

# Giving is in your Blood

Your lifesaving blood donation card from the Welsh Blood Service



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Thank you for giving blood; you have now become one of Wales' life savers! By giving blood, you have potentially given a patient in Wales the extraordinary gift of life.

Did you know that one in three people in Wales will know someone who will need blood in their lifetime, but only 1 in 30 of us ever donates? That is why we rely on our loyal donors to give blood regularly.

Male donors can donate whole blood as often as every 12 weeks while females can donate every 16 weeks.

As Welsh Blood Service donors, you can visit any of our donation clinics across Wales. To find a venue that is convenient for you and to book an appointment visit [welsh-blood.org.uk](http://welsh-blood.org.uk) or call us free on 0800 252266.

Included in this pack is your 1-5 donation Welsh Blood Service donor card. This card is the first of seven milestone cards that can be obtained if you give blood regularly.

Your card also includes a key fob which can be affixed to your keyring and used to help with your registration at our blood donation clinics. Please remember to bring your donor card or key fob along with you when you come to give blood as it will help speed-up registration.

If you need any more information please call 0800 252266 or visit [welsh-blood.org.uk](http://welsh-blood.org.uk)



**Welsh Blood Service**  
**0800 252266**  
**[welsh-blood.org.uk](http://welsh-blood.org.uk)**