**BLOOD DONORS URGENTLY NEEDED IN BIRMINGHAM**

## NHS Awareness Campaigns July 2019

# Men's Health Day on Tuesday 30th July 2019

10am – 3pm

Dorothy Parkes Centre, Church Road, Smethwick, B67 6EH

Come along to Men's Health Day at Dorothy Parkes Centre in Smethwick, an interactive event centred around the ten main health risks facing men.

Free health checks\*, presentations and advice on the ten biggest risks to men's health:

Heart Disease,

Testicular Cancer,

Depression/Suicide,

Bowel Cancer,

Diabetes,

Alcohol,

Prostate Cancer,

Impotence,

Skin Cancer and

Smoking

Drop in at anytime between 10am and 3pm to join Health Exchange Advisors and take control of your health and wellbeing.

Light refreshments will be available.

The event is free and open to all ages and genders.

\*For a free health check please book a place by emailing [info@healthexchange.org.uk](mailto:info@healthexchange.org.uk)

**Ppg news**

**Patient | Participation | Group**

Could you donate blood? One donation (about 1 pint) can help up to 3 patients and most people can give blood if in good health. You also need to weigh at least 7st 12lbs and be aged between 17-66 years. But, blood donations can be made up to 70 years and even older if you have donated before. Men can donate blood every 12 weeks and women 16 weeks. Unlike white blood cells and platelets, it takes several weeks for all the red cells to be replaced.

The number of people giving blood at Birmingham Donor Centre has doubled in the past 5 years, giving a figure of 23,197 in 2018, which was up by 12% on the previous year.

Despite the increase, new donors are always needed every year to replace those who can no longer donate. There is also an urgent need for more black donors, whose blood can help patients with sickle cell disease. Donors with 0 negative blood type are also needed urgently. This is the ‘universal’ blood group which can be given to almost anyone, making it especially important in emergencies.

To book an appointment to donate call the  
**Blood Donor Centre**65 New Street, Birmingham  
Telephone 0300 123 23 23  
or visit www.blood.co.uk

Think about it – you could save a life!

**Source: NHS Blood and Transplant**

Marie **PPG Member**

**Practice News**

**Blood Test Results**

Patients can now contactthe Practice on Mondays – Fridays for results of recent blood test, available from 11.00am - 2.00pm, telephone **0121 622 4846** and select **Option 1**.

**Next PPG Meeting**:-

Wednesday 21st August 2019 at 6.15pm