

BLOOD DONATION DRIVE



The Defence Medical Services and NHS want more people to give blood, especially O Negative and B Negative types, because there's not enough.



A London event had 31 people give 15 litres of blood, helping up to 93 adults or 186 kids. More events are coming soon.



Giving blood helps people who are hurt or sick. The NHS needs all blood types, especially from people from different backgrounds.



To give blood, be healthy, 50-160kg, and aged 17-66. Eat, sleep well, and drink water before to help make it easy.