

JOIN THE 100 PINTS FOR GONZO CAMPAIGN



Gonzo was a passionate blood donor, throughout his career as a firefighter, he knew how important giving blood was, and the difference it makes at a really challenging time for others.

One of his ambitions and goals was to donate 100 pints of blood, to help save the lives of those who find themselves in need.

Sadly, in December 2017 Gonzo was diagnosed with the rare blood cancer Multiple Myeloma, this presented in his back causing temporary paralysis from the waist down. He was no longer able to donate his own blood. Instead he became a person who relied on the generosity and selfless acts of those who donate blood, as a result of these donations he was able to receive the lifesaving Stem Cell transplant and blood transfusions, he required to stay alive.

Thanks to the kindness of blood donors, we as a family got to spend precious extra time with Gonzo, something we will always be so grateful for.

As a family we have been working closely with the Welsh Blood service to set up the '100 Pints for Gonzo Campaign'. The campaign aims to inspire members of our rugby and fire brigade community to help Gonzo achieve his life's ambition of donating 100 pints of blood.

NO ONE realises how important it is to give blood until you, or someone you love needs it. One pint of blood donated can save three lives, become a lifesaver.

JOIN THE '100 PINTS FOR GONZO CAMPAIGN.' - GIVE BLOOD – MAKE A DIFFERENCE – SAVE LIVES

Donating blood is quick and easy, and quite literally can save **someone's** life. Your first blood donation might be daunting, but the Welsh Blood Service nurses, always create a relaxed environment for donors.

 Visit <https://wbs.wales/Gonzo100pints> to book a lifesaving donation

 Ewch i <https://wbs.wales/Gonzo100pints> i drefnu i roi rhodd a allai achub bywyd



100 PINTS FOR GONZO



Please share our campaign and spread the awareness –

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