

Liver
NORTH
Registered Charity No. 1087226
Patron: Denise Robertson MBE

November 2009

LIVERNEWS

Support Newsletter for Liver Patients, their carers
and families in the Northern Region

Work is underway on the new £30m Transplant Institute
at the Freeman Hospital - more news inside.



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Circulation - 1750 copies. Distributed free to
Liver Disease Patients, their Carers and Supporters throughout the Northern Region.

WWW.livernorth.org.uk

LIVERNEWS No 33 - November 2009

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www.myvouchercode.co.uk

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Chairman's Report

I told you in the last issue about governance of the Newcastle Hospitals and since then I have been to two 'big' meetings and the AGM. At each meeting we (the governors) were presented with numerous reports and statistics explaining the performance of each function of the Trust. Just producing these statistics must be a nightmare for staff especially when you think about all the other 'real' work they have to do. I know that performance measuring is important and that the government want to see how well our NHS is doing but how much of the money spent on healthcare is now spent on recording treatment rather than actually delivering it? We are told that there could be a 20% reduction in the money spent on healthcare in the near future and something will have to go. I will be doing my best to ensure that it's not the doctors, dentists, nurses and other professionals in the front line that are dumped but the excessive paperwork burden that the government has placed upon them. There - that's off my chest!

Another bone of contention raised its ugly head the other day when the U.K.'s National Institute for Health and Clinical Excellence, or NICE, said it 'declined to recommend' that the NHS use Nexavar to treat advanced liver cancer, saying it isn't cost-effective. NICE is the agency that decides whether new medicines are cost-effective for the National Health Service in England and Wales. An upper limit of about £30,000 per year is put on drugs for NHS use and the cost of Nexavar at £3,000 per month exceeds this limit. Trials have actually proven that the drug

can extend the lives of about 300 terminally ill liver cancer patients per year by as much as three months. None are expected to be on the drug as a long term therapy so patients are very unlikely to exceed the £30k limit. The guidelines are apparently inflexible so the drug has been rejected. Nexavar has been approved in more than 70 countries for advanced kidney cancer, and more than 60 countries for liver cancer - just not in the UK. This callous treatment of dying liver patients is absolutely unforgivable (but nothing new!) and if you feel like complaining about it then please do so. Write to your MP, Euro MP and councillor and let them know what you think.

If the government is so keen on making savings why doesn't it abandon the pointless war in Iraq (cost: £5.3bn) and in Afghanistan (£12bn) and stop paying huge bonuses to bankers (£1bn - up to £1m each). How can they even dream about public service spending cuts when such huge amounts of (our!) money are being wasted on things most people don't want?

Finally - the Transplant Institute. Work has actually started on construction of the £30m building but more funding is needed for fitting out and equipping the rooms etc. I will be publishing layout plans in a future issue and we may join forces with other charities to do some fundraising to help with costs so watch this space!

Now the festive season is upon us I would like to wish everyone a very happy Christmas and a healthy 2010. Best wishes to you all, John Bedlington

☆ 2009 Numbers Club ☆

1	2	3	4	5	6	7	8	9	10
11	12	13	14	15	16	17	18	19	20
21	22	23	24	25	26	27	28	29	30
31	32	33	34	35	36	37	38	39	40
41	42	43	44	45	46	47	48	49	50
51	52	53	54	55	56	57	58	59	60
61	62	63	64	65	66	67	68	69	70
71	72	73	74	75	76	77	78	79	80
81	82	83	84	85	86	87	88	89	90
91	92	93	94	95	96	97	98	99	100
101	102	103	104	105	106	107	108	109	110
111	112	113	114	115	116	117	118	119	120
121	122	123	124	125	126	127	128	129	130
131	132	133	134	135	136	137	138	139	140
141	142	143	144	145	146	147	148	149	150
151	152	153	154	155	156	157	158	159	160
161	162	163	164	165	166	167	168	169	170
171	172	173	174	175	176	177	178	179	180
181	182	183	184	185	186	187	188	189	190
191	192	193	194	195	196				

**7 prizes of £250 drawn at LIVERNORTH meetings and a
Grand Prize of £2500 drawn at our Christmas Dinner!**

Congratulations to Mrs A Simpson of Newton Aycliffe who won £250 with her number 182 drawn by Mr Jeremy French at our September 2nd meeting. Due to the cancellation of our November meeting the 7th £250 draw will take place at our Christmas dinner on December 9th (as well as the £2500 draw).

DIARY 2009/2010

The meetings are held in the Postgraduate Functions Room(137/138) on Level 1 at the Freeman Hospital. The meetings are friendly, informal, and we have excellent speakers who are always willing to answer individual questions either in the meeting or privately after the talk.

If you are coming by car you should drive through the security barrier, taking the side road on the left at the roundabout inside the Freeman grounds, and park in the multi-storey car park. You must display the appropriate parking permit (found in the newsletter). Access is through the double doors near the portakabin, through the next two sets of double doors, and the Functions Room is on the left hand side.

If you are coming through the main hospital entrance you need to be aware that the doors to the corridor on Level 1 are locked at around 7pm. It is easy to get out afterwards by pressing the button near the door.



All meetings are held on Wednesday, and are open from 7pm with the talks beginning at approximately 7.30. Tea and coffee are served before and after the talks.

9 Dec	6.30	Christmas Dinner, Freeman Restaurant	
13 Dec	2.30	Carol Service, Freeman Chapel	
10 February	7pm	Professor Julia Newton	PBC
14 April	7pm	Speaker to be arranged	
12 May	7pm	Speaker to be arranged	
16 June	7pm	Dr James Frith	NAFLD
21 July	7pm	Speaker to be arranged	
15 September	7pm	Professor David Jones	PBC
25 September	1pm	Autumn Fair	
27 October	7pm	Speaker to be arranged	
8 December	6.30	Christmas Dinner, Freeman Dining Room	
12 December	2.30	Carol Service	

If you have any queries please do not hesitate to contact us: 0191 3702961 or email info@livernorth.org.uk. Last minute changes and news on TWITTER!

IMPORTANT: PARKING PERMITS FOR MEETINGS

With kind permission of Mr. Paul Brewis, head of operations at the Freeman Hospital, we have been granted permission to print our own parking permits for LIVErNORTH activities in the LIVErNEWS. This means that parking whilst attending our meetings is free but there are some conditions and the use of the system is to be closely monitored. The first condition is that we have to use the multi storey car park at the rear of the hospital. The second condition is that we have to display a permit for the appropriate day in the windscreen. Failure to do so could mean a fine.

Here are your parking permits for the next few meetings - just cut out the ones you want and ensure they are on show when you park. Separate arrangements are in place for the daytime PBC meetings - just park at the front as usual and collect an exit barrier pass whilst at the meeting. This will lift the barrier and let you leave without paying.

FREEMAN HOSPITAL MSCP

LIVErNORTH VOLUNTEER PARKING PERMIT

Valid only on 9th Dec 2009
from 1815 until 2130
Meeting in: Restaurant, Level 1

FREEMAN HOSPITAL MSCP

LIVErNORTH VOLUNTEER PARKING PERMIT

Valid only on 13th Dec 2009
from 1400 until 1600
Meeting in: Freeman Chapel

FREEMAN HOSPITAL MSCP

LIVErNORTH VOLUNTEER PARKING PERMIT

Valid only on 10th Feb 2010
from 1830 until 2130
Meeting in: 137/138 Level 1

FREEMAN HOSPITAL MSCP

LIVErNORTH VOLUNTEER PARKING PERMIT

Valid only on 14th Apr 2010
from 1830 until 2130
Meeting in: 137/138 Level 1

NEXT MEETING:
Wednesday
10th February 2010

Professor
JULIA
NEWTON



Primary
Biliary
Chirrhosis
(PBC)

FREE PARKING FOR THIS EVENT:
PERMIT ON PAGE FIVE



*** EVERYONE WELCOME ***
7.00 for 7.30 p.m. in Room 137/138
the Teaching Centre, Freeman Hospital



Tilly hosted the Sept 2nd meeting when Consultant Transplant Surgeon Mr Jeremy French was our guest speaker. She said 'Jeremy gave an extremely good talk, one of the best. It was fascinating. Several very good questions too.' Also at the meeting Marjorie Batey, who had raised £660 from sponsorship by participating in the Transplant Games, presented a cheque for the sponsorship money to Tilly.

Tilly is pictured above saying thank you to Jeremy and below, receiving the cheque from Marjorie and thanking her for all her hard work.

(photos Alan Rochelle)



LIVErNORTH

Annual

Carol Service

'Christmas always starts for me with the LIVErNORTH Carol Service. I really enjoy taking part and singing all the old favourites'



'The candles and Christingles transform the Freeman Chapel. LIVErNORTH's Carol Service is excellent and the soloists are brilliant'

Freeman Chapel
13th December 2009

2.30 p.m.

Followed by

Tea/Coffee & Mince Pies

WELCOME ALL:

Staff, Patients, Visitors



LIVErNORTH **PBC** MEETINGS

The lunchtime meetings for 2010 are as follows:

Monday	2 March 12.00 – 2.00	Freeman Hospital, Postgraduate Functions Room
Tuesday	22 June 12.00 – 2.00	Sunderland Royal Hospital, Bede Conference Room.
Tuesday	28 Sept 12.00 – 2.00	Bishop Auckland General Hospital, Postgraduate Common Room,
Wednesday	24 Nov. 12.00 – 2.00	Freeman Hospital, Postgraduate Functions Room.

These meetings consist of a talk by either Prof. David Jones, Prof Julia Newton, or members of their team. The meetings are open to anyone and everyone, members, friends and anyone with an interest in this disease.

Tea, coffee and biscuits will be provided, but please feel free to bring your own sandwich. Directions to the various hospitals are available but it would be helpful if you could request these at least one week in advance.

*Please note that we are no longer able to park through the barrier for daytime meetings at the Freeman Hospital. We have been advised that we should park in the front car park and go and through the barrier there, taking a parking ticket. We have been allocated 20 exit passes which I can give out at the meetings and these are to be used at the exit barriers, so that will allow us free parking. Of course if you have a disabled badge and can get into a disabled bay you automatically have free parking but I am very aware that it is often not possible to find an empty disabled space and not everyone has a disabled badge. At other hospitals we have no concessions and parking fees are charged.

Please do not hesitate to contact me if you have any queries.

Tilly Hale
01670 714901
tillyliveliver@googlemail.com

LN PBC NEWS ROUND UP

LN PBC SEPTEMBER MEETING

We had a very good meeting at Bishop Auckland in September when we welcomed a new member and several members who, because of distance, can only get to the Bishop Auckland meeting. Prof Julia Newton gave an excellent talk, bringing us up to date with various pieces



of research.

We also received a £90 donation from Rogan Otterwell (pictured) grandson of Joan Otterwell, who ran the Great Scottish Run (a half marathon). Rogan tells me he plans to run in more events to raise money for LN PBC research and we are very grateful to him. I know Joan is very proud of him, and rightly so.

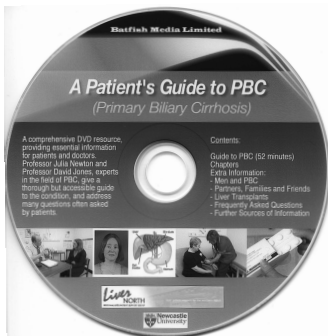


Peggy Oliver's daughter, Susan, ran in the Great North Run along with a large number of people running for LIVErNORTH, and raised the magnificent sum of £405 for Prof David Jones' PBC Research. Susan would like to thank everyone who sponsored her, including many members who attend the LN PBC meetings. This was Susan's seventh Great North Run and she enjoyed it very much, although due to the unseasonably warm weather the last few miles were difficult.

Marjorie Batey had raised over £600 for LIVErNORTH through sponsorship at the Transplant Games. As always, Marjorie won various medals. Marjorie had her transplant over 12 years ago. She is an inspiration to all of us.

THE PBC DVD

The second run of the DVD is going well. However, several people have telephoned me asking if the DVD is still available, and the answer is YES, most definitely. Should we run out of copies then we would order more. Several people have asked me to thank Harold Hueston for his generosity in donating the £3,000 to fund the production of the DVD. Both newly diagnosed patients and those who have been around for some time say they find it informative and very useful, and that it has helped them to have a much better understanding of the disease. Apart from all the people in the UK who have received the DVD, it has also gone to people in Ireland, America and Australia. If you would like to have a copy, please contact me either by phone or email, and I will send one out to you or you can apply via our website.



Tilly Hale
01670 714901
tilly.liveliver@googlemail.com

A SINCERE APOLOGY - LN PBC MEETING 11 NOVEMBER 2009.

I must apologise for the very short notice with which I cancelled the 11 November Coffee Event. Unfortunately I had been off colour for a few weeks and had spent the previous week in Ward 12 at the Freeman. I was completely washed out, and realised I could not go ahead with this meeting. When we first started the Christmas Coffee Event there were four of us involved with the organisation and two other people who always took care of the raffle selling. Over the years sadly Flo Waters and Dorothy Kay died, Irene McGill moved away which meant Muriel Roe could not get to the meeting, and Julie Pyburn was able to go back to work, which was excellent for Julie but left another gap. Peggy Oliver has been a great help over the years and I could not have managed without her. However, I have decided that it is time to call a halt to the Coffee Event. We will still go ahead with our four lunchtime meetings, with a speaker, a "cuppa" and a small raffle, but there will not be the big raffle and cakes at the November meeting. I would like to thank everyone who has attended the event, given prizes, and generally supported and helped out. The prizes will be used for the regular LN PBC meetings and for the LN Fair tombola stall.

Tilly Hale, 01670 714901, tilly.liveliver@googlemail.com

LIVErNORTH CAROL SERVICE – 13 December – 2.30

As always the Carol Service will take place in the Freeman Chapel, and Nigel Goodfellow will lead the service. Mince pies will be served afterwards and we look forward to seeing you there. The service is truly non-denominational, and is just a lovely way to have a quiet space in the frantic rush up to Christmas.

If you have any queries, please do not hesitate to get in touch with me.

THANK YOU

I would like to take this opportunity to thank everyone who sold raffle tickets at the Freeman Hospital Charity Booth. Only two nights were left empty, although several people did two evenings. The money raised through the booth is considerable and makes a great difference to the overall total for the Fair and Raffle.

Please do think about volunteering next year. No-one is ever left to sell on their own, and it can be good fun. It is only for a couple of hours and there are always a lot of dates to choose from.

Tilly Hale

Become an expert patient and help others. If you have a wide experience of hospitals or healthcare you are just who we need for our expert patient register. The NHS has to consult with patient groups more and more so we need your knowledge and opinion. Ring for more information: 0191 3702961

LIVErNORTH Great North Run Photographs



Peter and Jan Heaton - happy to be running, happy to be alive!



A great run this year for everyone and some very happy faces when it was all over. Pictured left to right: Dentist Dr Chris Bennett, Transplant Surgeon Mr Jeremy French and Hep C Researcher Dr Soren Neilsen. Well done guys - make a note in your diaries for next year: 19th Sept 2010!



More happy faces from far and wide: Robbie Maguire from Guildford, Robin Harmor from North Yorkshire and Tracy Jackson from Hampshire. Jan and Phil Heaton (picture opposite) came from Wales to run for us!

If you ran this year, please let us have any photographs you had taken on the day. We waited at the end of the run but only managed to find 5 runners. Not surprising really considering how many people took part! One in ten thousand is pretty good going...

STOP PRESS...OPPORTUNITY KNOCKS...

20 places booked for next year! If you want to run for us please email us as soon as possible (info@livernorth.org.uk). All we need at this stage is your name, date of birth and email address. You will be entered into our draw for the 2010 Great North Run and could be running on 19th September!



TILLY TATTLE

Here we are once again in the run up to Christmas. It seems no time since I was typing the newsletter for the beginning of 2009 and now we are almost into 2010.

After ten years of using a regular computer I am finally moving to a laptop. Being quite computer illiterate this is causing me various problems. I cannot get away with the “mouse” being a small square on the computer so I am still using a regular mouse. I cannot find things such as “bold” and “underline” and also the way to change the size and font of type. No doubt these things will come, eventually.

When I first bought a computer, six months after my transplant, I was terrified of it. In the shop, when paying for it, my daughter thought I had taken ill and kept asking if I was alright. I told her I would explain when we got outside. I am not sure what she thought was happening, but the truth was I was thinking to myself that I was spending over £1,000, buying something I did not want, something I did not know how to use, and something that was causing me a great deal of anxiety.

A friend’s 17 year old son came regularly and sat with me for an hour at a time teaching me how to send emails. At that point I would not attempt to type letters etc on the computer but went on using my word processor! Eventually the word processor broke down and I was forced to put the computer to proper use. I went to two courses along the lines of “computers

for idiots” and came away with a very small amount of knowledge, but I realised I was never going to be doing anything very wonderful with the computer – as long as I could type, file, save and recall, that was all I wanted to do. Ten years on, and that is still all I want to do. At 66 now, I don’t think I am going to make much progress.

However, having gone through two big computers in the ten years, and seeing all my friends using lap tops all over the place I decided to make the change so that I am not limited to sitting in my smallest bedroom/office. So please forgive any typing errors, or other mistakes – hopefully by the time the next newsletter comes out I will have found where all the various things are.

Finally, I would like to wish everyone a very happy Christmas, and good health in 2010.

HOSPITAL NEWS

This is old news but I have just managed to catch up with it. Peter Savage is now working as the Nurse Bank Manager for the Newcastle Hospitals. He is based at the RVI and his office has a nice view of St James’ Park – as he says that is pretty hard to bear for a Sunderland fan. Peter says he still looks forward to getting the LN newsletter and that working on the Liver Unit was his favourite spell of nursing to date, and he has many fond memories of the patients and staff.

Sandra Latimer is now back at the Freeman. She is once again working as a transplant co-ordinator and dealing with patients on Ward 12 and in Outpatients. It is lovely to have Sandra back, and I know many people will be delighted to see her again.

WARD 12 NEWS

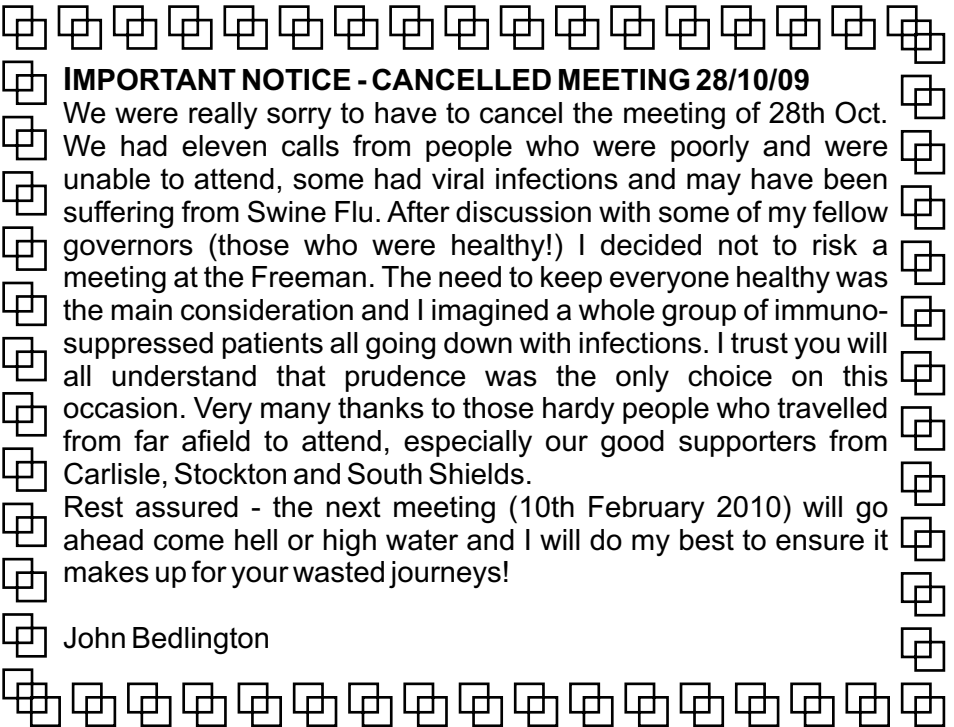
Having spent a week on Ward 12 recently, it was lovely to catch up with some of the staff who looked after me when I had my transplant in 1999 (at that time Peter Savage was on the ward).

The recent news is that Gabi Barnard has gone to ICCU on Level 3 at Freeman, and

Jill Lewis is about to move to one of the Haematology wards at the Freeman. We wish both every happiness and success in their new jobs.

Welcome back to Marion who has been away from the ward for a while. Marion has been missed by staff and patients alike and it is great to see her around.

Tilly Hale
01670 714901

A decorative border consisting of a series of small, overlapping squares arranged in a slightly irregular line around the text.

IMPORTANT NOTICE - CANCELLED MEETING 28/10/09

We were really sorry to have to cancel the meeting of 28th Oct. We had eleven calls from people who were poorly and were unable to attend, some had viral infections and may have been suffering from Swine Flu. After discussion with some of my fellow governors (those who were healthy!) I decided not to risk a meeting at the Freeman. The need to keep everyone healthy was the main consideration and I imagined a whole group of immunosuppressed patients all going down with infections. I trust you will all understand that prudence was the only choice on this occasion. Very many thanks to those hardy people who travelled from far afield to attend, especially our good supporters from Carlisle, Stockton and South Shields.

Rest assured - the next meeting (10th February 2010) will go ahead come hell or high water and I will do my best to ensure it makes up for your wasted journeys!

John Bedlington

**WIN
£2500 JACKPOT
IN OUR 2010
NUMBERS CLUB**

**PLUS 7 CHANCES TO
WIN £250
THROUGHOUT
THE YEAR.
NEW MEMBERS
ACCEPTED NOW.**

**SUPPORT THE GROUP
AND HAVE A FLUTTER
APPLICATION FORM HERE →**

LIVErNORTH Numbers Club Standing Order Mandate
Please detach & return to LIVErNORTH - DO NOT SEND TO YOUR BANK

Your Bank Details:

To the Manager,

BANK NAME

&

Bank Address

.....

..... Post Code.....

ACCOUNT
NAME

ACCOUNT No. SORT CODE.....

Your own Details:

Your Name

&

Your Address

.....

..... Post Code.....

Instructions to Your Bank:

Please Pay LIVErNORTH
NatWest Bank
2 Tavern Street
Ipswich
Suffolk IP1 3BD

Account No. 71298290

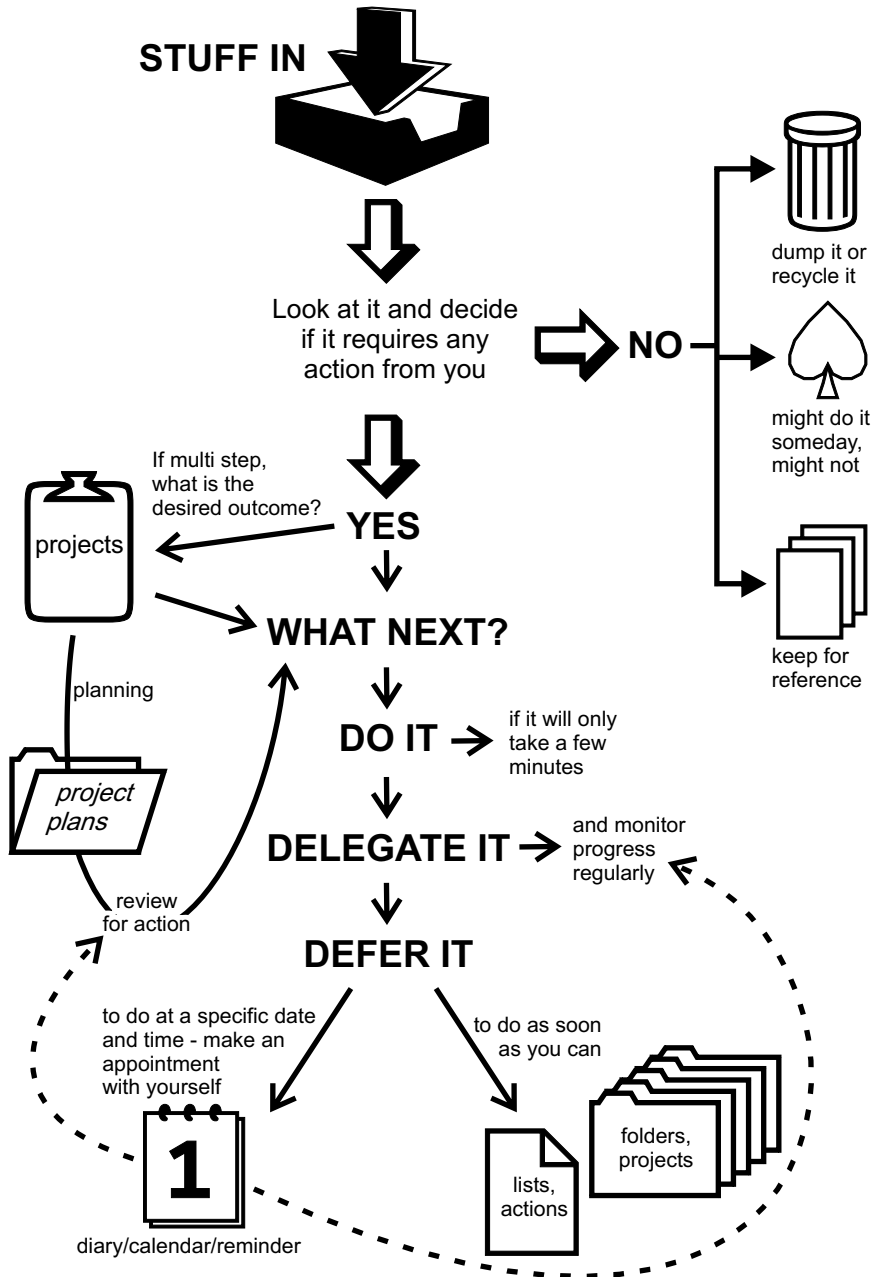
Branch Sort Code: 53-61-24

£ 13.00 per quarter, on 1st January, 1st April, 1st July and 1st October each year,
commencing 1st January 2010, until further notice in writing.

Signature..... Date:.....

HOW TO GET THINGS DONE

with thanks to 'EDGE' the magazine of the Institute of leadership and management



**It's a Crazy World...
or 'the fuse gets a little shorter every day'**

Bosses at the Eden Project tourist attraction have banned the word Christmas because they're worried it will offend followers of other faiths. Management have renamed Christmas "Time of Gifts" and a gift shop at the site has been re-named the Great Gift Grotto. Staff have been told to stop visitors saying Christmas. Eden Project spokesman Ben Harding said, "We are having a seasonal celebration so there is no need to mention the word Christmas because it's a celebration for everybody."

Businesswoman Sarah Templeton was kicked off a government scheme helping young offenders to go straight, for calling a colleague PETAL. She was accused of using language that was "not appropriate" and barred from two jails where she was working as a volunteer. Sarah said of the petty-minded ban, "When I heard it was over the word 'petal' I was gobsmacked. I said it because one of my fellow volunteers couldn't find which group he was in and seemed lost. I just called over to him, 'You're with us, petal', that was it. This is political correctness gone mad."



Did you know?

You can now get LIVERNORTH pens, badges and key fobs from the following volunteers:

Ann Ravenhall (Crawcrook) 0191 4131827

Tilly Hale (Cramlington) 01670 714901

Peggy Oliver (Pelton) 0191 3700833

Sarah Murphy (Liver Unit W12)

A £1 donation is suggested for each item and they can be posted to you if required. All Items are always available at our meetings

Dear LIVERNORTH

Dear John,

On behalf of the club, I wish to donate £60 to 'LIVERNORTH' as a 'thank you' for the treatment that saved the life of

Graeme Ord.

Yours
VR Secretary Cowpen Methodist Craft Club.

Great North Run

Thank you to all those people who sponsored me for this year's Great North Run. I raised £405 which will go to Professor David Jones' PBC Research Fund.

Thanks again
Susan Exley
(Peggy Oliver's daughter)

Dear Sir,

Would you please accept the enclosed cheque for £100 on behalf of Linthorpe Women's Institute, Middlesbrough.

We collect for a year and then the members decide where to send our donation.

The husband of one of our members had a transplant at Newcastle and had nothing but praise for his treatment and asked could you receive our donation this year which we are very happy to do.

Yours sincerely,
DA Secretary.

Dear Sir/Madam.

Please find enclosed cheque part payment part donation.

Many thanks, I was so grateful for the accommodation at a most worrying time.

Best Wishes,
SW
Cumbria.

Dear Joan & John,

Please accept this cheque for two DVDs. I watched it as soon as it came through the post. As I have PBC I thought it was really good. I have decided to take one to my G.P.-hope they find it useful.

Best wishes

PH

North Tyneside.

Thank you for sending me the DVD plus magazine. I think I learned more about PBC from your DVD than I have found out in the 9 years I have been diagnosed with having PBC.

Yours sincerely

BI

Kent.

Dear Sir,

Please find enclosed a cheque to cover the cost of the DVD on PBC. It is a superb product and I wish it had been available when I was first diagnosed in 1995! The information contained is very useful.

Thank you

PD

South Tyneside

Dear John, Joan and friends of LIVErNORTH,

Please accept a cheque for the sum of £500 from our lovely and kind friend Mrs T. from Lobley Hill. She has been a friend for a few years now and you could not find a nicer or more caring lady. I have told her about the work LIVErNORTH and its volunteers do in and around the Freeman Hospital.

I know it will make her so happy knowing the money is going towards helping people with liver problems.

Yours

JH

Gateshead.

Dear Tilly,

It is some while since I had my successful liver transplant, and as a result, my husband and I have recently been able to enjoy our Golden Wedding Anniversary with our family, enjoying a happy and memorable week-end together.

As a gesture of my appreciation and gratitude I would ask you to accept the enclosed cheque towards your research fund for liver problems. I confirm that I am a U.K. taxpayer and wish this donation to be treated as gift-aided.

Yours sincerely,
CI
Derbyshire.

YOUR STORY IS IMPORTANT TO US...

but it is far more important to someone who is frightened, wary and unsure about their future.

People waiting for a transplant are worried about what the future may hold for them and need to know about the operation, the after effects and recovery. Although the coordinators, surgeons, anaesthetist and nurses all do their best to put patients at ease and give as much information as possible, none of them can really tell you what having a transplant is actually like. Only someone who has had a transplant can say how it actually feels. Only someone who has experienced the rehabilitation and made the journey can tell the true story...

Please write down your own story so that we can show prospective transplantees how good life can be after a liver transplant. Don't pull any punches because above all the stories must be truthful if they are to have any credibility. We know the world is not always a bed of roses after a transplant but only you can tell how it is for you.

People will be given the collected short stories to read and hopefully it will reassure them before their own operation. You can be absolutely anonymous if you like or disclose whatever information you are comfortable with. We don't mind and neither will the readers.

Ring if you need more information - 0191 3702961

Autumn Fair 2009

This year the fair was held on September 26th and as ever lots of people turned out to support the event. The day started with stall holders arriving from around 9.30a.m. At this stage, standing amongst what appeared to be chaos, it was difficult to imagine that by 1 p.m. the room would be buzzing with people keen to snap up a bargain or to have a go on one of the many stalls offering lots of brilliant prizes. We were extremely fortunate in, yet again, having our patron, Denise Robertson MBE, performing the opening ceremony. It is clear why Denise is such a popular TV personality - she makes time for people and is genuinely interested in everyone whom she meets. This was particularly poignant this year as her husband was unwell at this time and we would all have understood had she not been able to attend but rather than let the group down she came along and undoubtedly made the fair extra special.

As ever the stalls were amazing, the thought, preparation and hard work which is undertaken by those running each stall should not be underestimated. Below is a list of all the stalls and the people who worked so hard to make the day the great success it turned out to be - Many thanks to you all.

Jewellery.....	Hilda Heaton, Dorothy Lane & Wynn Lambton
Tombola.....	Tilly Hale, Vi Steventon, Sylvia Ward, Marjorie Batey & Pam Smith
Knitwear etc.....	Ella Inch, Joan Angus & Betty Norman
Name The Clown	Pam Simpson
Toiletries.....	Peggy Oliver, Joan Reed, Cathy Wright & Audrey Millar
Craft Stall.....	Val Donkin, J Liddell, E Walt & N Nailis
Hot Spicy Noodles, Prize Lolly & Father of the Bride	John Harty & Rhiannon McDonald
Toy.....	Charlotte, James & Lucy Diamond
Books.....	Trish Benson & Susan Hall
Safe Cracker & Choc Tombola...	David Hastings
Cakes & Bric a Brac.....	Gillian Hill, Pam Stoves & Eima Ahmad
Pick a Bag.....	Ann Ravenhall & Josh
Charity Draw....	Joan Bedlington & Betty Fairley
Refreshments & Cake Stall.....	Elsie Clayton, Julie Pyburn, Marjorie Dawson & Jamie and Cheryl Southwell
Bric a Brac.....	Dorothy Milburn & Joan Humphrey
Security.....	Philip Hesler & Kevin Norman

Our thanks must also go to the ladies of Whitburn Craft Class who provided lots of hand-made cards etc, Mrs M Jackson of Whitburn who donated the fantastic clown for the 'Name the Clown' stall, Elaine Truby for countless home made cakes, sandwiches etc, Val Donkin for the tempting cream cakes etc and Gillian Hill who also made cakes as well as providing Bric a Brac. I feel I must mention that this was Gillian's first time at the fair and I unfortunately underestimated the quantity of merchandise she was intending to bring along. As a result, her stall was pushed for place to say the least - my apologies - I will know the next time! (I do hope this experience has not put Gillian off helping us again). Last but not least our sincere gratitude is extended to everyone who helped whether through donating items to be sold or raffled, by making a financial donation or coming along on the day to spend their well earned cash (balance sheet overleaf shows our best year yet!).

I do hope that I have not missed anyone out but if I have then please accept my sincere apologies. The efforts of everyone are much appreciated ,as it is clear without our volunteers and supporters the fair could not take place.

It probably goes without saying that as soon as one fair is over the planning for the next one begins.....watch this space.

Joan Bedlington.

Antibiotic Warning

GPs have once again been warned to stop prescribing antibiotics to patients who don't need them, says The Daily Telegraph. The practice is not only costly to the NHS, but also dangerous, because the proliferation of the drugs is allowing an increasing number of the bugs such as MRSA to develop a resistance to them. The European Centre of Disease Prevention and Control warns that if the trends continue, all sorts of routine operations - hip replacements, for instance - will become potentially lethal because there will be no way of treating subsequent infections. Patients often put pressure on doctors to prescribe antibiotics, not realising that coughs and colds are usually caused by viruses and so will not respond to antibiotics, which only target bacteria. (The Week 21 November 2009)

LIVErNORTH Autumn Fair 2009

INCOME

Stalls:

1: Jewellery	£	126.33
2: Tombola	£	228.80
3: Knitwear etc.	£	68.40
4: Name the Clown	£	17.25
5: Toiletries	£	220.65
6: Crafts	£	481.60
7: Father of the Bride	£	25.00
Hot Spicy Noodles	£	42.00
Lollipops	£	2.01
8: Toys	£	75.30
9: Books	£	47.98
10: Safe Cracker/Choc Tombo	£	80.75
11: Cake/Bric a Brac	£	101.82
12: Pick a Bag	£	88.08
14: Refreshments	£	248.08
15: Bric a Brac	£	119.50

Total Stalls £ 1,973.55

EXPENDITURE

Prizes	£	500.00
Charity Draw Tickets	£	122.00
Postage	£	120.00
Gift Ms Robertson	£	25.00

Total Expenditure £ 767.00



Charity Draw	£	3,422.27
Donations	£	415.00
Pens, Badges & Fobs	£	28.00

Total Miscellaneous Income £ 3,865.27

Net Profit £ 5,071.82

Gross £ 5,838.82

£ 5,838.82

Become an expert patient and help others. If you have some experience of hospitals or healthcare you are just who we need for our expert patient register. The NHS has to consult with patient groups more and more so we need your knowledge and opinion. Ring for more information: 0191 3702961



ALL THE FUN OF THE FAIR!







Our group now has over 1750 members and is one of the most successful liver patient support groups in the country. Apart from our meetings, the website, our helpline, leaflets and this newsletter, we also give talks to outside bodies when requested. We talk about the group and our work, about looking after your liver and about providing patient support. One lady, Janet Tulip, gives talks about organ donation and signs people up for the organ donor register and would dearly love to have some help.

If you would like to get involved in delivering talks for the group or just helping one of us to do so then please ring or email and ask for details. It's a good way to show your support for the work of the liver unit and to spread the word about LIVErNORTH and our work supporting liver patients, their carers and families.

LIVErNORTH
FREEPOST NEA2762
STANLEY
Co. Durham
NEA2762
info@livernorth.org.uk

HELEN'S HOWLERS

Most of the funnies you see in these pages are sent from friends and colleagues or a freely circulating via the internet. I am constantly on the look out for more material so please send in anything you have or have heard whilst out and about. It doesn't have to be 'professional' – your witty observations on life are always welcome. If you wish I will ensure you are credited with whatever you send me and even if it's in bad taste - let me have a look... I might be able to tone it down a bit. If you're feeling a bit low - read on... You can't cry & laugh at the same time!

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WARNING - SOME JOKES UNSUITABLE FOR CHILDREN!

Three Italian nuns die and go to heaven. At the Pearly Gates, they are met by St. Peter. He says, "Sisters, you all led such exemplary lives that the Lord is granting you six months to go back to earth and be anyone you wish to be".

The first nun says, "I want to be Sophia Loren;"

And *poof* she's gone.

The second says, "I want to be Madonna and *poof* she's gone.

The third says, "I want to be Sara Pipalini."

St. Peter looks perplexed. "Who?" he asks "Sara Pipalini;" replies the nun.

St. Peter shakes his head and says, "I'm sorry, but that name just doesn't ring a bell."

The nun then takes a newspaper out of her habit and hands it to St. Peter.

St. Peter reads the paper and starts laughing He hands it back to her and says.

"No sister, the paper says it was the ' Sahara Pipeline' that was laid by 1,400 men in 6 months."

A family had twin boys whose only resemblance to each other was their looks. If one felt it was too hot, the other thought it was too cold. If one said the TV was too loud, the other claimed the

volume needed to be turned up.

Opposite in every way, one was an eternal optimist, the other a doom and gloom pessimist.

Just to see what would happen, on Christmas, their father loaded the pessimist's room with every imaginable toy and game. The optimist's room he loaded with horse manure.

That night the father passed by the pessimist's room and found him sitting amid his new gifts crying bitterly.

"Why are you crying?" the father asked.

"Because my friends will be jealous, I'll have to read all these instructions before I can do anything with this stuff, I'll constantly need batteries, and my toys will eventually get broken" answered the pessimist twin.

Passing the optimist twin's room, the father found him dancing for joy in the pile of manure. "What are you so happy about?" he asked.

To which his optimist twin replied:

"Somewhere in here, there's got to be a pony!"

An airline captain was breaking in a new blonde stewardess.

The route they were flying had a stay over in another city, so upon their arrival, the captain showed the stewardess the best place for airline personnel to eat, shop and stay overnight.

The next morning as the pilot was preparing the crew for the day's route, he noticed the new stewardess was missing. He knew which room she was in at the hotel and called her up wondering what happened to her.

She answered the phone, sobbing, and said she couldn't get out of her room.

"You can't get out of your room?" the captain asked, "Why not?"

The stewardess replied, "There are only three doors in here," she cried, "one is the bathroom, one is the closet, and one has a sign on it that says, 'Do Not Disturb!'"

Bob Hill and his new wife Betty were vacationing in Europe... as it happens, near Transylvania . They were driving in a rental car along a rather deserted highway. It was late and raining very hard. Bob could barely see the road in front of the car. Suddenly the car skids out of control! Bob attempts to control the car, but to no avail! The car swerves and smashes into a tree.

Moments later, Bob shakes his head to clear the fog. Dazed, he looks over at the passenger seat and sees his wife unconscious, with her head bleeding! Despite the rain and unfamiliar countryside, Bob knows he has to get her medical assistance.

Bob carefully picks his wife up and begins trudging down the road. After a short while, he sees a light. He heads towards the light, which is coming from a large, old house. He approaches the door and

knocks.

A minute passes. A small, hunched man opens the door and Bob immediately blurts, "Hello, my name is Bob Hill, and this is my wife Betty. We've been in a terrible accident, and my wife has been seriously hurt. Can I please use your phone?"

"I'm sorry," replied the hunchback, "but we don't have a phone. My master is a doctor; come in and I will get him!"

Bob brings his wife in.

An older man comes down the stairs. "I'm afraid my assistant may have misled you. I am not a medical doctor; I am a scientist.. However, it is many miles to the nearest clinic, and I have had a basic medical training. I will see what I can do. Igor, bring them down to the laboratory."

With that, Igor picks up Betty and carries her downstairs, with Bob following closely. Igor places Betty on a table in the lab. Bob collapses from exhaustion and his own injuries, so Igor places Bob on an adjoining table.

After a brief examination, Igor's master looks worried. "Things are serious, Igor. Prepare a transfusion." Igor and his master work feverishly, but to no avail. Bob and Betty Hill are no more.

The Hills' deaths upset Igor's master greatly.. Warily, he climbs the steps to his conservatory, which houses his grand piano. For it is here that he has always found solace. He begins to play, and a stirring, almost haunting melody fills the house.

Meanwhile, Igor is still in the lab tidying up. His eyes catch movement, and he notices the fingers on Betty's hand twitch, keeping time to the haunting piano music.. Stunned, he watches as Bob's arm

begins to rise, marking the beat! He is further amazed as Betty and Bob both sit up straight!

Unable to contain himself, he dashes up the stairs to the conservatory..

He bursts in and shouts to his master:

"Master, Master!

The Hills are alive,
with the sound of music !"

An Irishman was terribly overweight, so his doctor put him on a diet. "I want you to eat regularly for 2 days, then skip a day, and repeat this procedure for 2 weeks. The next time I see you, you should have lost at least 5 pounds. When the Irishman returned, he shocked the doctor by having lost nearly 60lbs! "Why, that's amazing!" the doctor said, "Did you follow my instructions?" The Irishman nodded..."I'll tell you though, by jaesuz, I t'ant I were going to drop dead on dat 3rd day."

"From the hunger, you mean?" asked the doctor.

"No, from the skippin"

One day, a man came home and was greeted by his wife dressed in a very sexy nightie. "Tie me up," she purred, "and you can do anything you want."

So he tied her up and went golfing.

A woman came home, screeching her car into the driveway, and ran into the house. She slammed the door and shouted at the top of her lungs, "Honey, pack your bags. I won the lottery!"

The husband said, "Oh my God! What should I pack, beach stuff or mountain stuff?" "Doesn't matter," she said. "Just get out."

Marriage is a relationship in which one person is always right, and the other is a husband.

A Polish immigrant went to the DVLA to apply for a driver's license.

First, of course, he had to take an eye sight test. The optician showed him a card with the letters:

'CZWIXNOSTACZ.'

"Can you read this?" the optician asked.

"Read it?" the Polish guy replied, "I know the guy."

Mother Superior called all the nuns together and said to them,

"I must tell you all something. We have a case of gonorrhoea in the convent."

"Thank God," said an elderly nun at the back. "I'm so tired of chardonnay."

A wife was making a breakfast of fried eggs for her husband. Suddenly, her husband burst into the kitchen. "Careful," he said, "CAREFUL! Put in some more butter! Oh my GOD! You're cooking too many at once. TOO MANY! Turn them! TURN THEM NOW! We need more butter. Oh my GOD! WHERE are we going to get MORE BUTTER? They're going to STICK! Careful CAREFUL! I said be CAREFUL! You NEVER listen to me when you're cooking! Never! Turn them! Hurry up! Are you CRAZY? Have you LOST your mind? Don't forget to salt them. You know you always forget to salt them. Use the salt. USE THE SALT! THE SALT!"

The wife stared at him. "What in the world is wrong with you? You think I don't know how to fry a couple of eggs?" The husband calmly replied, "I just wanted

to show you what it feels like when I'm driving."

Two cannibals meet one day. The first cannibal says, "You know, I just can't seem to get a tender Missionary. I've baked them, I've roasted them, I've stewed them, I've barbecued them, I've tried every sort of marinade. I just cannot seem to get them tender."

The second cannibal asks, "What kind of Missionary do you use?"

The other replied, "You know, the ones that hang out at that place at the bend of the river. They have those brown cloaks with a rope around the waist and they're sort of bald on top with a funny ring of hair on their heads."

"Ah, ha!" the second cannibal replies. "No wonder ... those are friars!"

Some tart appraisals

1. "Since my last report, this employee has reached rock bottom and has started to dig."

2. "This young lady has delusions of adequacy."

3. "When she opens her mouth, it seems that it is only to change feet."

4. "He sets low personal standards and consistently fails to achieve them."

5. "Some drink from the fountain of knowledge; he only gargled."

6. "This employee is depriving a village somewhere of an idiot."

7. "This employee should go far and the sooner he starts the better."

8. "He would be out of his depth in a parking lot puddle."

9. "Got a full 6-pack, but without the plastic thing to hold it all together."

10. "He's been working with glue too

much."

11. "The wheel is turning, but the hamster is dead."

12. "He brings a lot of joy whenever he leaves the room."

13. "If you see two people talking and one looks bored, he's the other one."

14. "A photographic memory but with the lens cover glued on."

15. "A prime candidate for natural de-selection."

16. "Donated his brain to science before he was done using it."

17. "Gates are down, the lights are flashing, but the train isn't coming."

18. "Has two brain cells: one is lost and the other is out looking for it."

19. "If he were any more stupid, he'd have to be watered twice a week."

20. "If you give him a penny for his thoughts, you'd get change."

21. "If you stand close enough to him, you can hear the ocean."

22. "It's hard to believe that he beat 1,000,000 other sperm."

23. "One neuron short of a synapse."

24. "Takes him 2 hours to watch 60 minutes."

25. "Got into the gene pool while the lifeguard wasn't watching."

26. "A room temperature IQ."

27. "He's so dense, light bends around him."

28. "Bright as Alaska in December."

29. "I would not allow this employee to breed."

30. "This associate is really not so much of a has-been, but more of a definitely won't be."

31. "Works well when under constant supervision and cornered like a rat in a trap."

32. "A gross ignoramus--144 times worse than an ordinary ignoramus."

33. "When his IQ reaches 50, he should sell."

A man wasn't feeling well so he went to his doctor for a complete check-up. After a long wait for the results, the doctor finally came back out.

"I'm afraid I have some very bad news," the doctor said.

"You're dying, and you don't have much time left."

"Oh no! I can't believe it!" says the man.

"How long do I have?"

"Ten," the doctor says sadly.

"Ten?" the man asks. "What do you mean by that? Ten what?"

Months? Weeks? What?!"

"Nine..."

A guy was sitting quietly on his chair reading his paper when his wife came up from behind him and smacked him on the head with a frying pan. "What's that for?" he asked. "I saw a card named Mary Lee in your pants when I took it to the washing machine", she said. "Oh that was the name of the horse I betted on last weekend", he said. Satisfied with the answer, she apologised and went on with her work. Three days later, the same thing happened and the annoyed man protested, "What was that for again?". The wife said, "Mary Lee phoned this morning!".

A Mormon was seated next to an Irishman on a flight from London. After the plane was airborne, drink orders were taken.

The Irishman asked for a whiskey, which was promptly brought and placed before

him.

The flight attendant then asked the Mormon if he would like a drink.

He replied in disgust, 'I'd rather be savagely raped by a dozen whores than let liquor touch my lips.'

The Irishman then handed his drink back to the attendant and said, 'Me too, I didn't know we had a choice.'

BEST COME BACK LINE EVER

In summary, the police arrested Patrick Lawrence, 22 year old white male, in a pumpkin patch 11:38 p.m. on Friday night.

On Monday, at the Gwinnett County (GA) courthouse, Lawrence was charged with lewd and lascivious behaviour, public indecency, and public intoxication.

The suspect explained that as he was passing a pumpkin patch on his way home from a drinking session when he decided to stop;

'You know how a pumpkin is soft and squishy inside, and there was no one around for miles or at least I thought there wasn't anyone around';

He stated in a telephone interview.

Lawrence went on to say that he pulled over to the side of the road, picked out a pumpkin that he felt was appropriate to his purpose;

cut a hole in it, and proceeded to satisfy his alleged need. 'Guess I was really into it, you know?' he commented with evident embarrassment.

In the process of doing the deed, Lawrence failed to notice an approaching police car and was unaware of his audience until Officer Brenda Taylor approached him.

'It was an unusual situation, that's for

sure,' said Officer Taylor. 'I walked up to Lawrence and he's just banging away at this pumpkin.'

Officer Taylor went on to describe what happened when she approached Lawrence. 'I said, 'Excuse me sir, but do you realize that you're having sex with a pumpkin?' 'He froze and was clearly very surprised that I was there, and then he looked me straight in the face and said... 'A pumpkin? Aw, blast is it midnight already?'

My husband and I divorced over religious differences. He thought he was God and I didn't.

I don't suffer from insanity; I enjoy every minute of it.

Don't take life too seriously; No one gets out alive.

I'm not a complete idiot -- Some parts are just missing.

God must love stupid people; He made so many.

Consciousness: That annoying time between naps.

Wrinkled Was Not One of the Things I Wanted to Be When I Grew up.

Procrastinate Now!

They call it PMS because Mad Cow Disease was already taken.

Ham and eggs...A day's work for a chicken, a lifetime commitment for a pig.

The original point and click interface was a Smith & Wesson.

I smile because I don't know what the hell is going on!

A lady goes to her priest one day and tells him, 'Father, I have a problem. I have two female parrots, But they only

know how to say one thing.'

'What do they say?' the priest inquired. They say, 'Hi, we're hookers! Do you want to have some fun?'

That's obscene!' the priest exclaimed, Then he thought for a moment. 'You know,' he said, 'I may have a solution to your problem.

I have two male talking parrots, Which I have taught to pray and read the Bible.

Bring your two parrots over to my house, And we'll put them in the cage with Francis and Peter.

My parrots can teach your parrots to praise and worship, And your parrots are sure to stop saying . . That phrase . . In no time.'

Thank you,' the woman responded, 'this may very well be the solution.'

The next day, She brought her female parrots to the priest's house.

As he ushered her in, She saw that his two male parrots were inside their cage holding rosary beads and praying.

Impressed, she walked over and placed her parrots in with them. After a few minutes, the female parrots cried out in unison: Hi, we're hookers! Do you want to have some fun?' There was stunned silence. Shocked, one male parrot looked over at the other male parrot and exclaimed, 'Put the beads away, Frank. Our prayers have been answered!'

Paddy's pregnant sister was in a terrible car accident and went into deep coma. After being in the coma for nearly six months, she wakes up and sees that she is no longer pregnant. Frantically, she asks the doctor about her baby.

The doctor replies, "Ma'am, you had twins..... a boy and a girl.

The babies are fine now. However, they were poorly at birth and had to be christened immediately - your brother came in and named them."

The woman thinks to herself, "Oh suffering Jesus no, not me brother.

..he's a clueless idiot.

Expecting the worst, she asks the doctor, "Well, what's my daughter's name?"

"Denise," says the doctor.

The new mother is somewhat relieved.

"Wow, that's a beautiful name.

I guess I was wrong about my brother....I like Denise."

Then she asks, "What's the boy's name?"

"Denephew"

The owner of a bar is just locking up for the night when there is a knock at the door. He opens the door and there's a snail sitting on the doorstep.

"What do you want?" asks the owner.

"I want a beer," says the snail.

"First of all, we're closed, and second of all, we don't serve snails. So go away!"

The snail begs and pleads for a beer.

The owner finally gets fed up, kicks the snail, and slams the door.

ONE YEAR LATER....

The owner of a bar is just locking up for the night when there is a knock at the door. He opens the door and there's a snail sitting on the doorstep.

"What'd you do that for?" asks the snail.

WIFE VS. HUSBAND

A couple drove down a country road for several miles, not saying a word. An earlier discussion had led to an argument and neither of them wanted to

concede their position.

As they passed a barnyard of mules, goats, and pigs, The husband asked sarcastically, 'Relatives of yours?' 'Yep,' the wife replied, 'in-laws.'

WORDS

A husband read an article to his wife about how many words women use a day...

30,000 to a man's 15,000... The wife replied, 'The reason has to be because we have to repeat everything to men...

The husband then turned to his wife and asked, 'What?'

CREATION

A man said to his wife one day, 'I don't know how you can be so stupid and so beautiful all at the same time.' The wife responded, 'Allow me to explain. God made me beautiful so you would be attracted to me; God made me stupid so I would be attracted to you!

The Silent Treatment

A man and his wife were having some problems at home and were giving each other the silent treatment. Suddenly, the man realized that the next day, He would need his wife to wake him at 5:00 AM for an early morning business flight..

Not wanting to be the first to break the silence (and LOSE), he wrote on a piece of paper, 'Please wake me at 5:00 AM.' He left it where he knew she would find it. The next morning, the man woke up, only to discover it was 9:00 AM and he had missed his flight.. Furious, he was about to go and see why his wife hadn't wakened

him, when he noticed a piece of paper by the bed. The paper said, 'It is 5:00 AM. wake up.'

God may have created man before woman, but there is always a rough draft before the masterpiece.

A woman brought a very limp duck into a veterinary surgeon.

As she laid her pet on the table, the vet pulled out his stethoscope and listened to the bird's chest.

After a moment or two, the vet shook his head sadly and said, "I'm sorry, your duck, Cuddles, has passed away."

The distressed woman wailed, "Are you sure?"

"Yes, I am sure. The duck is dead," replied the vet.

"How can you be so sure?" she protested. "I mean you haven't done any testing on him or anything. He might just be in a coma or something."

The vet rolled his eyes, turned around and left the room.

He returned a few minutes later with a black Labrador Retriever..

As the duck's owner looked on in amazement, the dog stood on his hind legs, put his front paws on the examination table and sniffed the duck from top to bottom. He then looked up at the vet with sad eyes and shook his head. The vet patted the dog on the head and took it out of the room.

A few minutes later he returned with a cat. The cat jumped on the table and also delicately sniffed the bird from head to foot. The cat sat back on its haunches, shook its head, meowed softly and strolled out of the room...

The vet looked at the woman and said, "I'm sorry, but as I said, this is most definitely, 100% certifiably, a dead duck."

The vet turned to his computer terminal, hit a few keys and produced a bill, which he handed to the woman. The duck's owner, still in shock, took the bill.. "£150!" she cried, "£150 just to tell me my duck is dead!"

The vet shrugged, "I'm sorry. If you had just taken my word for it, the bill would have been £20. But with the Lab Report and the Cat Scan, it's now £150."

MEXICAN MAID

Our Mexican maid asked for a pay increase. My wife was very upset about this and decided to talk to her about the raise. She asked: 'Now Maria, why do you want a pay increase?' Maria: 'Well, Señora, there are three reasons why I want an increase.' The first is that I iron better than you.' Wife: 'Who said you iron better than me?' Maria: 'Your husband said so.' Wife: 'Oh.' Maria: 'The second reason is that I am a better cook than you.' Wife: 'Nonsense, who said you were a better cook than me?' Maria: 'Your husband did.' Wife: 'Oh.' Maria: 'My third reason is that I am a better lover than you.' Wife: (really furious now): 'Did my husband say that as well?' Maria: 'No Señora...the gardener did.' Wife: 'So how much do you want?'

A successful rancher died and left everything to his devoted wife. She was a very good-looking woman and determined to keep the ranch, but knew very little about ranching, so she decided to place an ad in the newspaper for a ranch hand.

Two cowboys applied for the job. One was gay and the other a drunk. She thought long and hard about it, and when no one else applied she decided to hire the gay guy, figuring it would be safer to have him around the house than the drunk. He proved to be a hard worker who put in long hours every day and knew a lot about ranching.

For weeks, the two of them worked, and the ranch was doing very well.

Then one day, the rancher's widow said to the hired hand, 'You have done a really good job, and the ranch looks great. You should go into town and kick up your heels'

The hired hand readily agreed and went into town one Saturday night. One o'clock came, however, and he didn't return. Two o'clock and no hired hand.

Finally he returned around two-thirty, and upon entering the room, he found the rancher's widow sitting by the fireplace with a glass of wine, waiting for him.

She quietly called him over to her. 'Unbutton my blouse and take it off,' she said. Trembling, he did as she directed. 'Now take off my boots.' He did as she asked, ever so slowly. 'Now take off my socks.' He removed each gently and placed them neatly by her boots. 'Now take off my skirt.' He slowly unbuttoned it, constantly watching her eyes in the fire light. 'Now take off my bra.' Again, with trembling hands, he did as he was told and dropped it to the floor.

Then she looked at him and said, 'If you ever wear my clothes into town again, you're fired.'

A very pretty young speech therapist was getting nowhere with her Stammerers Action group.

She had tried every technique in the book without the slightest success.

Finally, thoroughly exasperated, she said "If any of you can tell me the name of the town where you were born, without stuttering, I will have wild and passionate sex with you until your muscles ache and your eyes water.

So, who wants to go first ?" The Englishman piped up. "B-b-b-b-b-b-b-irmingham", he said.

"That's no use, Trevor" said the speech therapist, "Who's next ?"

The Scotsman raised his hand and blurted out "P-p-p-p-p-p-p-p-aisley". That's no better. There'll be no sex for you, I'm afraid, Hamish. How about you, Paddy ? The Irishman took a deep breath and eventually blurted out " London ". "Brilliant, Paddy!" said the speech therapist and immediately set about living up to her promise. After 15 minutes of exceptionally steamy sex, the couple paused for breath and Paddy said "-d-d-d-d-d-d-d-d-erry".

After the christening of his baby brother in church, Jason sobbed all the way home in the back seat of the car.

His father asked him three times what was wrong.

Finally, the boy replied, 'That preacher said he wanted us brought up in a Christian home, and I want to stay with you guys.'

A wife invited some people to dinner. At the table, she turned to their six-year-old daughter and said, 'Would you like to say the blessing?' 'I wouldn't know what to say ,' the girl replied. 'Just say what you hear Mommy say,' the wife answered.

The daughter bowed her head and said, 'Lord, why on earth did I invite all these people to dinner?'

Paddy and Colleen were making passionate love in Paddy's mini van when suddenly Colleen, being a bit on the kinky side, yells out "Oh big boy, whip me, whip me!"

Paddy, not wanting to pass up this unique opportunity, obviously did not have any whips on hand, but in a flash of inspiration, he opens the window, snaps the antenna off his van and proceeds to whip Colleen until they both collapse in ecstasy.

About a week later, Colleen notices that the marks left by the whipping are starting to fester a bit so she goes to the doctor. The doctor takes one look at the wounds and asks, "Did you get these marks having sex?" Colleen, a little embarrassed that she has slept with Paddy [let alone that she allowed the kinky boy to whip her] eventually admits that, yes, she did.

Nodding his head knowingly, the doctor exclaims, "I thought so, because in all my years as a doctor you've got the worst case of van aerial disease that I've ever seen"..

A country preacher decided to skip services one Sunday and head to the hills to do some bear hunting. As he rounded the corner on a perilous twist in the trail, he and a bear collided, sending him and his rifle tumbling down the mountainside. Before he knew it, his rifle went one way and he went the other, landing on a rock and breaking both legs. That was the good

news. The bad news was the ferocious bear charging at him from a distance, and he couldn't move.

"Oh, Lord," the preacher prayed, "I'm so sorry for skipping services today to come out here and hunt. Please forgive me and grant me just one wish . . . please make a Christian out of that bear that's coming at me. Please, Lord!"

That very instant, the bear skidded to a halt, fell to its knees, clasped its paws together and began to pray aloud right at the preacher's feet. "Dear God, bless this food I am about to receive . . ."

An Irish priest was transferred to Ballina Catholic Church. Father O'Malley rose from his bed one morning. It was a fine spring day in his new Ballina parish.

He walked to the window of his bedroom to get a deep breath of the beautiful day outside. He then noticed there was a Donkey lying dead in the middle of his front lawn. Not knowing who else to call, he promptly called the local police station. The conversation went like this:

"Good morning. This is Sergeant Jones. How might I help you?" "And the best of the day ter yer good self. This is Father O'Malley at St. Francis Xavier Catholic Church. There's a Donkey lying dead right in der middle of me front lawn ". Sergeant Jones, considering himself to be quite a wit, replied with a smirk, "Well now Father, it was always my impression that you people took care of the last rites!" There was dead silence on the line for a long moment and then Father O'Malley replied: "Ah, to be sure, that is true; but we are also obliged to notify the next of kin"

One day, a long time ago and far away, there was a woman who did not complain, whine or nag. But it was just that one day and it was a long time ago and it was far away.

A man arrived at work with both ears bandaged. 'What happened?' asked the boss. 'I was ironing my shirt when the phone rang and I accidentally answered the iron.' said the man. 'That explains one ear' said the boss, 'but what about the other one?' 'Well, I had to phone the doctor'

A man drives into a ditch but luckily a farmer's there to help. He hitches his horse Neddy up to the car and shouts, 'Pull, Sally, pull!' Ned doesn't move. 'Pull, Buster, pull! Ned doesn't budge. 'Pull, Coco, pull!' Nothing. Then the farmer says, 'Pull, Neddy, pull!' and the horse drags the car out of the ditch. The driver asks the farmer why he kept calling the horse by the wrong name. 'Neddy's blind' said the farmer. 'And if he thought he was the only one pulling, he wouldn't even try.'

A Jehovahs witness gave me an advent calendar, I opened the first little door and blow me 2 of them were stood behind it!

An elderly man in Queensland had owned a large property for several years. He had a dam in one of the lower paddocks where he had planted mango and avocado trees. The dam had been fixed up for swimming when it was built and he also had some picnic tables placed there in the shade of the fruit trees. One evening the old farmer decided to go

down to the dam to look it over, as he hadn't been there for a while. He grabbed a ten litre bucket to bring back some fruit. As he neared the dam, he heard voices shouting and laughing with glee. As he came closer he saw a group of young women skinny-dipping in his dam. He made the women aware of his presence and they all went to the deep end. One of the women shouted to him, 'We're not coming out until you leave!' The old man frowned, 'I didn't come down here to watch you ladies swim naked or make you get out of the dam naked.' Holding the bucket up he said, 'I'm here to feed the crocodile.'

That's all folks special thanks this issue to Jeffrey Blain, David Hastings, Patricia Heard, Libby Diamond & Trish Benson

Sorry if you sent howlers and they were not printed please don't be upset. We only have so much room and some we have printed before or they may contain moving images etc. so are unsuitable for a printed mag. Please keep them coming because it's your contributions that make the Howlers so popular.

Helen

Howlers welcome via:
info@livenorth.org.uk
or by letter to our FREEPOST address

LIVERNORTH
FREEPOST NEA2762
Stanley
Co. Durham
DH9 0BR

The Mayor's Charity - LIVErNORTH!



The Mayor of Durham, Dennis Southwell nominated LIVErNORTH as one of his charities for his year in office.

If you are visiting Durham City during the run up to Christmas (and why not?) call in to the Town Hall for your cuppa. The Town Hall is in the Market Square in the centre of Durham and refreshments days are on Sunday 6th. December from 11.30 to 3.30 and Saturday 12th. December from 9.30 to 4.00. Call in, have a cuppa and help LIVErNORTH - the profits from the refreshment sales will be added to the Mayors appeal funds (we get half!) - what could be better than that?



Mayor Southwell has already used his high office to raise considerable funds for our group and we will be attending a presentation ceremony at the end of his year in office. Only two charities have been nominated by the Mayor; LIVErNORTH and the Alzheimers Society so we are extremely grateful to be benefiting from his patronage.

Dennis is currently busy arranging other fund raising functions including, on February 19th next year, a boxing night. This promises to be a great night's entertainment and could be a major fund raiser. Further details will be published in due course and we shall update you via this newsletter and 'twitter' with any news.



INSURANCE

These are the insurance companies our members have reported having some success with. Please let us know your experience and we will update this page.

Able2Travel are very reasonable and cover transplants. 0870 7506711

Age Concern 0845 6012234

Bib Insurance Brokers 01325 353888

www.bibinsurance.co.uk

Bishop Skinner 0191 232 8682

City Bond 0117 9426877

Churchills* 0800 200388

CNA 01452 623623

Direct Travel Insurance* 0800 068 1603

Endsleigh Insurance 0191 2210900

Freedom 01223 454290

(good for pre-existing conditions)

Floyd's Direct 0870 442 3234

Holiday Services 01773 747 426

(Quote MS for LiverNorth discount)

Insure and Go 0870 2202240

Intune (Croydon) 0800 0223192

Jardine/Lloyd Thompson 0121 2246934

Leisure Care Insurance 01793 514 199

Marcus Hearn 0207 7393444

Norwich Union Direct* 0800 121007

Post Office 0800 1699999

RIAS* 0800 552100

SAGA 0800 0964556

Sainsbury's 0845 3003190

Tesco Insurance 0845 300 8800

Travelcare Ltd 0800 181 532

www.the-life-insurance.co.uk

Try also (online) :

<http://www.moneysupermarket.com/c/travel-insurance/pre-existing/medical/>

conditions/

* not TX patients - check others also.



Answers to UIOLI No.43

We hope you all enjoyed doing the SUDOKU puzzles in our last issue. Those of you who completed either (or both) puzzles will know that you got the correct answer because that's how it works!.

For those of you didn't manage it, there are two more on page 43 and the correct answers to last issues SUDOKU's are shown below.

Keep trying - Use It Or Loose It!

Medium SUDOKU

2	5	9	6	1	7	3	8	4
6	1	8	4	2	3	7	5	9
3	4	7	8	9	5	1	2	6
9	8	5	3	6	4	2	1	7
7	2	4	1	8	9	5	6	3
1	3	6	5	7	2	4	9	8
5	9	2	7	3	6	8	4	1
8	6	3	2	4	1	9	7	5
4	7	1	9	5	8	6	3	2

Hard SUDOKU

5	3	1	6	7	4	9	2	8
8	6	4	9	2	5	1	7	3
7	9	2	1	8	3	5	6	4
4	5	6	3	9	7	2	8	1
9	7	8	5	1	2	4	3	6
2	1	3	8	4	6	7	5	9
3	2	7	4	6	1	8	9	5
6	4	9	2	5	8	3	1	7
1	8	5	7	3	9	6	4	2

UIOLI No 46

Here's an opportunity to brush up on your general knowledge.

How many magazines give you this much free education?

No - that's not the first question... they start below.

Answers on page 44

- 1 Which composer wrote The Water Music?
- 2 What colour does acid turn Litmus paper?
- 3 What's the largest Scandinavian country?
- 4 What was Mickey Mouse's original name?
- 5 Which metal do you get from bauxite?
- 6 Which animal produces the biggest baby?
- 7 In Pop music, which two herbs go with 'Parsley & Sage'?
- 8 What was the name of the Benedictine monk who legend has it invented Champagne?
- 9 In which Country is Auschwitz (Birkenau)?
- 10 Who was Leonardo di Caprio's co-star in Titanic?
- 11 Acid rain is composed mainly of the oxides of two elements. Give either.
- 12 What sort of creature is a bustard?
- 13 What is calcium carbonate normally known as?
- 14 Who commanded the Allied forces, which invaded Europe on D-Day?
- 15 Who holds the record as being Britain's youngest ever Formula 1 Driver?
- 16 What word do we use to describe the Asexual reproduction of a genetic carbon copy of an animal or plant?
- 17 Which chemical element has the shortest name - 3 letters?
- 18 What is the state capital of Alaska?
- 19 How many holes are there in a ten pin bowling ball?
- 20 Which land did Puff The Magic Dragon live in?

UIOLI No.45

It's the craze that has swept the nation...SUDOKU. With the kind permission of the creator (Wayne Gould of Pappocom). You don't need to do any arithmetic or be good at maths - all it takes is logic so please have a go. Recent research has PROVEN that it will help to keep your brain active if done regularly.

2			3		4			8
		7				6		
5			1		9			7
	4		8		2		5	
	2	6				1	8	
	1		7		6		4	
3			6		1			4
		9				2		
6			5		7			9

Medium SUDOKU

Hard SUDOKU

			5		9			
3								7
	4	6	1		2	9	5	
	8			5			4	
6	3						8	1
	2			6			3	
	7	8	3		5	1	2	
5								8
			6		8			

SU DOKU

**As featured in the Times
Monday to Saturday**

©Puzzles by Pappocom

www.sudoku.com

SUDOKU MADE SIMPLE...

Look at these squares below and in the left hand set of nine, write in the number that is missing (each box must contain the numbers 1 to 9 once).

2	6	1						
4	9							
5	3	8						

Yes, 7. Now, each row also has to contain the numbers 1 to 9 so see if you can write in the missing numbers in the middle and right hand boxes.

2	6	1	3		4	5	9	8
4	9	7	2	5	8		3	1
5	3	8		6	9		2	7

There are 2 numbers needed in the bottom row and these must be 4 and 1 but which is which? well, 4 can not be in the middle box because it is already there so the missing number in the bottom row of the middle box must be 1. Therefore: =

2	6	1	3	7	4	5	9	8
4	9	7	2	5	8	6	3	1
5	3	8	1	6	9	4	2	7

ANSWERS to UIOLI No 46

If you got 22 or over, you might be a genius but you seriously need to brush up on your maths. The maximum possible score is 20. If you got 18 or 19 you really are a genius. 15, 16 or 17 - you are a very well educated and intelligent person. 12, 13 or 14 - you are well educated with a broad knowledge. 9, 10, 11 - average and a good effort. 6, 7 or 8 - you need to read more widely. 3, 4 or 5 - you need to start now to educate yourself. 1 or 2 - at least you tried our quiz, better luck next time.

1. Handel
2. Red
3. Sweden
4. Mortimer Mouse
5. Aluminium
6. Blue Whale
7. Rosemary and Thyme - Scarborough fair
8. Dom Perignon
9. Poland
10. Kate Winslett
11. Sulphur or Nitrogen
12. A bird
13. Chalk
14. Dwight Eisenhower
15. Jensen Button
16. Clone
17. Tin
18. Juneau
19. 3
20. Honalee

Any ideas or suggestions for future UIOLI's very welcome. Let us know what your favourite type of quiz is or if you would like a different format (i.e. answers next issue or on our website, competitions etc.)

If you, or someone you care about is worried,
confused or uncertain about liver disease,
we may be able to help:



TILLY	01670 714901
ANN	0191 4131827
SUSAN	01207 271707
JULIE	0191 4873665
SYLVIA	01661 881020
NANCY	01325 463754
JOAN	0191 3702961
ALAN	0191 4821802

for alcoholism ring:

MICHAEL 01228 810598

Also - for health advice ring

NHS DIRECT 08 45 46 47

Lots of information also available via our website:
www.livernorth.org.uk

CONTACT NUMBERS

ADDRESS FOR ALL CORRESPONDENCE:

LIVERNORTH
FREEPOST NEA2762
STANLEY
Co. DURHAM DH9 0BR
www.livernorth.org.uk
Tel & FAX: 0191 3702961
info@LIVERNORTH.org.uk

SEE INSIDE FOR OUR
HELPLINE NUMBERS

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jonathon4uk2001@yahoo.com
01371-810995
Marion Edwards
a.edwards27@btinternet.com
01353 862466

-oOo-

Gift of Life - Derby Liver Support Group
(for transplants and all with liver disease)
Contact: Sister Gerri Casey
0133 234 0131 bleep 1926

-oOo-

HAEMOCHROMATOSIS SOCIETY
Janet Fernau
Tel: 020 8449 1363
e-mail: info@haemochromatosis.org.uk
Website: www.haemochromatosis.org.uk

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HELPING HANDS
SUPPORT GROUP (BATH)
Helpline 01225 834966
e-mail: helpinghandsblt@yahoo.com

-oOo-

MERSEY LIVER SUPPORT GROUP
Tel: 0151 2207066/
2289866 or 01772 496987
e-mail: leeandalan@aol.com

-oOo-

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If you run a liver patient support group you can have your contact details printed here free in every issue. Just ring LIVERNORTH on one of the numbers above or e-mail us on info@livernorth.org.uk

To receive a regular FREE copy of this newsletter please contact LIVERNORTH (details above)