONATION AT YOUR CLUB?

There are a few ways to do this;

- Starting a donation session.
- Hosting an information talk for club members.
- Promoting local donation sessions.
- Health and well being fairs; we regularly attend health and well being fairs at sports clubs, schools and workplaces.

**It's in your blood**



# Northern Ireland Blood Transfusion Service



## **FROM A SMALL COMMUNITY AND CLUB?**

If you come from a small club/community where we already host a donation session there are a few other options available;

- ⇒ You can work with another club close by to host a joint donation session.
- ⇒ Host an information talk to encourage people to attend the local session (information on next page).
- ⇒ Promoting the local sessions—we can add you to our mailing list and you will receive notifications when a local session is coming up, then promote this to your players/club members.
- ⇒ If you host health and well being fairs/days at the club we are more than happy to attend, just contact us using the information at the end of this booklet. As we are a non-profit organisation weekend availability is limited for talks and health fairs. Donation sessions are not available at weekends.

# Northern Ireland Blood Transfusion Service



## **INTERESTED IN HOSTING AN INFORMATION TALK AT YOUR CLUB?**

- Talks are available in the evening and we endeavour to make ourselves available at a time which suits the club.
- Talks are in the form of a PowerPoint presentation and we provide all equipment (laptop, projector etc.)
- It covers the need for donations, the process, how to enrol as a donor and shows some examples of people you, your players and club members could help by donating blood.
- There is time allowed at the end for questions.
- These talks can help to boost numbers if you wish to host a donation session in the club.
- We are more than happy for several local clubs to host joint talks especially if you are considering a joint donation session.

# Northern Ireland Blood Transfusion Service



## **INTERESTED IN STARTING A NEW BLOOD DONATION SESSION AT YOUR CLUB?**

### **Step One**

- We need 100 of our blood donor enrolment cards completed (or enrolment via text message) by potential blood donors to make a new session feasible, as we need to take a certain number of units of blood at each session to keep our blood stocks at the required level.
- The cards must be completed by donors themselves and ask for simple details such as name, address and date of birth, and have a freepost return address, you can also nominate someone at the club to collect cards and return them to us in a bundle (this is the recommended way however text registration is also possible)
- A unique text message registration code can also be made available
- We can provide you with promotional material, including posters, handbills, information leaflets, an email or something for your clubs website/social media pages.
- Getting 100 names can be difficult for smaller clubs but we are more than happy for neighbouring clubs to work together to reach this target.
- See what our card and information leaflet looks like overleaf 

## Enrolment card front

	<p>Between 16-65 years of age you can enrol to become a 1st time blood donor.</p>	<h1>"I'M READY"</h1> <p><i>to become a blood donor. Please contact me with an invitation to my nearest session.</i></p> <p><b>PLEASE COMPLETE IN BLOCK CAPITALS:</b></p> <p>(Mr, Mrs, Miss, Ms/Other.....)</p> <p>Name: ..... Date of Birth: .....</p> <p>Address: .....</p> <p>..... Postcode: .....</p> <p>Tel No: ..... Mobile: .....</p> <p>Email: .....</p> <p>Preferred venue: .....</p> <p>If you have previously been a blood donor please tick this box <input type="checkbox"/></p> <p><b>Any queries? Phone 0500 534 666 Further details on <a href="http://www.nibts.org">www.nibts.org</a></b></p> <p><small>NIBTS will not share these details with any 3rd party.</small></p>	FORM:DD:458:06:NIBT
	<p>Normally from 17 years of age you can give blood.</p>		
	<p>Go along to your nearest session. You could help <b>SAVE</b> someone's life.</p>		
			

## Enrolment card back

	
	
<p>Freepost RTGY-RYUT-CATA Northern Ireland Blood Transfusion Service Lisburn Road Belfast BT9 7TS</p>	



Freepost RTGY-RYUT-CATA  
 Northern Ireland Blood Transfusion Service  
 Lisburn Road  
 Belfast  
 BT9 7TS



### How simple is it to give blood?

Ask any donor how easy it is: it only takes a few minutes and you could save someone's life.

1. First of all registration, then a HealthCheck and a quick fingerprick haemoglobin test.
2. Put your feet up for 10 - 15 minutes whilst we take your donation (the actual procedure only takes about 7 minutes).
3. Take a short rest and have some refreshments, usually a cold drink or tea/coffee and a biscuit or two.



As well as blood donation sessions held throughout Northern Ireland, sessions are also held daily at our Headquarters beside the Belfast City Hospital. Opening hours are:

**9.45am - 8pm Mon, Tue, Wed & Thurs**  
**9.45am - 4.45pm Fri**

**FREE PARKING FOR DONORS**

### Please give blood and help save a life

If you are 17 years old and in good health, you can become a blood donor. Your donation can be used to help several patients.

Giving blood is completely safe. All equipment is sterile and used only once.

There are almost 1000 blood donation sessions held at 240 locations across Northern Ireland. For details of one near you please CALL 0500 534 666. Alternatively, complete the freepost coupon attached or check our website [www.nibts.org](http://www.nibts.org). You can also enrol as a blood donor by texting BLOOD to 60081.

We will be coming to a town near you soon!

**TELEPHONE NUMBERS**  
 Enquiries: 0500 534 666  
 Medical: 0500 534 669  
 Web: [www.nibts.org](http://www.nibts.org)

**Regular updates can also be found at:**  
[www.facebook.com/givebloodni](http://www.facebook.com/givebloodni) and  
[www.twitter.com/givebloodni](http://www.twitter.com/givebloodni)

Sessions are also held on Thursdays at our Donor Centre, 16 College Street in Belfast City Centre **9.30am - 5.00pm.**



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**GIVE BLOOD**  
**Save Lives**



Northern Ireland Blood Transfusion Service

An average adult has over five litres (about 10 pints) of blood. Each drop is made up of 250 million red cells, 400 thousand white cells and 15 million smaller platelets suspended in a clear yellowish fluid called plasma; all this passes through the heart and lungs at least once every minute!

A donor usually gives just under a half a litre (approximately 3/4 pint) of blood two or three times a year. Lost fluid is quickly made up in the body - plasma in 12 - 18 hours, cells in a few weeks.

The 'whole blood' given at donor sessions is collected into packs containing a special solution which prevents the blood from clotting and provides food for the living cells. If stored at 4°C, it can be kept for up to five weeks. However, in as little as three days it can be used.

Blood contains many precious components and because of this a single donation of blood can be used for the benefit of several patients. These blood components are prepared in the laboratories at NIBTS Headquarters.

**Blood Donors really save lives**

## You know you've got it in you to save a life

The laboratory process is time consuming, requiring specialised equipment and skill and must be carried out on the same day (or night!) that blood is collected from the donor. It is for this reason that we try to encourage you to give blood as early as possible.

The major blood components are described here along with some of the medical conditions which they are used to treat.

### Red cells

Red cells carry vital oxygen through the body. Red cell concentrates are prepared from freshly collected whole blood donations for the treatment of patients in need. These include:

- Patients undergoing major surgery, eg. open heart operations, joint replacements
- Victims of serious accidents and major trauma
- Childbirth

### Platelets

Platelets play an essential part in blood clotting. Platelet concentrates prepared from freshly collected donations are essential for the treatment of:

- Leukaemia and other blood disorders
- Bone marrow transplantation
- Certain types of cancer

Often one patient will need the platelets from 5 - 10 donors or more in a short time. They do not last long and blood bank stocks need to be constantly renewed.

### Plasma

Plasma is the fluid part of the blood and contains clotting factors and other precious substances. It is used:

- In the treatment of bleeding disorders
- Liver disease
- Some other conditions

# "I'M READY"

*to become a blood donor.*

*Please contact me with an invitation to my nearest session.*

**PLEASE COMPLETE IN BLOCK CAPITALS:**

(Mr, Mrs, Miss, Ms/Other.....)

Name: \_\_\_\_\_ Date of Birth: \_\_\_\_\_

Address: \_\_\_\_\_

Postcode: \_\_\_\_\_

Tel No: \_\_\_\_\_ Mobile: \_\_\_\_\_

Email: \_\_\_\_\_

Preferred venue: \_\_\_\_\_

If you have previously been a blood donor please tick this box

**Any queries? CALL 0500 534 666 Further details on [www.nibts.org](http://www.nibts.org)**

NIBTS will not share your personal details



Go along to your nearest session. You could help SAVE someone's life.



Normally from 17+ years of age you can give blood.



Between 16-65 years of age you can enrol to become a 1st time blood donor.

# Northern Ireland Blood Transfusion Service



## INTERESTED IN STARTING A NEW BLOOD DONATION SESSION?

### Step Two

- We need a suitable venue for the session. If you are considering a hall or room, it needs to have the following:
  - ⇒ A space of **AT LEAST 200m<sup>2</sup>**.
  - ⇒ Good lighting, heating, ventilation and power points.
  - ⇒ Kitchen facilities, and toilets for staff and donors.
  - ⇒ Lift access for our equipment (which is in wheeled cages) if the venue isn't on the ground floor.
  - ⇒ Parking for donors, as well as our minibus and equipment lorry.
  
- See what a hall session looks like overleaf 

# Northern Ireland Blood Transfusion Service



## EXAMPLE OF A HALL DONATION SESSION



# Northern Ireland Blood Transfusion Service



## INTERESTED IN STARTING A NEW BLOOD DONATION SESSION?

### Step Two

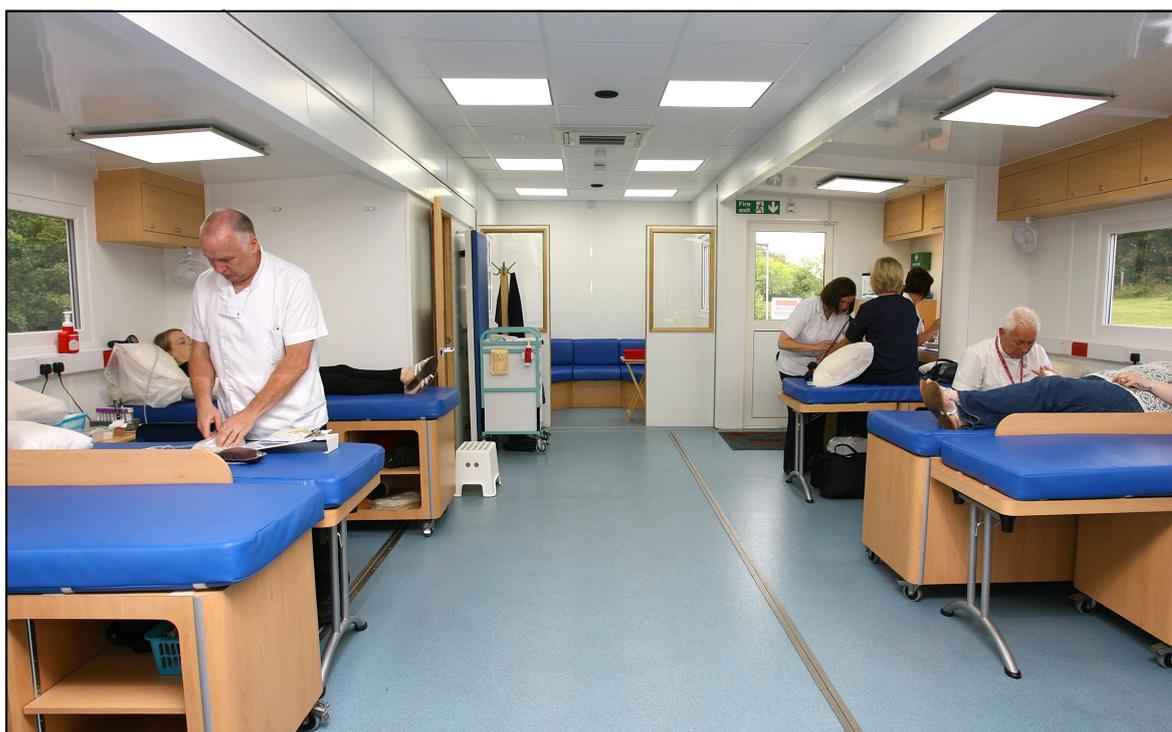
- If you are considering our mobile unit 'BloodMobile', we need the following:
  - ⇒ A flat area or car park of about 20m long by 7m wide.
  - ⇒ A solid surface, as the BloodMobile is extremely heavy (for example, grass is not a suitable).
  - ⇒ Suitable access for a unit this size.
  - ⇒ Parking for both donors and our minibus.
  - ⇒ The BloodMobile is a self-contained unit, so we don't need any other facilities.
  
- See what our BloodMobile looks like overleaf



# Northern Ireland Blood Transfusion Service



## OUR BLOODMOBILE MOBILE UNIT



# Northern Ireland Blood Transfusion Service



## **INTERESTED IN STARTING A NEW BLOOD DONATION SESSION?**

### **Step Three**

- A quick inspection of the venue will be carried out by one of our staff members, this can be done before you receive the registration cards or after.
- Once 100 cards/texts are received we can look at getting a date booked into our programme and you will then receive written confirmation.
- We work quite far in advance, so it may take a few months to get a date. Dates for the mobile unit are more readily available than dates for hall donation sessions.
- We are a non-profit organisation, so sessions are only available Monday to Friday.
- Sessions take place over a morning and afternoon, or an afternoon and evening. We usually arrive and leave about an hour before and after the session, to allow us time to set up and take down our equipment.

# Northern Ireland Blood Transfusion Service



## INTERESTED IN STARTING A NEW BLOOD DONATION SESSION?

### Step Four

- About three weeks before the session we will send out promotional material, including posters and handbill leaflets.
- Again we can also provide jpeg, png or pdf formats of this information for your website/social media pages.
- You will also receive a pre-session clearance phone call a week before.
- We can also email further information, including general details on who can and can't donate blood.
- All enrolled donors will receive a 'call-up' letter about a week before the session giving them full details of the venue and times.
- Also included with their letters will be a 'healthcheck' questionnaire, for completion by donors on the morning of their session.
  
- See what our poster/handbill and additional information looks like overleaf 



**GIVE BLOOD**  
**Save Lives**

**Venue name**  
**Venue address**

**Date of session**

**Times of session**

FORM:DD:930:02:NIBT

**Text Blood to 60081 - Call 0500 534 666**

[www.nibts.org](http://www.nibts.org)

Northern Ireland Blood Transfusion Service



# GIVE BLOOD Save Lives

## Can you donate blood?

### Yes ✓

- ✓ If you are over 50kg/7st 12lb.
- ✓ If you are between 17 years old and 65 (for first-time donation).
- ✓ If you have 45 minutes to spare.
- ✓ If you have been eating and drinking normally today.
- ✓ If you are a smoker (but please consider giving up!).

### Maybe?

- ? If you are on certain medications or have certain medical/cardiac conditions.
- ? If you have had acupuncture in the last twelve months.
- ? If you have recently travelled to a foreign country.
- ? If you are attending your GP or are attending hospital.

### Not this time...

- x If feeling unwell on the day (cold, flu, recent infection requiring antibiotics, etc).
- x If you have had a tattoo or piercing in the last twelve months.
- x If you are pregnant or had a baby less than six months ago.

### Sorry, no.

- x If you have had a blood transfusion since January 1980.
- x If you fall into one of the high-risk groups (please refer to specific information).

Great - and please do bring a friend with you to donate next time!

Visit [www.nibts.org](http://www.nibts.org) or phone our medical helpline for more information.

If you're not already a donor and can't donate today, pick up a card at reception or visit our website to enrol.

If possible could you get someone to take your place?

**MEDICAL HELPLINE 0500 534 669**

**TEXT BLOOD TO 60081 - CALL 0500 534 666**

**VISIT [www.nibts.org](http://www.nibts.org)**

Northern Ireland Blood Transfusion Service



# Northern Ireland Blood Transfusion Service



## INTERESTED ?

**Contact Us; Emma Sloan, Marketing Officer**

Tel: 028 9053 4661

Email: [emma.sloan@nibts.hscni.net](mailto:emma.sloan@nibts.hscni.net)

General email: [giveblood@nibts.hscni.net](mailto:giveblood@nibts.hscni.net)

### More Information



[www.nibts.org](http://www.nibts.org)



[facebook.com/givebloodni](https://facebook.com/givebloodni)



[@givebloodni](https://twitter.com/givebloodni)

[@EmmaNIBTS](https://twitter.com/EmmaNIBTS)