

November 2025

# Pendeen Health Matters

*In this edition of 'Health Matters' we are focusing on blood and other types of donations.*

*Can you help others by giving an hour of your time?*

## What can you donate?

Providing you meet certain criteria, you can donate blood, organs, tissue, plasma, stem cells, platelets and cord blood. This month we want to let you know about what's involved, how it can help others and how you can do this.

### Blood donations

The NHS in England needs on average, 4,300 blood donations every day to meet the needs of our hospitals. Two thirds of these donations are used to treat patients with medical conditions like anaemia, cancer and blood disorders. About a third is used for those having surgery, including emergencies in childbirth.

Most of us would jump at the chance to help save up to three lives in an hour and by donating blood you can be one of these people, as it only takes an hour to donate and each donation can treat up to three people.

Blood is always in high demand and most people aged 17- 65 can donate. The donation itself lasts about 5-10 minutes and it really doesn't hurt. You can book an appointment online <https://my.blood.co.uk/sign-up> , on the Give Blood app. or by phoning 0300123 2323. There are several venues near to Ross where you can donate (Upton Bishop, Ledbury, Hereford and Gloucester) if you can spare an hour.

Donating blood is one of those quiet heroics, simple for the donor, life-changing for the recipient. So, If you haven't donated before or if you haven't donated in a while then please do consider signing up. The donation service needs 140,000 new donors this year, and it is especially important for those aged up to 40 as these people will be donors in the future.

### Organ & tissue donations

It's hard to believe but two minutes can save up to nine lives! You can donate organs whilst you are alive, this is called a living donation, however most organs and tissue come from people who have died.

You can donate most of your internal organs like your heart, lungs and kidneys as well as tissues like your cornea (eye) and heart valves.

### If you want to donate

If you want to be an organ donor after you die, it is really important that you talk to your loved ones and make sure they understand and support your organ donation decision. You can also register your decision on the NHS Organ Donor Register.

### If you don't want to donate

If you decide to not become an organ donor, you can still help your family through a difficult time by talking to them about your organ donation decision now, and making sure they know what you want. You can also register your decision on the NHS Organ Donor Register.

Whatever you decide it's important to discuss it with those closest to you so they know your decision. For more information about organ and tissue donation look at this website <https://www.organdonation.nhs.uk>.

### Other types of donations

There are other types of donations that you may wish to consider and the links for getting more information are given below.

**Plasma** makes up about 55% of your blood and contains antibodies which fight infection. By giving plasma you can support cancer treatment, protect pregnancies and help babies' hearts continue to beat. For more information on whether you would be eligible and what is involved take a look at this website <https://www.blood.co.uk/plasma/>

**Stem cells** are special cells that can change into other blood cells. They are used to treat many different cancers, immune deficiencies and genetic disorders. For more information look here <https://www.blood.co.uk/stem-cell-donor-registry/>

**Platelets** help to stop bleeding and can be a lifeline for people with cancer. The main criteria to being a donor is that you must have type A negative, A Positive or AB negative blood. Look here for more information on your suitability to donate platelets <https://platelets.blood.co.uk/become-a-platelet-donor/>

**Cord Blood** is taken from the placenta and umbilical cord after a baby is born. This blood is rich in stem cells, which can be used to treat many different cancers, immune deficiencies and genetic disorders. For more information speak to the hospital during your antenatal appts. or look at this website for more information <https://www.nhsbt.nhs.uk/cord-blood-bank>