

Be a local hero this National Blood Donor Month
WCBS and myrun partners to create awareness about blood donation

Western Cape - 5 June 2023. During June, the Western Cape Blood Service (WCBS) celebrates National Blood Donor Month, with the 14th being World Blood Donor Day. During this month, WCBS endeavours to raise awareness about the importance of voluntary blood donation. They also celebrate and thank blood donors for their selfless act of saving lives. This year's World Blood Donor Day slogan is "Give blood, give plasma, share life, share often." It focuses on patients requiring life-long transfusion support and underlines the role every single person can play by donating the remarkable gift of life-saving blood or plasma.

To further raise awareness WCBS will join myrun on **Sunday, 25 June 2023**, at their various events across the Western Cape. "We are encouraging everyone to join in the fun as we celebrate the remarkable act of saving lives through blood donation," says Marike Carli, Public Relations Manager for WCBS. One of the basic donor criteria is that blood donors should be in good general health in order to donate blood. Physical activity is vital to a healthy lifestyle, making this a great partnership. WCBS encourages everyone to **dress in red** or any **hero attire** to fit the theme - **be a local hero and donate blood**. On the day, capes will be distributed to all participants to symbolise that all blood donors are heroes.

myrun hosts free and safe weekly timed events, bringing like-minded people together, regardless of fitness level. Routes are 2.5km and 5km; participants can complete them at their own pace. Participants are required to do a once-off registration by visiting www.myrun.org.za. The registration has a once-off fee of R79,90 for the timing band. After registration, participants will receive a QR code that must be presented at their myrun venue. A volunteer will link the QR code and the time band to your profile. You can then use this timing band at any myrun event. Times are listed below per venue. If you need to collect your timing band, please arrive 15 minutes before the start of the event.

WCBS will be present at Blaauwklippen, Bloemendal, Blouberg, Imhoff Farm, Paardevlei, and Groot Brak, and participants will be able to enquire more about blood donation should they wish to. These venues will also have a 'Blood Buddy' treasure hunt and spot prizes.

myrun venues in the Western Cape:

1. Blaauwklippen - Stellenbosch at 07:45

 www.wcbs.org.za  info@wcbs.org.za

George
Medical Centre, Courtenay Street
PO Box 65, George, 6530
T: 044 874 2074 / F: 044 874 6097

Paarl
26 Zandwyk Industrial Park, Old Paarl Road, Paarl, 7646
PO Box 422, Paarl, 7620
T: 021 871 1031 / F: 021 872 5945

Worcester
26 Napier Street, Worcester, 6850
PO Box 194, Worcester, 6849
T: 023 342 2450 / F: 023 342 7556

Western Cape Blood Service NPC | Pr. No: 7800045 | Reg. No: 1943/016692/08

Directors: GRM Bellairs, NB du Toit, N Dhevcharran, A Huggett, CF Ingram, EC Johannes, VJ Louw, UD Mungal-Singh, DM Ndebele, M Moyo, PK Slack (Chairman), PJC Veldhuizen. Company Secretary: Themis Commercial Legal Advisors (Pty) Ltd

2. Bloemendal Wine Estate - Durbanville at 07:15
3. Blouberg - Cape Town at 07:00
4. Imhoff Farm - Kommetjie at 07:30
5. Paardevlei - Somerset West at 07:30
6. Hart en Bosch Village - Mossel Bay at 07:15
7. Knorhoek Estate - Sir Lowry's Pass at 07:45
8. Elgin United Church - Cape Town at 07:30
9. Groot Brak - Mossel Bay on Saturdays at 07:30
10. Carmel Coastal Retreat - George at 07:30
11. Portland Manor - Knysna at 08:00

For more information or to find your closest blood donation clinic, please visit www.wcbs.org.za, or download the WCBS app. For more information regarding myrun visit www.myrun.org.za or visit their social media pages at @myrunSA

Be a local hero, do something remarkable, and donate blood.

#beaherodonatblood
#neverstopmoving
#westerncapebloodservice

###

Distributed by the Western Cape Blood Service
Public Relations Manager - Marike Carli
0718563625 | marike@wcbs.org.za

NOTES TO THE EDITOR:

myrun venues start window and close times listed below:

1. Blaauwklippen - Stellenbosch at 07:45 - 08:15 close at 09:15
2. Bloemendal Wine Estate - Durbanville at 07:15 - 08:00 close 09:00
3. Blouberg - Cape Town at 07:00 - 08:15 close 09:15
4. Imhoff Farm - Kommetjie at 07:30 - 08:15 close 09:15
5. Paardevlei - Somerset West at 07:30 - 08:15 close 09:15
6. Hart en Bosch Village - Mossel Bay at 07:15 - 08:00 close 09:00
7. Knorhoek Estate - Sir Lowry's Pass at 07:45 - 08:15 close 09:15
8. Elgin United Church - Cape Town at 07:30 - 08:00 close 09:00
9. Groot Brak - Mossel Bay on SATURDAY at 07:30 - 08:15 close 09:15
10. Carmel Coastal Retreat - George at GUNSTART AT 07:30 SHARP
11. Portland Manor - Knysna at 08:00 - 08:45 close 09:45

 www.wcbs.org.za  info@wcbs.org.za

George
Medical Centre, Courtenay Street
PO Box 65, George, 6530
T: 044 874 2074 / F: 044 874 6097

Paarl
26 Zandwyk Industrial Park, Old Paarl Road, Paarl, 7646
PO Box 422, Paarl, 7620
T: 021 871 1031 / F: 021 872 5945

Worcester
26 Napier Street, Worcester, 6850
PO Box 194, Worcester, 6849
T: 023 342 2450 / F: 023 342 7556

Western Cape Blood Service NPC | Pr. No: 7800045 | Reg. No: 1943/016692/08

Directors: GRM Bellairs, NB du Toit, N Dhevcharran, A Huggett, CF Ingram, EC Johannes, VJ Louw, UD Mungal-Singh, DM Ndebele, M Moyo, PK Slack (Chairman), PJC Veldhuizen. Company Secretary: Themis Commercial Legal Advisors (Pty) Ltd