

Proud supporter of



RECIPIENT TEAMS

PLASMA FOR LIFE

I DON'T FEEL ALONE

We know that being diagnosed and living with an immunodeficiency is something that can greatly affect quality of life and wellbeing – and there's no need to tackle that alone.

Creating a recipient team creates a sense of community for everyone involved and helps bridge the gap between plasma donation and immunoglobulin treatment.



WHAT IS A LIFEblood TEAM?

A Lifeblood team is a blood donation group and a powerful way to bring people together to donate for a shared purpose.

Anyone can sign up to start their own team, or join an existing team.

Through the Lifeblood website, teams can track their impact to see their donations and how many lives they've saved.

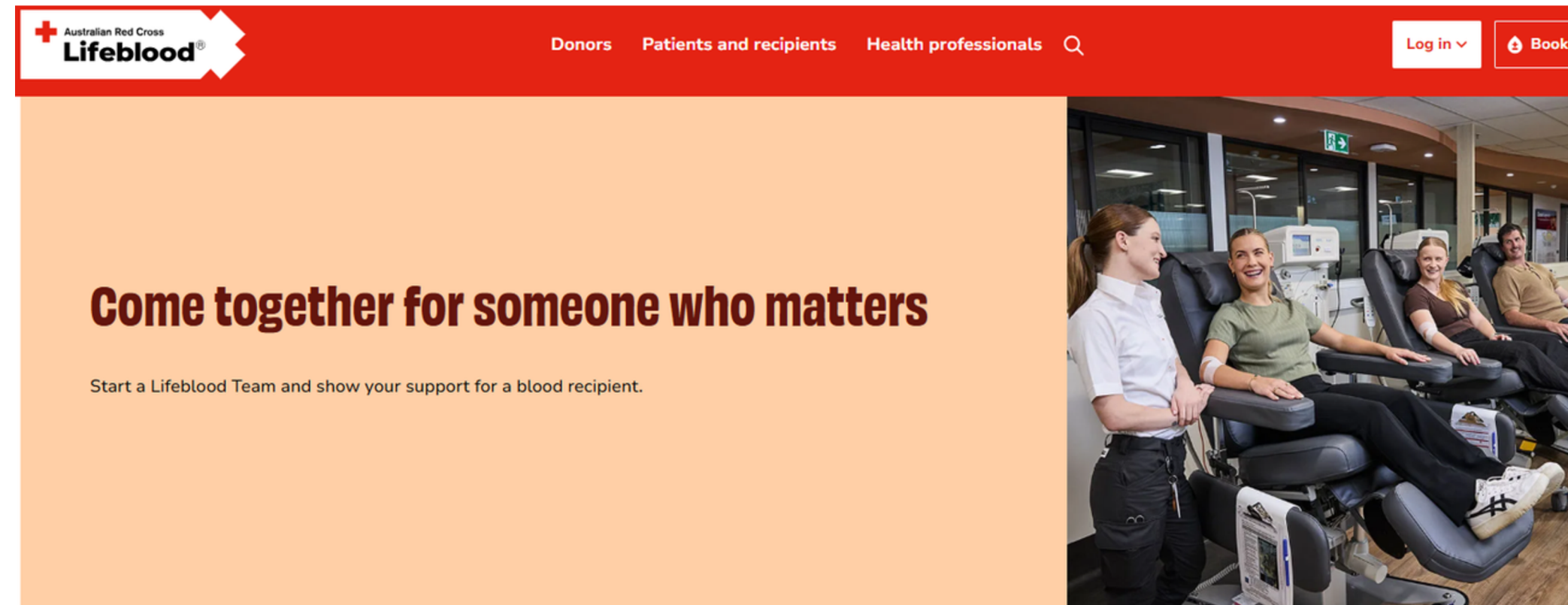
Team members can donate together, or seperately. Every donation made counts towards the team!



WHY CREATE A TEAM?



Creating a team for a recipient of plasma products is especially powerful because it strengthens the connection between the donor and the impact of their donation.

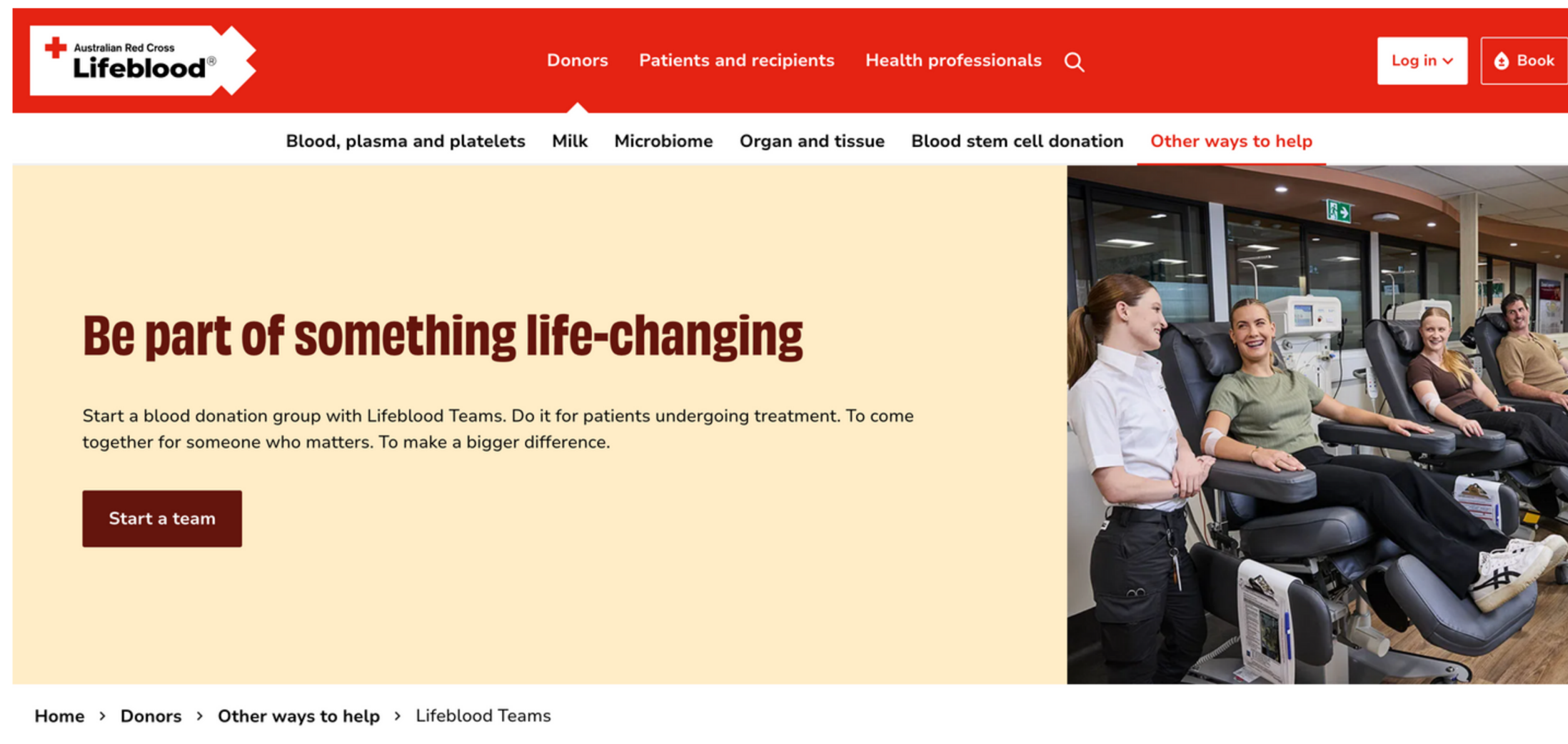


Click [here](#) to hear from an IDFA member about why they created a team and the positive impact it creates.



GETTING STARTED

To start your own team, click [here](#) or visit:
www.lifeblood.com.au/donors/other-ways-to-help/lifeblood-teams



The screenshot shows the Lifeblood website interface. At the top is a red navigation bar with the Australian Red Cross Lifeblood logo on the left. To the right of the logo are links for 'Donors', 'Patients and recipients', and 'Health professionals', followed by a search icon. Further right are 'Log in' and 'Book' buttons. Below the red bar is a secondary navigation bar with links for 'Blood, plasma and platelets', 'Milk', 'Microbiome', 'Organ and tissue', 'Blood stem cell donation', and 'Other ways to help' (which is highlighted in red). The main content area features a large yellow box on the left with the heading 'Be part of something life-changing' in bold dark red text. Below this heading is a paragraph: 'Start a blood donation group with Lifeblood Teams. Do it for patients undergoing treatment. To come together for someone who matters. To make a bigger difference.' At the bottom of this yellow box is a dark red button labeled 'Start a team'. To the right of the yellow box is a photograph of four people (three women and one man) sitting in medical chairs in a clinical setting, smiling. At the bottom of the page is a breadcrumb trail: 'Home > Donors > Other ways to help > Lifeblood Teams'. Below the breadcrumb trail is a dark red heading 'What is a Lifeblood Team?' and a dark blue circular icon with a white question mark.

Australian Red Cross Lifeblood

Donors Patients and recipients Health professionals

Log in Book

Blood, plasma and platelets Milk Microbiome Organ and tissue Blood stem cell donation **Other ways to help**

Be part of something life-changing

Start a blood donation group with Lifeblood Teams. Do it for patients undergoing treatment. To come together for someone who matters. To make a bigger difference.

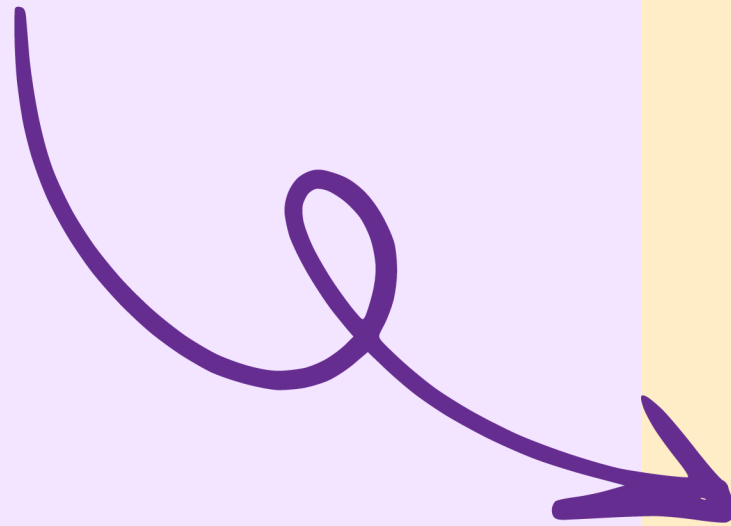
Start a team

Home > Donors > Other ways to help > Lifeblood Teams

What is a Lifeblood Team?

GETTING STARTED

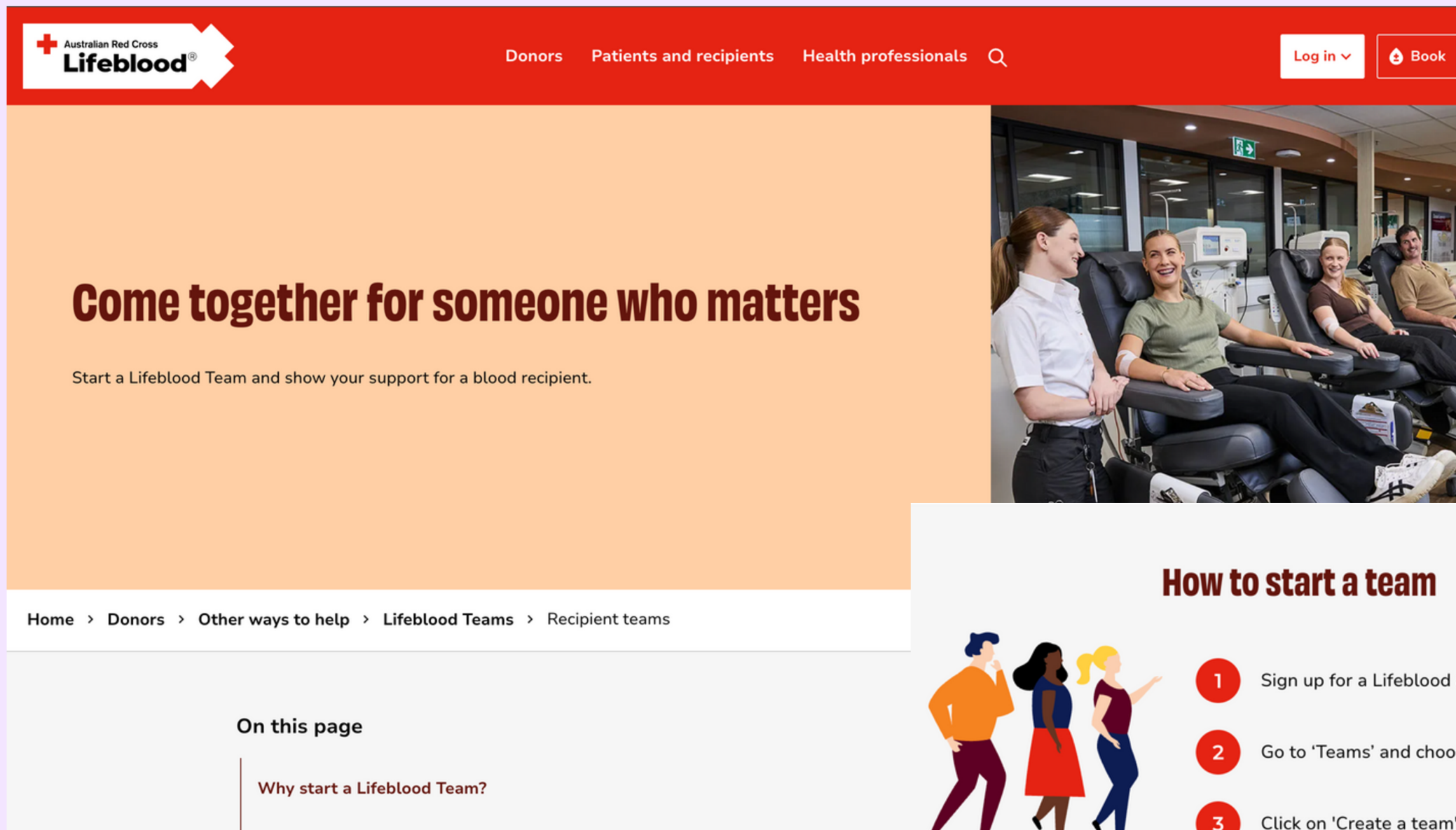
Click on **‘Start a Team’**



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What is a Lifeblood Team?

GETTING STARTED



Scroll down the page to **‘How to start a team’**

How to start a team



- 1 Sign up for a Lifeblood account (or log in if you already have one)
- 2 Go to 'Teams' and choose 'My Team'
- 3 Click on 'Create a team'
- 4 Complete the registration form
- 5 We'll be in touch via email to confirm your registration and provide you with information to bring people together.

Start a team

GETTING STARTED

How to start a team

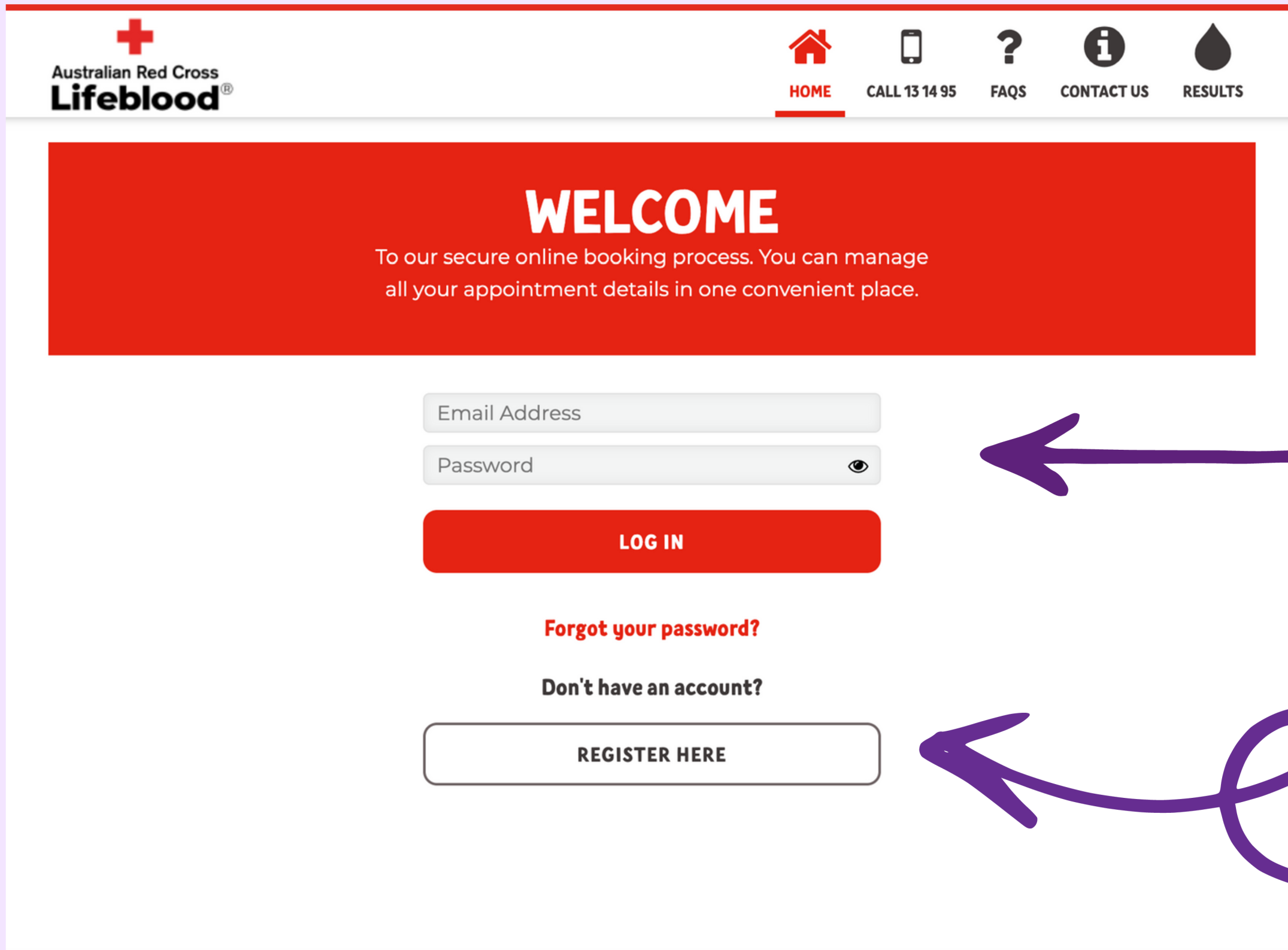


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Start a team

Click on **'Start a Team'**

GETTING STARTED



The screenshot shows the top navigation bar of the Australian Red Cross Lifeblood website. It includes the Lifeblood logo, a home icon, a phone icon with the number 13 14 95, a question mark icon for FAQs, an information icon for Contact Us, and a blood drop icon for Results. Below the navigation bar is a large red banner with the word "WELCOME" in white, followed by the text "To our secure online booking process. You can manage all your appointment details in one convenient place." Below the banner are two input fields for "Email Address" and "Password" (with a toggle eye icon). Below these fields is a red "LOG IN" button. Below the button are two links: "Forgot your password?" and "Don't have an account?". At the bottom is a white "REGISTER HERE" button. Two purple arrows point from the right side of the image to the "LOG IN" and "REGISTER HERE" buttons.

Australian Red Cross
Lifeblood

HOME CALL 13 14 95 FAQs CONTACT US RESULTS

WELCOME

To our secure online booking process. You can manage all your appointment details in one convenient place.

Email Address

Password

LOG IN

Forgot your password?

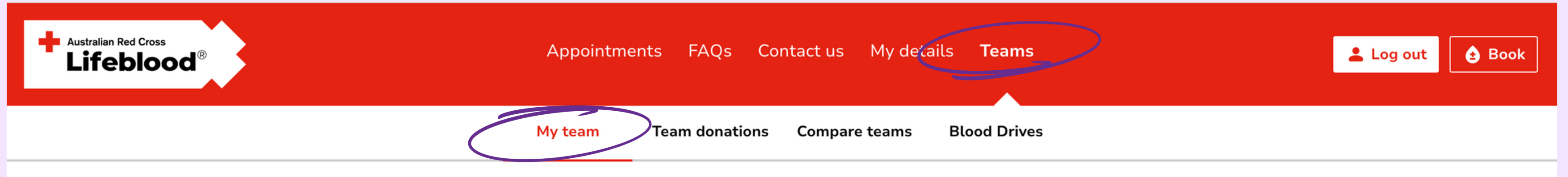
Don't have an account?

REGISTER HERE

If you have a Lifeblood account, log in here

If you don't have an account, click '**Register here**' to create one

GETTING STARTED



Once you're logged in, click on
'Teams' from the top menu, and
then click **'My team'**

GETTING STARTED

Create a Lifeblood Team

If you would like to register a new Team or division in an existing organisation, please complete the registration process. The Australian Red Cross Lifeblood will contact you to confirm your registration.

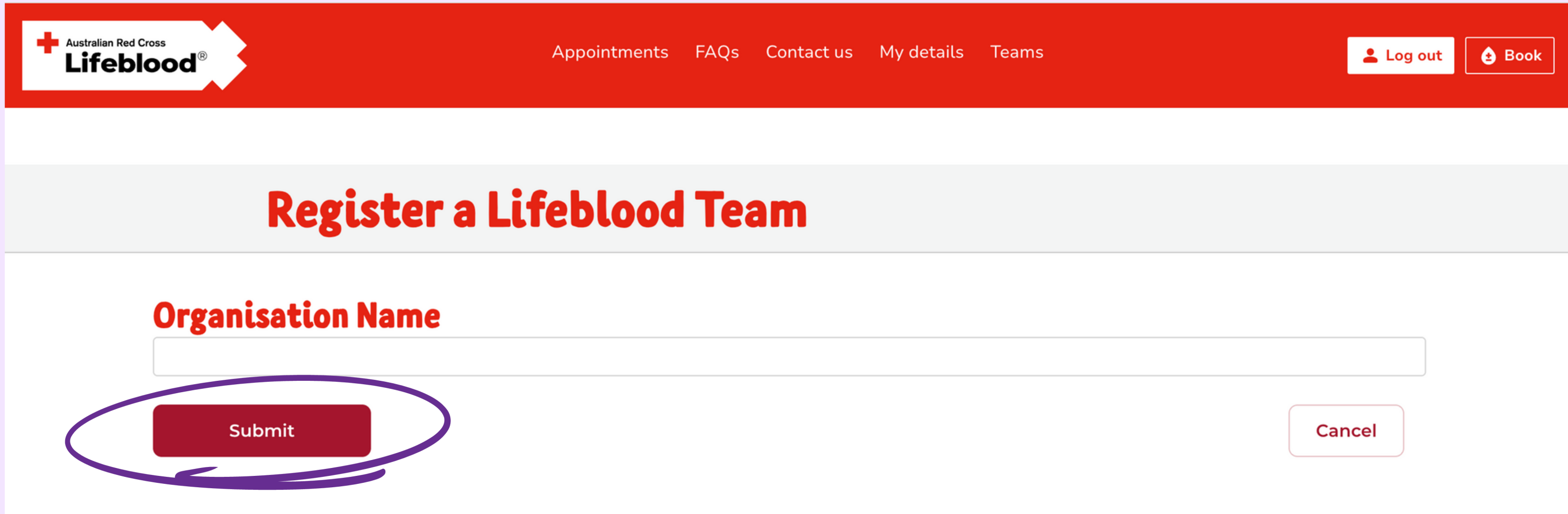
Create A Team



Scroll down the page to 'Create a Lifeblood Team' and click
'Create a Team'

GETTING STARTED

Click on the box to type in your team name, then click **'Submit'**



The screenshot shows the top navigation bar of the Australian Red Cross Lifeblood website. The bar is red with the Lifeblood logo on the left and links for Appointments, FAQs, Contact us, My details, and Teams in the center. On the right, there are buttons for Log out and Book. Below the navigation bar is a grey header with the text 'Register a Lifeblood Team'. The main content area is white and contains a form with the label 'Organisation Name' in red. Below the label is a text input field. At the bottom of the form are two buttons: 'Submit' (dark red) and 'Cancel' (white with a red border). A purple oval is drawn around the 'Submit' button, and a purple arrow points from the text 'This will bring you to the registration form' to the right.

Australian Red Cross
Lifeblood®

Appointments FAQs Contact us My details Teams

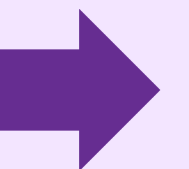
Log out Book

Register a Lifeblood Team

Organisation Name

Submit Cancel

This will bring you to the registration form



GETTING STARTED

Register a Lifeblood Team

Team Name *

Plasma for Life Recipient Team

Industry *



Recipient Team



Under 'Industry', click to open the drop-down menu, and scroll down to select **'Recipient Team'**

GETTING STARTED

Fill out the rest of the form with your details, then click **‘Submit Your Enquiry’**



Team Name *

Plasma for Life Recipient Team

Industry *

Recipient Team

No. of Members *

--

Street Address1 *

Street Address2

Suburb *

State *

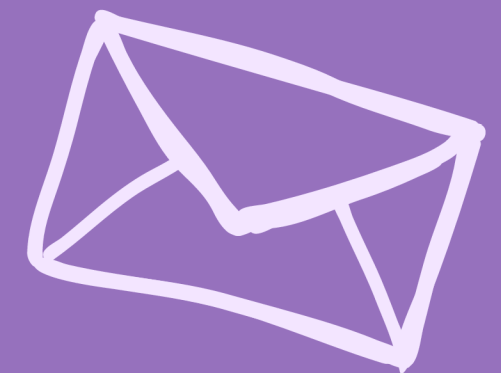
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PostCode *

Submit Your Enquiry

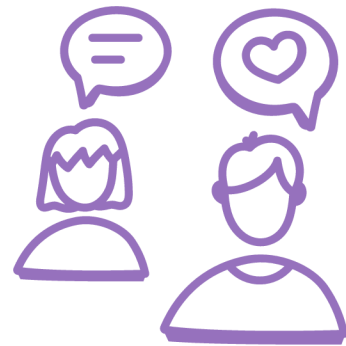
< Back

CONGRATS! YOU'VE SUCESSFULLY
CREATED YOUR TEAM



Lifeblood will follow up by sending a
confirmation email and more information to
your inbox

GROWING YOUR TEAM



You can invite others to join your team by simply speaking to them, giving them a call, or sending them a text message.

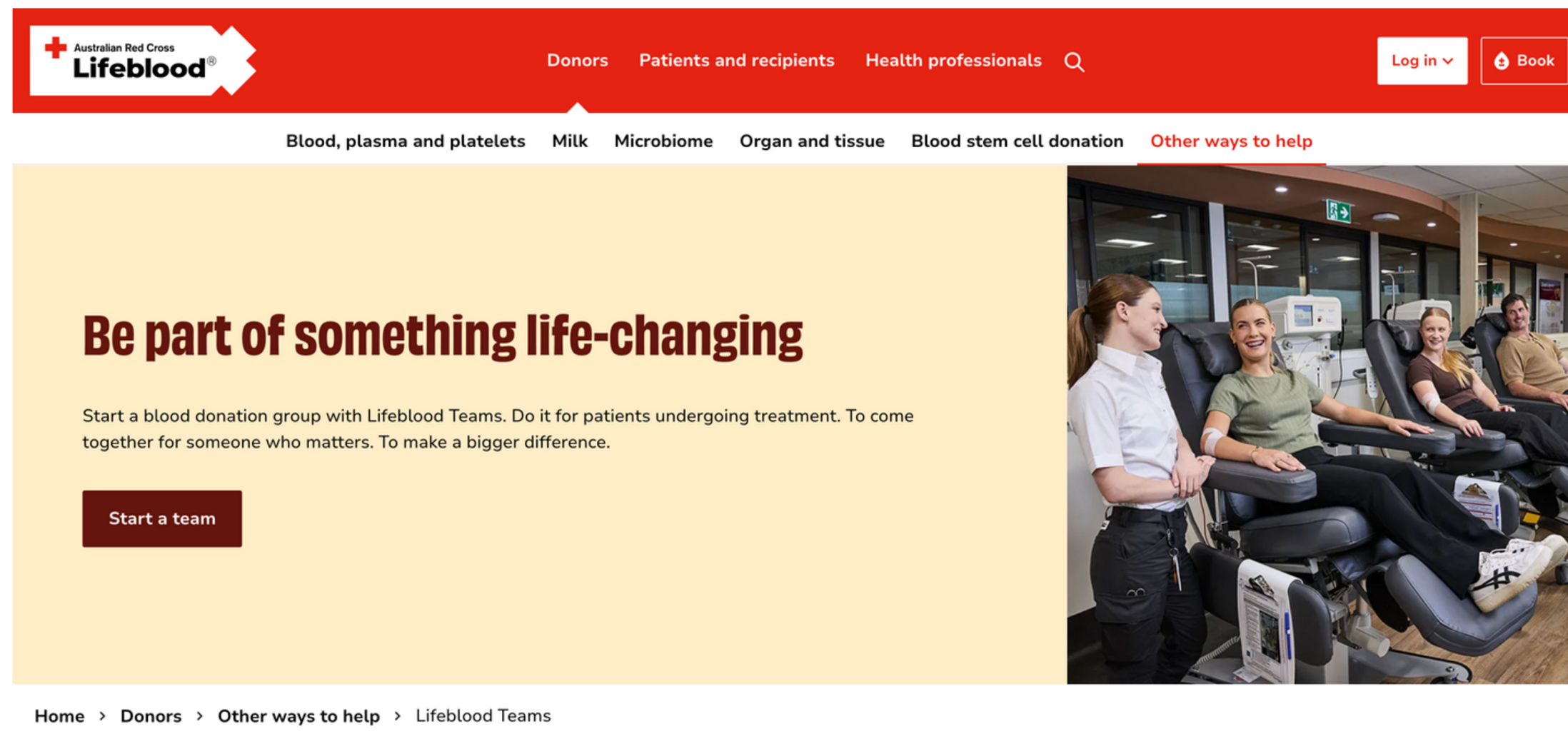
Lifeblood also has a team toolkit that includes personalisable resources that you can share on social media, and a comprehensive how-to guide including templates for asking others to join your team

See the next slide for instructions on how to access these resources.



GROWING YOUR TEAM

Click [here](#) or visit: www.lifeblood.com.au/donors/other-ways-to-help/lifeblood-teams



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Australian Red Cross Lifeblood

Donors Patients and recipients Health professionals

Log in Book

Blood, plasma and platelets Milk Microbiome Organ and tissue Blood stem cell donation **Other ways to help**

Be part of something life-changing

Start a blood donation group with Lifeblood Teams. Do it for patients undergoing treatment. To come together for someone who matters. To make a bigger difference.

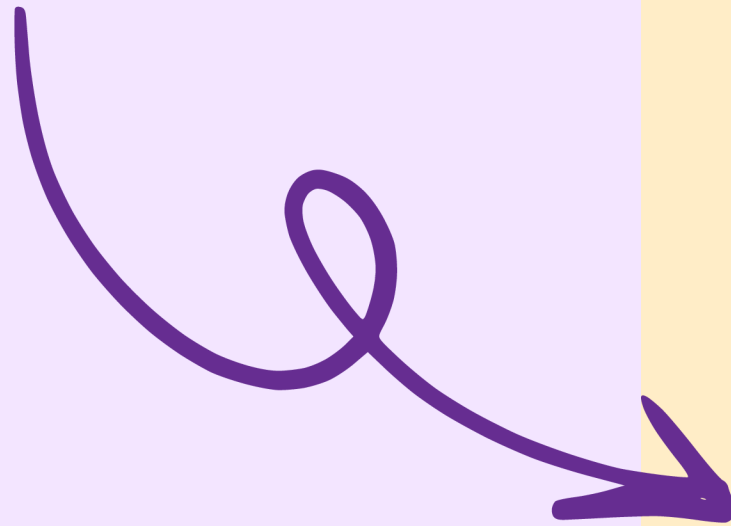
Start a team

Home > Donors > Other ways to help > Lifeblood Teams

What is a Lifeblood Team?

GROWING YOUR TEAM

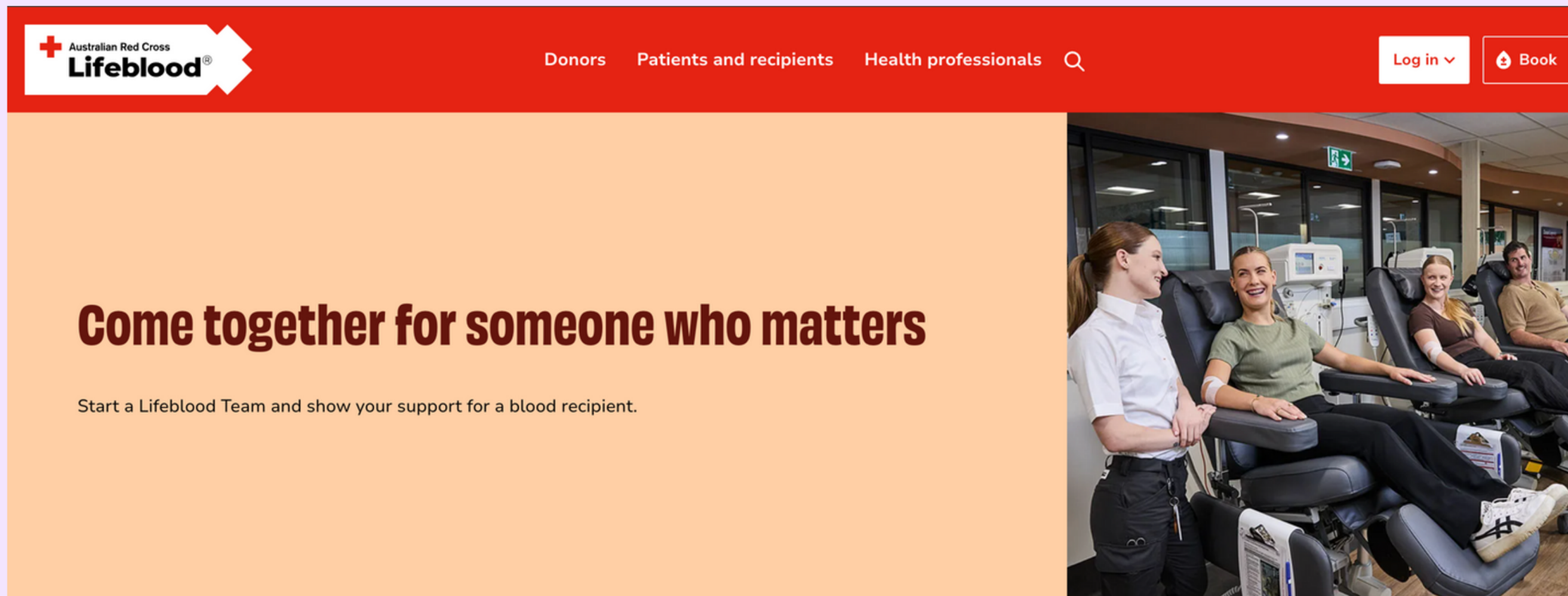
Click on **‘Start a Team’**



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What is a Lifeblood Team?

GROWING YOUR TEAM



Scroll down the page to
**'Getting others on your
team'**

[Home](#) > [Donors](#) > [Other ways to help](#) > [Lifeblood Teams](#) > [Recipient teams](#)

On this page

Why start a Lifeblood Team?

Getting others on your team

When you start a team, you become a Lifeblood Champion. This doesn't mean you have to be an expert at all things blood donation – we're here to help. We've created a suite of downloadable resources below – from social tiles with ready-to-go captions, email and Whatsapp copy to editable Instagram stories – it's all here and it's all yours.

If you need more support, one of our friendly Relationship Managers will be assigned to your team and be able to answer any questions you have.

GROWING YOUR TEAM

Toolkit 1 – We need you

It's okay to need others – for support, encouragement and for life-giving donations. Use this toolkit to help your team spread the word about the urgency and need for donations.

Start with our handy how-to guide and download the individual resources you need or get the entire toolkit (with social posts, copy, Facebook banners, Instagram stories and the how-to guide) when you download the All Resources folder.



We Need You - All Resources

Download, ZIP 3MB 



We Need You - How To Guide

Download, PDF 1MB 

Keep scrolling down the page to **‘Toolkit 1’** and click **‘Download’** to download the How-To Guide



GROWING YOUR TEAM

Facebook/Email/WhatsApp message example

Hi <Name>,

<Brief introduction of the recipient, their diagnosis and how blood has impacted their life (share as little or as much as you feel comfortable) – eg: In 2024, <Recipient Name> diagnosed with cancer and has been receiving blood transfusions to help them during this time>.

Now, we need you. To come together for <Recipient Name>. To let them know they're not alone in their diagnosis. To support others who may be going through a similar experience. And to make a life-changing difference.

Want to help? Become a blood donor today and join our blood donation group, <Team Name>.

Here's how:

1. Sign up for an account at lifeblood.com.au (or log in if you already have one)
2. Go to 'Teams' and choose 'My Teams'
3. Search for our team name: <insert team name here>
4. All done? You'll receive updates and reminders about our group donations when they happen or you can book in to donate near you and your donation will still be added to our tally. Don't forget to snap and share your donation selfies from the day! It's such an encouragement for <Recipient Name> to see all of us coming together for them.

Your support is life-giving. It is impactful and will make a meaningful difference. If you'd like more information or want to join our next team donation, please reach out to <Champion Name> at <Contact Details>.

Thank you,

<Your name here>

Once downloaded, open the **How-To Guide** and scroll down to find message templates and instructions, like this message template



To use the template, select the text and press **'Copy'**, then **'Paste'** it in to your message field to personalise before sending

GROWING YOUR TEAM

Toolkit 2 – Togetherness

Every person can make a difference, and together we can do more. This toolkit has been designed to help you encourage and bring people together for someone you care about.

Start with our handy how-to guide and download the individual resources you need or get the entire toolkit (with social posts, copy, Facebook banners, Instagram stories and the how-to guide) when you download the All Resources folder.

Scroll down the page to find **‘Toolkit 2 - Togetherness’**, for a similar How-To Guide and sharable resources.

Follow the same steps as before, clicking **‘Download’** to download these resources to your device.



Together for:

because life takes a team

Join our blood donation group:

place your photo over this shape

Get in touch with me to be part of our next donation

ON:


AT:


life **IS THE REASON**


JOINING THE TEAM

Once you've found someone who's keen to join your team, they can join by searching **'Lifeblood Teams'** to get to this page:

www.lifeblood.com.au/donors/other-ways-to-help/lifeblood-teams



[Donors](#) [Patients and recipients](#) [Health professionals](#) 


[Log in](#)  [Book](#)

[Blood, plasma and platelets](#) [Milk](#) [Microbiome](#) [Organ and tissue](#) [Blood stem cell donation](#) [Other ways to help](#)

Be part of something life-changing

Start a blood donation group with Lifeblood Teams. Do it for patients undergoing treatment. To come together for someone who matters. To make a bigger difference.

[Start a team](#)



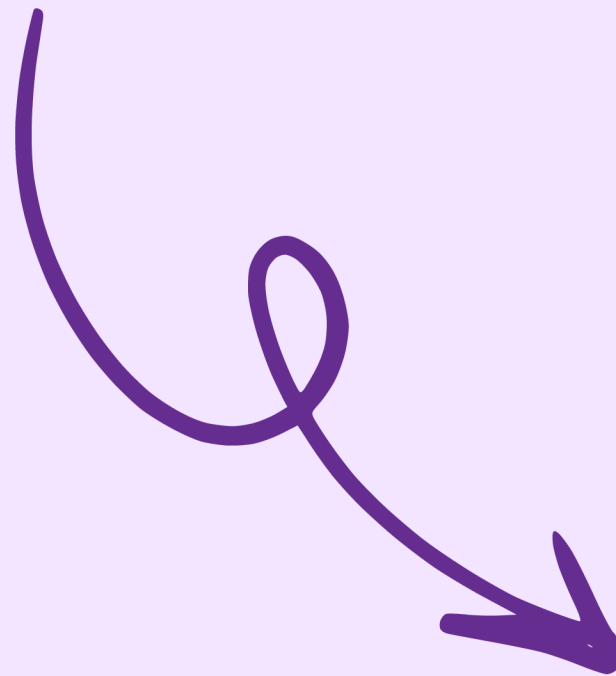
[Home](#) > [Donors](#) > [Other ways to help](#) > [Lifeblood Teams](#)

What is a Lifeblood Team?



JOINING THE TEAM

Scroll down this page to 'Join an existing team' and click on **'Find a team'**



Join an existing team

There are thousands of existing Lifeblood Teams – from workplaces to schools, sports clubs to community groups – there's one out there for you. To join an existing team, just log in to your Lifeblood account and search for a team by their name.

Find a team →









Start a team for someone who matters

For blood recipients. For friends and family who've seen the life-saving impact of blood. For all the times you wished you could thank the person behind the donation – start a team for someone who matters. Learn more and download our toolkit to spread the word.

Start here →

JOINING THE TEAM



[HOME](#)[CALL 13 14 95](#)[FAQS](#)[CONTACT US](#)[RESULTS](#)

WELCOME

To our secure online booking process. You can manage all your appointment details in one convenient place.

[LOG IN](#)

[Forgot your password?](#)

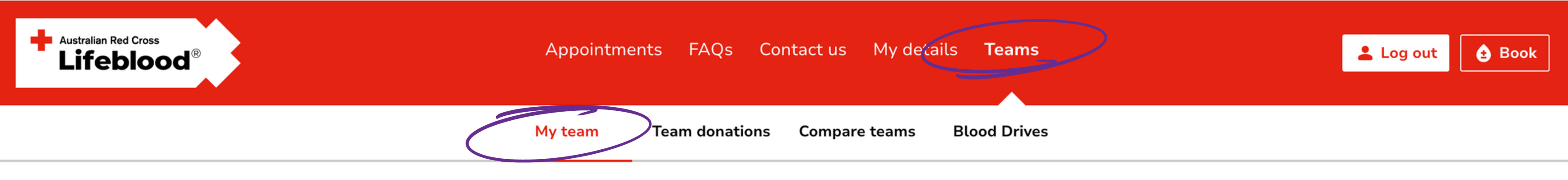
[Don't have an account?](#)

[REGISTER HERE](#)

If they have a Lifeblood account they can log in here

If they don't have an account, they can click **'Register here'** to create one

JOINING THE TEAM





Once they've logged in, they can click on **'Teams'** from the top menu, and then click **'My team'**

JOINING THE TEAM

Click on the white box under
'Team Name' and type in the
team name

Your Team

Team Name:



Submit



As they're typing, a drop-down menu will appear with team names that match. Select your team and click **'Submit'** to join the team!



YOUR FIRST DONATION

To donate as a group, the Team Champion of your team makes a group booking through the Lifeblood website.



The **Team Champion** is the person responsible for organising team donations bringing everyone together.

If you started the team you will automatically be the Team Champion, but someone else can request to become the Team Champion under 'My Team' in the Lifeblood website if you'd prefer.

YOUR FIRST DONATION

To donate as a group, the Team Champion makes a group plasma donation booking through the **Lifeblood website**, and lets everyone in the team know when they'll be donating together.



Team members can also donate plasma by themselves, with a recipient, or with a few other team members.

Each donation will count towards your team's tally no matter how you donate.



WHY DONATE PLASMA?

Plasma is the golden, liquid part of blood. It is made up of mostly water, as well as essential proteins (including antibodies), vitamins and other compounds.

Plasma can be used in 18 different ways, including immunoglobulin (Ig) treatment for people with immunodeficiencies.

Each month, more than 13,300 Australians need Ig treatment to treat various conditions and maintain their quality of life.



ATTENDING A DONATION

On the day that your team member(s) are donating, you can attend the Lifeblood centre with them.

If you'd like, you can let the friendly staff at the centre know that you're a recipient and are there to support your teammates during their donation.

After the donors in the team have checked in and had their interview, you can relax and have a chat with them while they donate, or even take photos to celebrate!

You can also share your experience with receiving plasma products to emphasise the power of plasma donation.



SHARING YOUR STORY

You don't have to share your story alone.

We understand that it might be hard to share your story, or you might like to have some support.

If you'd like, you can ask a supporter, friend, or family member to share their experience with supporting you, and the positive effects they've seen plasma products have on your life. This can take some of the pressure off you and provide another perspective for donors to understand the power of plasma.

You can also read our **conversations resource** for tips, ideas, and facts to chat about with donors.



CONTINUING DONATIONS

Lots of regular donors give plasma as often as they can. This looks different for everyone, with some people donating every two weeks, once a month, or once every few months.



Because you have to wait at least two weeks between plasma donations, many donors find it helpful to have a consistent monthly donation routine.

Every donation counts, no matter how often you donate.

STAYING CONNECTED

There are many different ways to stay in touch with your team and encourage everyone to continue donating. Here are some ideas to get you started:

- **Plan and book your next group donation at the end of each group donation session** to help your team stay consistent.
- Start a group chat or email chain.
- **Donate in pairs or smaller groups** - getting the whole group together can be tricky, but every donation still counts, so donate whenever you can!
- Schedule in a regular monthly donation as a whole group.
- Make donating an opportunity for a catch-up by going for a walk or lunch before.
- **Set a team goal**, for example reaching 50 donations by the end of the year.
- **Branch out** - encourage donors to invite their friends or family to join the team or donate with them. It might just be the nudge and motivation they need to donate for the first time!

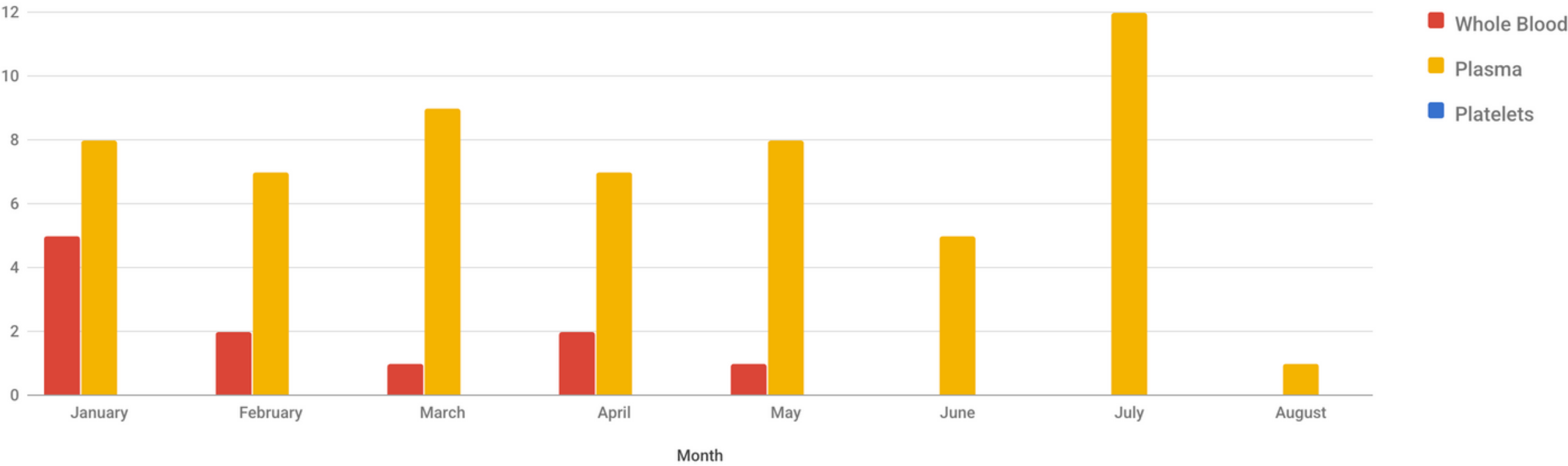


KEEPING TRACK

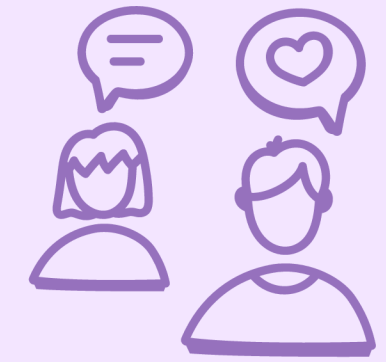
You can track your team's donations on the Lifeblood website under **'Check team contribution'** on the Teams webpage.

State	Whole blood	Plasma	Platelets	Lives Saved
NSW	11	31	0	126
QLD	0	25	0	75
ACT	0	1	0	3
National Total	11	57	0	204

Donations



KEEPING TRACK



Let us know once you've formed your team.

We'll add it to our Plasma Awareness webpage to track the impact all the IDFA recipient teams have had together!

25

Members in #IDFALifeblood

156

Lives saved this year!

1

Recipient Team



CONGRATS! YOU'RE READY TO BUILD
YOUR RECIPIENT TEAM



Click [here](#) to register your team with
Lifeblood and get started today.





PLASMA FOR LIFE

Proud supporter of



Immune Deficiencies Foundation Australia

IDFA is a national not-for-profit and leading peak body that offers education, advocacy and community for Australians living with a primary immunodeficiency or secondary immunodeficiency.

With the support of our medical advisory panel and through national and international relationships, IDFA is a respected organisation within the medical and patient community.

1800 100 198

info@idfa.org.au

www.idfa.org.au

PO Box 742, Wollongong NSW 2520