

Anushka Ramsay and two of her sisters - Shamar and Christelee have the condition Sickle Cell anaemia. They all sing in the B Positive choir to help raise awareness of Sickle Cell and blood donation.

Anushka has had the condition since birth. She has suffered from painful crisis episodes throughout her life but thankfully they have been rare.

Anushka who works in the mortgage department for a high street lender says "When I'm having a crisis the pain is indescribable. I have suffered from crisis in my arms and it feels like you are constantly being stabbed. There is no break – it is constant pain."

When in crisis Anushka has to be treated at hospital with morphine to manage the pain and blood thinners to alleviate the blockage. A sickle cell crisis is a blockage of the red cells in the joints. With sickle cell anaemia the red cells are not circular so don't always flow through the blood vessels smoothly.

Anushka says "Living with sickle cell can be scary. It is a silent illness as we don't look unwell. Being part of the B Positive choir is a great opportunity to help raise awareness and support a good cause like NHS Blood and Transplant. Through the choir I have met many other people with the condition and understand just how important it is to give blood.

"Blood transfusions can massively help many people with Sickle Cell. My friends, family and colleagues from work are helping and going to donate blood as soon as they can. I am also working with my sisters to raise awareness and educate more people in our community about giving blood."

