

WHO DOES YOUR GROUP DONATION HELP?



The red cells from your donation are used in the following ways:

- 34% Cancer and blood diseases
- 19% Other causes of anaemia
- 18% Surgical patients including open heart surgery and burns
- 13% Other medical problems including heart, stomach and kidney disease
- 10% Orthopaedic patients including fractures and joint replacements
- 4% Obstetrics, including pregnant women, new mothers and young children
- 2% Trauma including road accident

Other blood components including plasma and platelets are also vital. Plasma is used in bleeding patients, for children and adults with immune disorders, and to prevent some complications of pregnancy. Platelets are used to manage bleeding in surgical patients and cancer, including leukaemia.

WHAT ARE THE BENEFITS OF DONATING TOGETHER?

Group support – Donating blood together in a group supports those giving blood for the first time, and encourages others to donate.

Build school spirit – Taking part in regular group donations and blood drives fosters a wider sense of achievement within your school.

Help the local community – By giving blood, your school is helping those who need regular blood in your local community.

Feel great – Knowing that each donation saves 3 lives, giving blood together is an incredible thing to be able to do.

WILL YOUR GROUP BE ELIGIBLE TO DONATE?

Your group can give blood if they:

- Are aged 16-70 years
- Are feeling well (eg. Don't have a cold, sore throat or flu)
- Weigh more than 45kg (50kg if you are under 18 years old)
- Meet other guidelines designed to protect both you and the people who will receive your blood.

PREPARING YOUR GROUP FOR DONATION

Ensure your group is prepared for donation:

- Drink 6-8 good-sized glasses of water or juice the day before donation
- On the day, drink 3-4 good-sized glasses of water and eat a decent meal
- Bring photo ID (student card) or Donor ID card for every donation
- Students under 18 (Queensland and Western Australia only) must complete a Parental Consent Form prior to every donation.

WHAT HAPPENS DURING THE DONATION PROCESS?

- Questionnaire and interview – a confidential questionnaire is completed and interview conducted with Blood Service staff
- Health check – blood pressure is measured and haemoglobin (iron) levels are checked through a tiny drop of blood from a finger
- Donation – this only takes 5-10 minutes and the blood volume is replaced within 48 hours
- Relax and rest – have a bite to eat and a drink
- The whole process only takes about an hour.



HOW YOUR SCHOOL CAN HELP

Do something special. Give blood together.

Call 13 14 95 or visit donateblood.com.au



Get involved in the Club Red School Program

WHAT IS CLUB RED?

The Club Red program is an opportunity for people in business, schools, the community, and youth groups across Australia to get together and do something special by regularly donating blood.

As blood has a short shelf life we need people to donate regularly. Your school can really make a difference to the over 27,000 blood donations needed by patients each week.

HOW WILL CLUB RED BENEFIT YOUR SCHOOL?

Few students realise that by donating blood they can save lives, and each donation can help save the lives of 3 patients. Donating blood together through the Club Red program helps your students build an awareness of community spirit.

We also offer presentations about the Blood Service and blood donation that can compliment various areas of your curriculum.

COMMUNITY SERVICE FOCUS

Many course requirements and community service programs may also be fulfilled by participating in the Club Red program. For those students wishing to take up a leadership role, we also offer the Club Red Youth Ambassador program.

WHAT TYPE OF COMMITMENT IS NEEDED?

We appreciate that every school has an individual timetable. Therefore, our program has been designed to be adaptable and can suit every school's requirements, depending upon your availability.

WHAT SERVICES ARE AVAILABLE?

Your Club Red representative will work with you to organise a tailored program for your school.

We are able to offer the following services (subject to availability):

- Arranging group donations at your local donor centre
- Courtesy bus to / from your local donor centre
- Assistance in promotion of blood donation
- Assistance in recruitment of blood donors through collecting pledges to donate
- Assembly / in-school presentations about the Blood Service and blood donation
- Regular updates about your school's progress via quarterly newsletters and emails.

HOW CAN YOUR SCHOOL GET INVOLVED?

Whether it's organising your own school blood drive, participating in a local school challenge, promoting blood donation at a local donor centre within your school community, or arranging for a Club Red representative to visit your school, we're able to meet your requirements whether big or small.

HOW CAN YOUR SCHOOL JOIN CLUB RED AND SAVE LIVES?

- Nominate one teacher contact and select student Club Red Youth Ambassadors for your school
- Register your school at donateblood.com.au/clubred. Only one person from your school needs to register your school 'group' and we will then send you an information pack
- Your local Club Red representative will contact you to discuss your school's participation in Club Red.

Once your group is registered, you'll need to ensure your donors join your group online so their donations count towards the school's total. You can track your group donations online at donateblood.com.au/clubred.

A single donation saves 3 lives. Imagine how many lives your school could save if you donated together regularly.