



# Youth News



*Pic: Amupanda Lungameni has been a committed regular donor since high school and he is pictured making his 10th blood donation at NIMT Arandis Main campus.*

## Are you in matric or final year in tertiary? Continue donating at our centers!

After the new school curriculum was introduced by the Ministry of Education in 2020, NAMBTS has observed that numerous learners who matriculate do not continue donating after they have completed school along with students who graduate from tertiary education.

NAMBTS has been experiencing numerous shortages over the preceding year as donations at schools and universities have also dropped significantly. With the effects of the COVID-19 pandemic leading to the cancellation of numerous blood drives at educational institutions over the past two years, we need learners, students and trainees to continue donating blood at our various fixed sited centres and town clinics.

NAMBTS now offers transport for donors who donate at our fixed site centres, provided that a booking is made in advance. We have six fixed site centres around the country offering convenient hours and a comfortable environment for donations. These centres are located in the following towns and you can contact the following numbers for any queries:

### **Windhoek 35 Tal Street Centre:**

Mon-Fri from 07h00-16h00 with extended hours until 18h00 on Tuesdays Thursdays.  
Call Salmi on 0811221265 for any queries or transport arrangements.

### **Windhoek Channel Life Centre:**

Mon-Fri from 08h30-16h00 with Free Blood Group Testing between 12h00-15h00 on Thursdays.  
Call Salmi on 0811221265 for any queries or transport arrangements.

### **Swakopmund Centre, 4 Ferdinand Street (behind Namib HS):**

Open Mondays ONLY between 10h00-18h00.  
Call us on 0811620986 for any queries or transport arrangements.

### **Walvis Bay Centre (behind Welwitschia Medipark):**

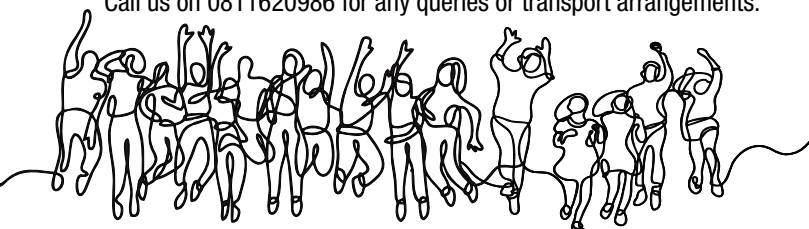
Open Tuesdays ONLY between 10h00-18h00.  
Call us on 0811620986 for any queries or transport arrangements.

### **Ondangwa Centre, Gwashamba Mall (opposite Ackermans):**

Open Tuesdays ONLY between 10h00-18h00.  
Call Adolf on 0811620834 for any queries or transport arrangements.

### **Oshakati Centre, (State Hospital Grounds):**

Open Thursdays ONLY between 10h00-18h00.  
Call Adolf on 0811620834 for any queries or transport arrangements.





*Pic: Zoe pictured outside NAMBTS Head Office in 35 Tal Street, Windhoek.*

## Donating blood is a part of who I am – Zoe Karsten

Since making her first blood donation after she turned 16 years old, Miss Teen Namibia semi-finalist Zoe Karsten has been a huge advocate for blood donation among young people and Namibia, a feat which has seen her donating 7 times in just over a year.

“I was motivated to donate blood by my mom who is an O-negative donor. She is always getting calls to come donate blood and inspired me to donate as well when I turned 16 and we have been donating together ever since”, Karsten remarked.

Karsten has also committed to maintaining a healthy lifestyle in an effort to continue donating blood for as long as she can. She enjoys the entire blood donation process as she often donates with friends and the afterthought of knowing that you have done something remarkable for the community.

“I want to motivate fellow youth to donate blood; it's fun, quick and easy! Plus, who doesn't like free cookies?” the 17-year-old Windhoek Afrikaans Private School scholar concluded.

## More than 1000 Northern learners and students donate blood during first term

More than 1000 school learners and students at educational institutions in northern Namibia have donated blood during the first term of 2022, the Blood Transfusion Service of Namibia (NamBTS) confirmed.

With blood shortages experienced around Namibia due to a drop in blood collections and increased demand from hospitals, NAMBTS spokesperson Titus Shivute emphasized that getting new donors is crucial to maintaining an adequate blood supply of blood. “Among the 1044 donors that donated during the first term, 700 donated for the very first time. This shows growth among donors in the northern regions and will go a long way in improving the proportion of Namibians who donate blood in the country”, Shivute stated.

Less than 1 per cent of the Namibian population donates blood annually making it even more difficult for NAMBTS to ensure a constant sufficient supply of blood to hospitals. “We have tried to address this through key strategic approaches and getting more healthy young people such as students and learners to donate regularly is a priority for us.

An average of close to 200 blood donations are needed daily to help” Shivute commented.



*Pic: Iipumbu SS learners excited to donate blood for the very first time.*



*Pic: Namibia University of Science and Technology Registrar, Prof. Sifiso Nyathi (far left) pictured alongside the Best Performing Laboratory Science Student (Centre) and NAMBTS representative Mr Titus Shivute (far right).*

*NAMBTS sponsored the category for Laboratory Science students at the NUST Prize Giving Ceremony.*

NAMBTS hosted trainings for selected school learners, trainees and students in various parts of the country including the northern regions to educate them and ultimately help improve blood collections for the mobile donation sessions held at the educational institutions. These learners have taken on a role as 'peer promoters' and have been educating other learners and students on the importance of donating blood regularly.

“We thank each and every donor who has donated this year and we encourage all Namibians who are eligible to donate blood to do so on a regular basis.” Shivute concluded.

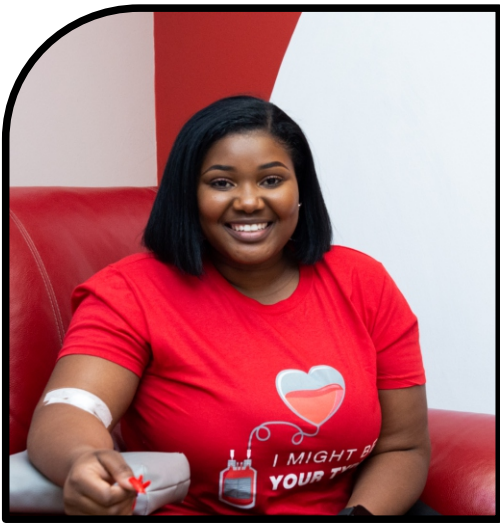
**BOOYA...**  
You're Rich!

**Did you know?**

Our blood contains around 0.2 milligrams of gold.







*Pic: Taimi getting ready to donate blood at our Channel Life Centre in Post Street Mall, Windhoek.*

## Spreading awareness as a social media influencer

Namibian social media influencer Taimi Nuunyango has partnered up with NAMBTS to help alleviate the commonly occurring blood shortages in Namibia by spreading and engaging audiences on the need for blood to help save the lives of patients.

Taimi, who is also a renowned travel enthusiast and award winning make artist, started donating blood in 2015 at the Windhoek Technical High School and she is motivated by the joy that comes with knowing that with just one blood donation, she can potentially help save the lives of three people.

Commenting on why she decided to partner up with NAMBTS, Taimi remarked "My drive to do something different within the various spheres of my life. I believe the only way we can get the youth on board and involved is by educating them on reasons why it is important to donate blood. One can't act on something they don't understand or resonate with so that has highly influenced my decision to foster brand alignment with NAMBTS".

Having shared numerous content pieces including videos, Taimi says the response has been very positive and encouraging. "I've gotten so much feedback from the public and we have all been so supportive towards each other and encouraging each other to go back for another donation. I'm definitely looking forward to family and friends overcoming their fear for needles and actually joining me in donating blood to save lives.

Taimi is aiming to donate blood at least 6-7 times this year and you can follow her on the following platforms to keep up with her progress and engage on all things blood donation.



@taimi\_nuunyango



Taimi Nuunyango

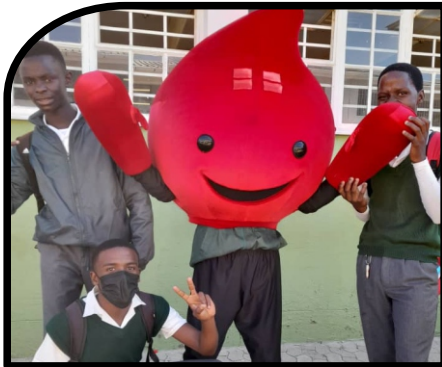


@nuunyango\_taimi



Taimi Nuunyango

## Youth Corner



*Learners from Jan Jonker Afrikaner SS join our Blood Buddy during an activation at the school.*



*Student nurses from I-Care Health Training Institute Windhoek campus help spread awareness.*



*Peer Promoters from Eldorado HS pictured at NAMBTS HQ before an educational tour.*



*Learners from Mwadikange Kaulinge SSS show off their complimentary cooler bags and certificates after making their first blood donation alongside their teacher.*



*NUSC Communication Honours students doing an outreach on blood donation awareness in Windhoek's informal settlements as part of their academic work.*



*Ms Annette Starke from DHPS accepting an award from NAMBTS Marketing Officer Ms Frieda Vatieleni on behalf of the school at the NAMBTS Recognition Awards.*



## Wait...WHAT??



Nothing is left to chance for the President of the United States. The Presidential car stores the President's blood type in the boot of the car just in case of emergencies.



WINDHOEK



NORTH

## Peer Promoters commit to improving blood donations at their schools and tertiaries

Peer Promoters at various educational institutions around Namibia pledged to assist NAMBTS in the organization's plight to ensure that there is a constant sufficient supply of blood and blood products for patients around the country.

The commitments were made at six Peer Promoter training sessions which were held throughout the country as part of reviving the Peer Promoters programme at various schools. Secondary schools in the coastal towns of Swakopmund and Walvis Bay as well as the northern towns of Oshakati, Ondangwa and Ongwediva recently attended Peer Promoters training along with schools in Windhoek.

The Peer Promoters Programme has the overall objective of increasing the number of learners at participating schools who donate blood regularly by providing a few selected learners at each school with the training and the tools required to encourage their peers to donate blood. NamBTS also aims to ensure that the correct information is disseminated widely through the learners and various activities are planned at these schools to attain these goals.

At the end of the programme, all learners who have participated will receive a certificate of recognition as well as a letter of recommendation from NamBTS which they can add to their curriculum vitae (CV).

Do you know the Peer Promoters at your school or want to be a part of the programme and help save lives? Speak to the teacher responsible for organising blood donation clinics at your school and you could be a potential hero to many patients in Namibia.

## NAMBTS scoops top honours at UNAM Career Fair

NAMBTS recently took top honours at the UNAM Career Fair and Expo held at the UNAM Main Campus in Windhoek. NAMBTS was voted Best Exhibitor at event ahead of other reputable organisations such as Mobile Telecommunications Company (MTC), Ministry of Health and Communications Regulatory Authority of Namibia (CRAN) to mention but a few.

NAMBTS provided FREE blood group testing at the three-day event, giving interested participants the opportunity to find out their blood types. A blood donation clinic was also set up at the event with 44 total blood donations made, potentially helping save the lives of 132 patients.



*Pic: Titus Shivute accepting the reward on behalf of NAMBTS.*



## Eldorado, Rocky Crest and Jan Mohr tour NAMBTS headquarters

Learners from Rocky Crest High School, Eldorado Secondary School and Jan Mohr Secondary School recently visited our headquarters in 35 Tal street for an educational tour. The learners have committed to become a part of our Peer Promoters Programme in order to educate and promote blood donations among their peers at their respective schools.

The tour included a brief presentation about NamBTS and its operations, a guided walk through our clinic area where blood donations are done and a brief guide through of our laboratories. Some of the highlights of the tour included brief rapid blood group tests for the pupils to find out their blood types, having a look at how aphaeresis blood donations are done and seeing how tests are carried out in our NAT (Nucleic Acid Amplification Testing) facility that considerably narrows down the window period, making blood and products even safer for patients in our hospitals.

The tour could be very beneficial to selected groups such as peer promoters, various medical students, biology learners and various other people who have a keen interest on the topic of blood donation. Interested in coming for a tour? Kindly contact Mr Titus Shivute on 061 386 311 or alternatively email send him an email on [titus@bts.com.na](mailto:titus@bts.com.na).