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## South African National Blood Services Encourages Blood Donation for Mandela Day 2024

**11 July 2024, Johannesburg** - As the world prepares to celebrate Mandela Day on 18 July, the South African National Blood Services (SANBS) urges South Africans to follow in the footsteps of our former president by embracing active citizenship, nation-building, and service to others. This year's campaign is themed '*It is in your hands*'. Emphasising the power of individual action to transform communities, SANBS has adapted this theme to urge the public to "give the gift of life, donate blood".

Nelson Mandela Day, celebrated annually on 18 July, commemorates the legacy of South Africa's iconic leader and his dedication to service and social justice. This year's theme underscores the notion that everyone has the ability and responsibility to contribute positively to society.

Each blood donation can save up to three lives, providing hope and happiness to millions. It is one of the simplest ways to practice active citizenship and transform lives. Moreover, the regularity of donations, with whole blood donors able to donate every 56 days, ensures a steady supply of life-saving blood for those in need, highlighting the crucial role of ongoing commitment.

"We are proud to celebrate Mandela Day by promoting the gift of life through blood donation," said Thandi Mosupye, Senior Manager of Marketing at SANBS. "By donating blood, individuals embody Mandela's values of compassion and solidarity, ensuring that life-giving blood reaches those who depend on it."

SANBS invites all South Africans to participate in Mandela Day by visiting their nearest blood donation centre. Together, we can honour Mandela's legacy and make a meaningful difference in our communities.

To learn more about donating blood or finding a donation centre near you, please visit [www.sanbs.org.za](http://www.sanbs.org.za) or contact 0800 11 9031.

### About South African National Blood Services (SANBS):

SANBS is an independent non-profit organisation that provides essential blood and blood products to healthcare facilities in South Africa. Through a network of blood donation centres, SANBS ensures that patients needing transfusions receive timely and safe blood supplies.

SANBS encourages both regular and first-time donors to bolster blood stocks at donor centres nationwide. Eligible donors aged 16 to 75, weighing over 50kg, and in good health can find their nearest donation site through the SANBS website's Donor Centre map or contact 0800 11 9031. Follow SANBS on social media for updates: Twitter (@theSANBS), Facebook (@SANBS), and Instagram (@thesanbs).

**ENDS**

[sanbs.org.za](http://sanbs.org.za)  
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Universal Blood Type



Donates to ..... Everyone

Receives from .....