



3 - DO SOMETHING AMAZING

BI.BOD AND BONE MARROW DRIVE

WHAT?

- Get the chapter committee and as many chapter members as possible to donate their blood and bone marrow.
- Keep a track of the numbers signed up, and report the total number of donors to your NHSF chapter buddy so that we can quantify the nationwide impact of this sewa (selfless service) initiative (*see attached form below*).

WHY?

- Possibly one of the greatest acts of sewa imaginable. Literally giving the gift of life! Remember the impact of your donation spreads far beyond just the one person who receives your donation, their family and friends will be eternally grateful too.
- The levels of blood, marrow and organ donation within the Asian community are low. This is compounded by the fact that the demand is high. Ultimately this has led to a massive deficit in the ability of supply to meet demand. If we could collectively make this happen then **the legacy we could leave would be amazing!**
- It's really easy to organise too!



HOW?

- Organise a day in your chapter calendar where you can all take an hour out of your time to go to the local donation centre to donate. Book an appointment for your chapter members to go to the local donation centre well in advance.
- Advertise the event to your chapter members in the months preceding donation day and get a definitive list of confirmed participants.
- Speak to the National Blood Donation Service themselves for advice:
 - Website: www.blood.co.uk - all the information that you need to get going!
 - Student blood donation sessions: secure.blood.co.uk/student.asp
 - National Blood Donation Service Freephone: **0300 123 23 23**
- **See below for example posters** that you can use to advertise the event!

WHO?

- **EVERYONE!** All your chapter members and why not take it a step further, get people from outside of the society involved too. Let's take pride in our society events and let's shout about it! At the end of the day it's all in the name of a fantastic cause.

WHEN?

- Simply pick one day in your chapter calendar when it is most suitable for you and your members. The best time is probably as part of one of your weekly/bi-weekly sewa events.
- If the integrating the event into one of your weekly/bi-weekly sewa events isn't possible, then you could even do this as part of your chapter's annual Sewa Week. Although seeing as giving blood can be done once every 3-4 months, you should probably do the first one of these in the first semester.

WHERE?


- Your local donation centre can be found by searching the home page of the National Blood Donation Service.
- If there are enough of you then they will even come to your campus!



PROMO POSTER EXAMPLES...

EXAMPLE POSTER 1

**You don't have
to be a doctor
to save lives.**



Just Donate Blood.
It's safe. It's simple. And it saves lives.

Please support the Blood Donation Day!


Date: [DATE] e.g 18 April 2012 (Wednesday)

Time: [TIME] e.g 10:30am – 4:30pm

Venue: [VENUE] e.g. Guild Dance Studio

Organised by:
[NHSF CHAPTER NAME]

Enquiries:
(Tel) [NHSF CHAPTER CONTACT DETAILS]
(Email) [NHSF CHAPTER CONTACT DETAILS]




[NHSF CHAPTER LOGO]

EXAMPLE POSTER 2

[NHSF CHAPTER NAME HERE]


**PRESENT
‘SAVE A LIFE’
GIVE BLOOD**

[DATE]
at
[VENUE HERE]




The Blood Service will be holding sessions from
[TIME HERE]


[NHSF CHAPTER
LOGO & CONTACT
DETAILS AROUND
HERE]



it takes less than an hour



EXAMPLE POSTER 3



**GIVE
BLOOD**

GIVE LIFE

INCLUDE:

- CHAPTER NAME,
- DATE & TIME
- VENUE OF EVENT
- CHAPTER CONTACT DETAILS
- CHAPTER LOGO

NHSF Blood Drive Success Response Form

| | |
|--|--|
| NHSF Chapter name: | |
| Date of the blood donation event: | |
| Venue of event: | |
| Number of people who successfully donated: | |
| Comments/Feedback: | |

NHSF (UK) would like to thank everyone who gave up there time to be involved in this sewa activity.

NB: One of the organisers should fill out this form and email it to Brinda.Adhiya@nhsf.org.uk from the Sewa Team.

Just remember the day that you donated blood, you did something amazing!!!