

Other Information Leaflets Available:

- Accommodation (for Carers & Families)
Autoimmune Hepatitis
Alcoholic Liver Disease
Coping With Stress)
Diet for Liver Patients
Liver Cancer
Hepatitis C
Look after Your Liver
Liver Disease (General Information)
NASH (Fatty Liver)
PBC (Primary Biliary Cirrhosis)
Skin Care for Liver Patients)
You and Your Consultant)

How to get a leaflet:

1. Download from our website
(www.livernorth.org.uk)
2. Collect from our display boards
(Freeman Hospital W12, 16 & Clinics)
3. Email us & ask
(info@livernorth.org.uk)
4. Phone/FAX us & ask
(0191 3702961)
5. Drop us a line at:

LIVERNORTH
FREEPOST NEA 2762
STANLEY, County Durham DH9 0BR

This leaflet is for information only. Professional, medical or other advice should be obtained before acting on anything contained in this leaflet. LIVERNORTH can accept no responsibility as a result of action taken or not taken because of the contents.

Don't take your organs to heaven
Heaven knows we need them here



0845 60 60 400

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LIVERNORTH
FREEPOST NEA 2762
STANLEY, County Durham DH9 0BR
Tel & FAX: 0191 3702961
Info@livernorth.org.uk
www.livernorth.org.uk

LIVERNORTH is the regional liver patient support charity and has provided this leaflet free of charge.
We have no paid employees.

Registered Charity Number 1087226

Patron: Miss Denise Robertson MBE
President: Professor OFW James MA BM BCh FRCP FAMSci
Chairman: JE Bedlington MSc MIFE MILM
Medical Advisory Committee:
Professor MF Bassendine FRCP FRCP(Edin)
Professor CP Day MA MB Chir PhD MD FRCP
Professor DEJ Jones MA BM BCh PhD FRCP
Professor DM Manas FRCS
Mr R Charnley MA DM BChir FRCS
Dr PT Donaldson BSc PhD
Dr H Mitchison MD FRCP

Liver Patient Support

LIVERNORTH is the regional liver patient support group and has about 1500 members.

Based at the Freeman Hospital in Newcastle upon Tyne, we help liver patients, their carers and families throughout the Northern Region.

We are a registered charity (no. 1087226) and are run entirely by volunteers.

We pay no wages, commission, salaries or fees whatsoever to anyone.

Every penny given to LIVERNORTH is used to support liver patients, their carers or families and to fund research into finding cures and treatments for liver disease.

We provide the following:

- ▶ Free information leaflets on most types of liver disease. These have all been written specifically for us by experts in their field and are a valuable tool in the fight against liver disease.
- ▶ A website where people can find out about the group and download the information leaflets mentioned above. www.livernorth.org.uk
- ▶ Meetings where guest lecturers (usually consultant clinicians) address the meeting and give the latest facts on research into, the causes of and treatments for, liver disease. At the end of every meeting members are given free time with the consultant(s) to ask questions.
- ▶ A free bi-monthly newsletter which keeps members up to date with developments in liver research, treatments and the news and views of patients, consultants and carers. Humour features strongly in the newsletter and many members contribute to the very popular 'Helen's Howlers' column.
- ▶ Accommodation at the Freeman Hospital (a 4 bed flat) for patients, their carers and families who find travel to & from the hospital too difficult. A minimal charge is made to cover the cost of home comforts such as tea/coffee/microwave etc which are all provided by LIVERNORTH.

- ▶ Helplines throughout the region provided by qualified listeners. Helpers are available to talk specifics about alcoholism and hepatitis C.
- ▶ A laboratory at Newcastle University Medical School (The LIVERNORTH Laboratories). Research funded by the group and by others is carried out here to find cures and new treatments for liver disease. Newcastle is the leading centre for liver disease research & treatment in the UK.
- ▶ Fund raising events and items. Our annual Autumn Fair combined with the Grand Prize Draw raises over £2000 each year for the group. Pens & Badges etc are available at meetings for a small donation and supporters are constantly engaged in fund raising activities for the group. Speakers from the group who give talks to other interested organisations are often given a small fee which is passed on to the group as a donation. Our numbers club has almost 200 members and raises £5000 per year for the group. Coffee mornings raise a further £1500 per year.
- ▶ Social events where members can gather and enjoy fellowship with other liver patients and carers. The Annual Carol Service and Christmas Dinner are two examples.
- ▶ Liaison with hospitals, clinics, health centres and care providers throughout the region.
- ▶ Notice boards where members of the public and carers can obtain information and leaflets are provided at several locations in the Freeman Hospital, Sunderland Royal Hospital and the University Hospital of North Durham.

Liver Disease

There are over 100 known diseases of the liver and only two or three are alcohol related.

One in ten people have some form of liver disease. You know someone with a liver disease.

In our region alone, there are almost two hundred thousand people with liver disease, the majority of whom don't know they have a problem.

There are several ways to contact LIVERNORTH:

Website	www.livernorth.org.uk
email	info@livernorth.org.uk
Telephone	0191 3702961
Post	LIVERNORTH, FREEPOST NEA2762, STANLEY, Co. Durham DH9 0BR

If you would like to support us in our work, please make any donation payable to 'LIVERNORTH' and post it to the above FREEPOST address. Please include your name and address for a receipt and also indicate if you are a taxpayer and would like us to claim gift aid on your donation.

If you would like to volunteer to help us with fundraising or patient support, please ring the above number or send an email.

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In accordance with recent changes in charity law, wherein charities must state what proportions of any donation will be used for wages and administration, we are proud to make the following statement:

'0% of your donation to LIVERNORTH will be used for salaries and 0% of your donation will be used for administration. LIVERNORTH is run entirely by unpaid volunteers.'