BLOOD BUZZ

Western Cape Blood Service
Donating life since 1941

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Dear Blood Donor,

It's hard to believe that we are at the end of the year and what a year it has been. Most of 2020 was spent in lockdown as we fought the COVID-19 pandemic. We had to adapt our lifestyles and behaviours to keep safe and stay well and thing, one thing is certain, and that is the need for blood to be available at all times.

We would like to wish all our loyal blood donors a prosperous, safe and healthy 2021. In this first edition of Blood Buzz, we look back about our blood donors in 2020, donation, the psychological benefits of donating blood, and the importance of the O negative blood.

We now invite Nadia Turner's article. The three you change', as she spoke to an inspiring blood recipient, who shared in on our 3 & 4 article and please let us know if you would like to share your story with us and inspire others.

To the start year, enjoy our warm and cosy non-cold recipe - you bikers with prawns and mint cream sauce.

Enjoy and please stay safe.

Yours in blood donation,
Nicola Gerson