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Youth in Action

# The Lifesaving Impact of Blood Donation

**As World Blood Donor Day approaches on the 14th of June, it's a powerful opportunity to highlight the critical importance of blood donation and the incredible impact it can have on saving lives. This day isn't just a reminder; it's a call to action for young individuals across the globe to step forward and contribute to a cause that touches millions of lives every year.**



## ***The Vital Needs for Blood Donors***

Every few seconds, someone, somewhere, needs blood. From emergency surgeries and cancer treatments to chronic illnesses and traumatic accidents, the demand for blood is constant. Yet, the supply doesn't always meet the need. This is where you come in. As young people, you have the power to make a significant difference by becoming a blood donor. Your one act of kindness can save up to three lives—a fact that underscores the life-changing impact of donation.

## ***Breaking Myths and Encouraging Participation***

Many young people hesitate to donate blood due to misconceptions and fears about the process. It's time to demystify blood donation. The truth is, donating blood is safe, simple, and incredibly rewarding. Before you donate, you'll undergo a quick health check to ensure you're eligible and that the process is safe for you. The actual donation takes only about 10 minutes, followed by a short rest and refreshments. Plus, your body quickly replenishes the donated blood, making it a win-win for everyone.

## ***The Power of Youth in Blood Donation Drives***

World Blood Donor Day is not just about donating blood; it's about raising awareness and encouraging others to do the same. Organising or participating in blood donation drives at schools, universities, or community centres can have a tremendous impact. By leading by example, you can inspire peers, dispel myths, and create a culture of donation among the youth. Remember, every new donor brings us closer to meeting the global need for safe and accessible blood.

## ***Aligning with the Duke of Edinburgh's International Award (DOFE) Principles***

Aligning this initiative with the DOFE Malta principles further underscores its value. The DOFE programme encourages young people to engage in activities that foster personal growth, social responsibility, and community engagement. Blood donation aligns perfectly with these values, promoting empathy, civic duty, and a commitment to the wellbeing of others.

## **Your Call to Action**

This World Blood Donor Day, let's mobilise young people to become heroes in their communities. Here's how you can make a difference:

### **DONATE BLOOD**

If you're eligible, consider donating blood. Your single donation can save up to three lives.

### **SPREAD THE WORD**

Use your social media platforms to raise awareness about the importance of blood donation. Share facts, personal stories, or information about local donation drives.

### **ORGANISE OR VOLUNTEER**

Get involved with local blood banks or charities to organise donation drives. Volunteering your time can help make these events a success.

### **EDUCATE AND ENCOURAGE**

Talk to your friends and family about the benefits of blood donation. Your encouragement might be what they need to decide to donate.

## **Contact the Blood Donation Centre**

**Blood Donation Centre,**  
St. Luke's Square,  
Gwardamangia, Malta  
PTA 1010

**Opening Hours:**  
From Monday to Sunday  
From 8.00am till 6.00pm  
Including Public Holidays

### **Telephone**

(356) 21234767  
(356) 22066201  
(356) 79307307

### **Free Phone**

80074313 (Landline only)

Email: [customercare.nbts@gov.mt](mailto:customercare.nbts@gov.mt)

## **The Challenge is Yours**

As we commemorate World Blood Donor Day, let's remember that the act of donating blood is one of the most profound gifts we can offer to another person. It's a gesture of solidarity and a demonstration of universal kinship. By stepping up to donate, you're not just giving blood; you're giving someone a chance at life.

**This World Blood Donor Day, let's come together as a community of young, vibrant individuals ready to make a lasting impact. Your action today can save a life tomorrow. Are you ready to answer the call?**



***Save a life,  
Donate your blood***

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