

For Immediate Release

### You're Someone's Type - Donate Blood

**Western Cape - 1 March 2024:** This March, the Western Cape Blood Service (WCBS) urges the public to make a life-saving difference by donating blood. With a focus on raising awareness and educating the community about the critical need for new blood donors, especially among the youth, WCBS is launching a series of blood grouping and donor registration exhibitions across various venues. The public, everyone 16 years and older, will be able to test their blood group, by means of a quick fingerpick test, and register as a new blood donor.

Marike Carli, Public Relations Manager at the Western Cape Blood Service, emphasises, "Our goal is to increase the active blood donor base in the Western Cape to reflect 1 - 2% of the population. Currently, we only have 0.95% active donors, posing a challenge to meet the ongoing demand."

To engage the public and facilitate donor registration, WCBS will host blood grouping exhibitions at the following locations. Want to find out your blood group? Join WCBS at:

- Friday, 01 March 2024: Mountain Mill Mall (Worcester) in the Game court from 09:30 - 12:30
- Tuesday, 05 March 2024: Voice of the Cape Studio (Salt River) from 09:00 - 15:00
- Wednesday, 06 March 2024: 3 Arts Village from 10:00 - 14:00
- Friday, 08 March 2024: Haasendal Gables from 11:00 - 14:00
- Friday, 08 March 2024: Kenilworth Centre from 10:00 - 14:00
- Saturday, 09 March 2024: Kirstenhoff Primary School from 09:00 - 14:00
- Wednesday, 12 & 13 March 2024: Cape Gate Mall from 10:00 - 14:00
- Friday, 15 March 2024: Ottery Centre from 10:00 - 14:00
- Friday, 15 March 2024: Blue Route Mall from 10:00 - 14:00
- Tuesday, 19 March 2024: N1 City Mall opposite MTN from 10:00 - 14:00
- Wednesday, 20 March 2024: Bayside Mall from 10:00 - 14:00
- Wednesday, 27 March 2024: Willowbridge Mall from 11:00 - 14:00
- Thursday, 28 March 2024: Gardens Centre from 10:00 - 14:00

Please keep your eye on our social media platforms for any changes or additions.

Did you know? One in every three individuals is either an O-positive or an A-positive blood type, making these the most common blood types. However, all eight blood groups are crucial for meeting daily patient needs. The emphasis on O blood groups is due to their universal donor status, with O-positive being transfusable to all patients with a positive blood type, and O-negative being compatible with everyone.

If you are between 16 and 75, weigh 50kg or more, are in good general health, and lead a safe sexual lifestyle, you should be able to donate. Donating blood is safe and painless, with only 475ml drawn and replaced within 24 hours. Donors are advised to eat a substantial meal within three to four hours before visiting a clinic and to increase their fluid intake before, during and after donation. Blood donation only takes 30 minutes of your time, and you can donate blood every 56 days.

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 [www.wcbs.org.za](http://www.wcbs.org.za)  [info@wcbs.org.za](mailto:info@wcbs.org.za)

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**Worcester**  
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Western Cape Blood Service NPC | Pr. No: 7800045 | Reg. No: 1943/016692/08

Directors: GRM Bellairs, NB du Toit, N Dhevcharran, A Huggett, CF Ingram, EC Johannes, VJ Louw, UD Mungal-Singh, DM Ndebele, M Moyo, PK Slack, PJC Veldhuizen (Chairman). Company Secretary: Themis Commercial Legal Advisors (Pty) Ltd

For more information or to find your closest blood donation clinic, please visit [www.wcbs.org.za](http://www.wcbs.org.za), download the WCBS App, or send a WhatsApp to 060 549 7244.

You are someone's type; blood type, that is. Do something remarkable: donate blood.

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**Distributed by the Western Cape Blood Service**  
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