



## #Whatsstoppingyou

From the age of 17, you can save lives by donating blood. It takes less than an hour in total and around 10 minutes to actually donate. It saves up to 3 adult lives or 6 children's lives. What's stopping you?

1. Use this QR code to visit [blood.co.uk](https://blood.co.uk) to book to donate



2. Please Follow @pintforMike on Instagram to show your support and to spread awareness of the importance of blood donation.



@PINTFORMIKE

3. Please feel free to message us @pintforMike to share when you book and when you have donated a pint of blood. We would love to hear from you!

**Thank you!**

Lorna (Mike's wife) and Celine (Mabel's Mum)