

Giving is the best gift of all

[Dec 13 2007](#) Herald & Post

A BONE marrow donor from Stokesley has urged people across the area to follow his example.

Neil Burniston, a 38-year-old investment manager, joined the Anthony Nolan Trust register in 2004 and gave a successful bone marrow donation last July. Confidentiality rules mean the name of the patient he helped will not be revealed. But it has proved a life-changing experience.

He said: "When I got the call in January saying they wanted me to donate I thought it was great. Then I thought – crikey, this might be a bit painful, or I might be a bit unwell. But it's nowhere near as bad as you might think. It's actually an enormously satisfying experience – to have done a relatively selfless act to save someone's life outweighs any inconvenience.

"It's a day of discomfort – that's all. That's nothing when you think of what it's doing for someone else."

Anyone can join the register, with men aged 18-25 particularly welcome because they generally provide the greatest volume of blood stem cells.

To find out more about The Anthony Nolan Trust, call 020 7284 1234 or visit www.anthonynolan.org.uk