Got a bit of time next month? Time to give blood and change lives? 1 in 3 people in Cessnock will need blood, and they need people like you to give it. We’re rolling into town on 2 to 5 November. Don’t forget to pre-book your spot at [Lifeblood.com.au](https://www.lifeblood.com.au/), on our app or on 13 14 95.