



# Donor Newsletter



## WELCOME TO YOUR NEWSLETTER!

We created this newsletter to show you just how special you are. Scotland has a shortage of blood donors - and you're one of only 2% of the population who actually give blood. That's 91,204 amazing individuals.

Summer is always a challenging time to maintain blood stocks, and while it's fantastic that Scotland has qualified for the World Cup, donors being busy enjoying the games may mean bloodstocks will dip. Therefore we hope we can count on you to support Scotland twice this summer and book your appointment.

This newsletter contains donor news and special messages of thanks. The patients who receive your blood cannot thank you personally, so on their behalf and from all of us here at SNBTS - thank you!



## BOOK IN TO GIVE BLOOD: SUPPORT SCOTLAND DURING THE WORLD CUP.

Scotland's first World Cup qualification in 28 years is a moment to celebrate – but it has already impacted blood donation. On the night they qualified, donor numbers dropped by more than 20%.

With further dips expected over the summer, early action is vital to protect supplies across all eight blood groups.

Fiona Gaskell, Head of Nursing at SNBTS, said: "Less than 2% of people in Scotland give blood, which makes major events particularly challenging. It's really important people book now.

"I'm urging both new and returning donors to come forward and help ensure lifesaving blood is always available.

"By planning ahead and booking appointments now, donors can help ensure that hospitals have the blood they need throughout the summer. Every donation plays a part in saving and improving lives across Scotland."

- Book online at [www.scotblood.co.uk](http://www.scotblood.co.uk), or call 0345 90 90 999 (Mon–Fri, 9am–5pm).



**GIVE BLOOD**

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## SCOTLAND'S WORLD CUP RIVALS UNITE TO GIVE BLOOD AND SAVE LIVES

A World Cup-themed blood donation event brought together representatives from Scotland, Haiti, Morocco and Brazil, highlighting the urgent need for donors ahead of a busy summer.

Held at Glasgow Blood Donor Centre, supporters from each nation donated side by side as Scotland prepares to face these countries on the world stage. The event used football's global appeal to draw attention to falling donor numbers and the importance of maintaining blood supplies during major national moments.

Participants included Edinburgh-based writer Leilani Taneus-Miller (Haiti), Deputy Consul Fernanda Dal Piaç (Brazil), software engineer Taoufik Mohdit (Morocco), and Tartan Army supporter Duncan Sloan (Scotland). Each highlighted the importance of blood donation within their communities, despite friendly rivalries on the pitch.

Fernanda said: "I can't wait for the World Cup. Football means so much to us Brazilians, and we know it means as much to the Scots too after 28 years of not being at the World Cup. Our two nations also have a proud belief in the importance of giving blood."

Duncan said: "This is a fantastic event. The Tartan Army have always been all about sticking together and looking after each other. I'm proud to donate blood with my new friends from Haiti, Morocco and Brazil."

Dexter Brady said: "It's really important that young people sign up as only two percent of Scotland currently donate."

"Blood donation is such an important cause. Mon out this summer and save lives!"



**Watch our Tartan Army and Friends video at [scotblood.co.uk](https://www.scotblood.co.uk)**

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## MEET MILLIE: DONORS LIKE YOU HAVE GIVEN HER THE VERY BEST CHANCE OF LIFE

Most people know that giving blood saves lives – but did you know just three teaspoons can be enough to save a premature baby?

Millie was born in February 2026, at just 28 weeks, weighing only 670 grams. She needed her first blood transfusion when she was just four days old, followed by a second in March – just 23ml of donated blood made a lifesaving difference.

## “Blood donors have been there for us throughout

After her birth in Glasgow, Millie was transferred to Forth Valley Hospital for specialist neonatal care. With the support of NHS staff and the generosity of blood donors, she steadily grew stronger. She spent 72 days in hospital and received two transfusions, with a third nearly required when her haemoglobin levels dropped – fortunately, her body began producing enough red cells on its own. Like many premature babies, she may need further transfusions as she grows.

Millie has now returned home and is doing well, with regular monitoring in place.

Mum Caitlyn said: "The weeks since Millie was born have been both the best and worst of our lives. Blood donors have been there for us throughout, giving our daughter the very best chance at life. I know there is a shortage of blood donors in Scotland, and I hope more people will sign up. Thank you."

Caitlyn and dad Kieran have shared Millie's journey to highlight just how vital blood donations are. On behalf of Millie and all the babies who rely on transfusions - thank you to everyone who gives blood. Every donation can be a lifeline.



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## A HEARTFELT THANK YOU - AND AN UPDATE ON SCOTLAND'S BLOOD SUPPLY

Thank you to everyone who has donated blood recently. Your generosity makes a real difference.

We want to share a quick update on Scotland's blood stocks. Over the past four weeks, hospitals have issued more than 6% more blood on average. Your support is more important than ever.

### O POSITIVE AND A POSITIVE: HIGH DEMAND

These are Scotland's most common blood groups, but also the most needed. Demand remains high and stocks have been harder to maintain. If you have O Positive or A Positive blood, your donation is vital.

### O NEGATIVE: ALWAYS ESSENTIAL

O Negative can be given to anyone in an emergency, making it critical for A&E. It is always in demand.

### B NEGATIVE: RARE AND PRECIOUS

Just 2% of people in Scotland have B Negative blood. When it's needed, every donation matters. If you're B Negative, your help is vital.

### AB, A NEGATIVE AND B POSITIVE: KEEPING US STEADY

Thank you to donors with these blood groups for helping keep stocks stable. Your continued support is key.

### VISIT YOUR LOCAL DONOR CENTRE:

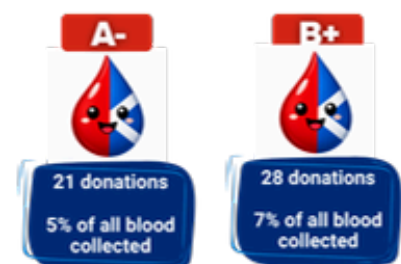
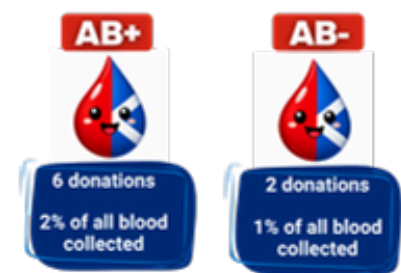
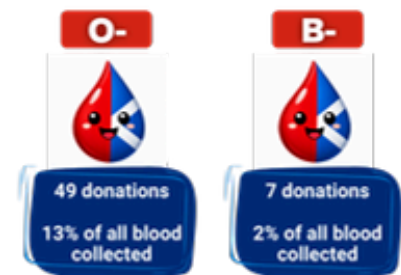
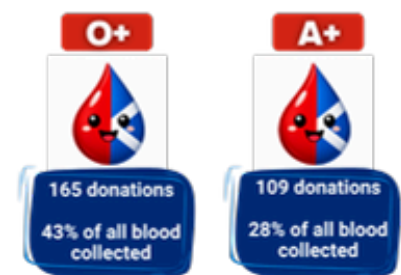
Our five Donor Centres have been quieter than usual recently. They collect 36% of Scotland's blood supply, so every visit matters. Please book an appointment if you can.

### STAY UP TO DATE:

You can check daily stock levels at [www.scotblood.co.uk](http://www.scotblood.co.uk)

Thank you - from all of us at SNBTS, and from every patient you help to save.

## How many donations Scotland needs each day...



# Donor Newsletter

## CAPITAL NEW LOOK!

If you give blood at Edinburgh Donor Centre, you might notice a few changes next time you visit!

Edinburgh Donor Centre is currently mid redecoration, and using our new branding, we're aiming to make sure platelet and plasma donors get just as much love as blood donors.

Some of the decals are already up, although more will be coming soon. We will also have a digital screen taking pride of place in the front window.

We hope you like our new look as much as we do!



Staff members Claire, Donna and Debbie seem to like it!



Welcome from the front desk



Open the door to our new look!



Find out about blood types in the rest area

## MARGARET GIVES PLASMA IN MEMORY OF HER NEPHEW

Margaret Clark, a committee member at Strathspey Thistle FC from Grantown, has given blood for years, but made the switch to giving plasma last year. Plasma is a key component of blood used to help boost the immune systems of people with a range of conditions, including those undergoing cancer treatment.



Photo credit:  
Callum Mackay

**"Blood products gave him more time, and the quality of life to achieve some of the things he'd always wanted to do."**

Her nephew Ross is the real reason she donates. "Ross was diagnosed with leukaemia at 14 and tragically passed away at 15," she said. "Blood products gave him more time, and the quality of life to achieve some of the things he'd always wanted to do."

Margaret continued: "Giving blood is something my mum did, and something I'd always wanted to do – so as soon as I was old enough, I started. The whole process is really easy and the staff are so friendly. I was told that every donation can save or improve the lives of up to three people. I find it quite overwhelming to think how many people my donations could have helped."

"I'd say to anyone who's never given blood, or hasn't been in a while: just don't overthink it. Life will always find a way to get in the way if you let it. You don't know what's around the corner – and if the worst happens, we all depend on each other. Giving blood is something amazing you can do to make things a little easier for someone else. It means so much to know I can help others the way donors helped us when we needed it most."

- Appointments are available weekly at Inverness Donor Centre within Raigmore Hospital. Book online at [www.scotblood.co.uk](http://www.scotblood.co.uk) or call 0345 90 90 999 (Mon–Fri, 9am–5pm).

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## BABY ALEXANDRIA'S STORY SHOWS THE POWER OF BLOOD DONATION

When Alexandria was born prematurely in January 2025, she needed urgent care to survive – including four lifesaving blood transfusions.

Now thriving, she is the face of a national campaign highlighting the impact of blood donation. Proudly wearing her first Scotland strip, she represents patients whose lives depend on donated blood every day.

Mum, Nicolle, said: "She is our absolute world, and we simply cannot thank donors enough. I'd ask everyone to consider giving blood – it could make the most important difference to families like ours."



Alexandria and mum Nicolle are supporting Scotland!

## A HERO'S HEART

A gift of life, a quiet stream,  
Flowing from a selfless dream.  
Not gold or silver, gems or art,  
But a simple beat from a human heart.

In every drop, a second chance,  
A child's laughter, a partner's dance.  
A stranger's hand, a silent vow,  
That hope is here, and hope is now.

You give a part of who you are,  
To heal a wound, to mend a scar.  
A hero's work, without the name,  
Without the glory or the fame.

For in your veins, a kindness flows,  
A lifeline only courage knows.  
With every gift, a life you share -  
A hero's heart, beyond compare.



Poet Gwen Fenton -  
a hidden talent in the Dundee team!

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Open as usual  
on the Bank  
Holiday  
(15 June)

## BLOOD DONOR CENTRE OPENING HOURS

	ABERDEEN	DUNDEE	EDINBURGH	GLASGOW	INVERNESS
MON	CLOSED	CLOSED	10am-12:30pm, 1-4pm	9am-12:30pm, 1-4pm	See web for details
TUES	2-4pm, 5-7:30pm	CLOSED	12-3pm, 3:30- 7pm	12-3:30pm, 4- 7pm	CLOSED
WED	2-4pm, 5-7:30pm	1-3:10pm, 4:20- 6:40pm	12-3pm, 3:30- 7pm	12-3:30pm, 4- 7pm	CLOSED
THURS	8:30am-12pm, 1-2:30pm	CLOSED	12-3pm, 3:30- 7pm	12-3:30pm, 4- 7pm	2:20-4:30pm, 5:50-7:30pm
FRI	8:30am-12pm, 1-2:30pm	CLOSED	10am-12:30pm, 1-4pm	9am-12:30pm, 1-3:30pm	CLOSED
SAT	CLOSED	CLOSED	10am-12:30pm, 1-4pm	9am-12:30pm, 1-3:30pm	CLOSED
SUN	See web for details	See web for details	CLOSED	10am-1pm, 1:30-3pm	See web for details

## HOW DID WE DO?

If you enjoy this newsletter, let us know! Get in touch to tell us your stories.

Also - tell the world you're a blood donor! We'd love to see you share your blood donation stories on social, and share our posts on Facebook and Instagram.

-  [scotblood.co.uk](http://scotblood.co.uk)
-  [nss.snbtsequiry@nhs.scot](mailto:nss.snbtsequiry@nhs.scot)
-  0345 90 90 999
-  [facebook.com/givebloodforscotland](https://facebook.com/givebloodforscotland)
-  [instagram.com/givebloodscotland](https://instagram.com/givebloodscotland)



**BOOK YOUR APPOINTMENT TO GIVE BLOOD AT [SCOTBLOOD.CO.UK](http://SCOTBLOOD.CO.UK) ALTERNATIVELY, CALL US ON 0345 90 90 999 (MON-FRI, 9AM-5PM)**