**Five reasons to donate blood these school holidays.**

**The Geelong Blood Donor Centre needs to fill an additional 1,000 appointments over the school holidays. Here are 5 fun reasons why you should book in.**

1. **It can become a lifesaving habit.**

Good habits can be hard to form, but this could be the most important habit you ever create. One in three Australians will need blood or blood products in their lifetime. Chances are, that includes someone close to you. Maybe they needed it to help them fight a tough illness such as cancer, or when they were going through surgery — or maybe they are one of the thousands who need blood during pregnancy and childbirth. You could make a real difference regularly, to someone just like Ismaeel: [Dear Donors: from boy in a bubble to unstoppable bubbly boy | Lifeblood](https://www.lifeblood.com.au/news-and-stories/vital-reads/dear-donors-ismaeel)

1. **Giving blood looks good — literally.**

That’s right: a blood donation bandage makes you more attractive. Well, sort of. It’s a quick (and surprisingly easy) way to show the world how generous you are without bragging. And who isn’t drawn to a generous person? We’re not just making it up; Lifeblood did [the research](https://www.lifeblood.com.au/news-and-stories/vital-reads/research-shows-blood-donation-bandages-signals-health?utm_source=intranet&utm_medium=referral-teams&utm_campaign=5-reasons-to-donate&utm_content=giving-blood-looks-good).

1. **Australia is changing, and so are our blood types.**

Did you know certain blood types are more common in certain parts of the world? About half of people living in Australia today were either born overseas, or have a parent born overseas. With the changes to our population come different blood types, and even some rare ones. A diverse population means [we need diverse donors](https://www.lifeblood.com.au/news-and-stories/trending-research/changing-blood-types?utm_source=intranet&utm_medium=referral-teams&utm_campaign=5-reasons-to-donate&utm_content=australia-is-changing) to help out (and you could be one).

1. **Snacks**

Need we say more? But, if the mere mention of snacks isn’t enough, you should also know that Lifeblood supports Australian suppliers *and* has a huge range of options. Feel like an old-fashioned sausage roll? No worries. Or is a vegan slice more your style? Not a problem. [Replenish after your donation](https://www.lifeblood.com.au/news-and-stories/vital-reads/refreshed-refreshments?utm_source=intranet&utm_medium=referral-teams&utm_campaign=5-reasons-to-donate&utm_content=snacks) with your favourite kind of tasty treat.

1. **You can get your whole family and friends involved.**

Donating alone is great, but sharing such an important moment with friends or family is even better. Nothing beats the feeling of saving lives together. And it’s even better with [Lifeblood Teams.](https://www.lifeblood.com.au/blood/donate-as-a-group?utm_source=intranet&utm_medium=referral-teams&utm_campaign=5-reasons-to-donate&utm_content=donate-as-a-group) So when you next give blood, check to see if you can join our school’s Lifeblood Team.

Your local blood donor centre is located at **237 Ryrie Street, Geelong**. Open 7 days a week.

To book an appointment to give blood: Download the ‘DonateBlood’ app, or [book an appointment online](https://app.lifeblood.com.au/MorR) or if you would like talk, call Australian Red Cross Lifeblood on **13 14 95.**