

Liver

NORTH

Registered Charity No. 1087226
Patron: Denise Robertson MBE

May 2009



LIVERNEWS

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



Dedicated to the memory of
Wes Clayton
1933 - 2009

www.livernorth.org.uk

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

LIVERNEWS No 31 - May 2009

Contents

Chairman's Report	2
2009 Numbers Club Winners	3
LIVERNORTH 2009 Diary & Photographs	4
Parking Permits for LIVERNORTH & PBC Meetings	5
LIVERNORTH Meeting 27th May 09	6
LIVERNORTH Meeting 10th June 09	7
PBC 2009 Diary	8
PBC Update	9
Falling Interest Rates (James Frith)	10
The 2009 BUPA Great North Run	11
TILLY TATTLE	12
PBC Studies - Help Needed	13
Ward 12 News	14
Charity Booth bookings	15
Support from our World Heritage City	16
It's a Crazy World	17
Dear LIVERNORTH (letters)	18
Wes Clayton - A legacy	22
The Wes Clayton Memorial Fund	27
Autumn Fair 26th Sept 2009	27
More Durham Support!	28
Helen's Howlers	29
Insurance Contacts & UOILI 39 Answers	41
UIOLI 40 Quiz	42
UIOLI 41 (SUDOKU)	43
UIOLI 40 Answers	44
HELPLINE NUMBERS - Inside back cover	
CONTACT NUMBERS - Back cover	

Editorial Team: John Bedlington, Tilly Hale, Nigel Goodfellow,
Helen Dolby, Joan Bedlington

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Chairman's Report

This LIVErNEWS is the Wes Clayton Memorial issue and is intended to pay tribute to a wonderful man. I won't dwell on it here but you can read more inside. I think you will be touched by his eulogy and if you can help with your own transplant tale then you will be playing your own part in his legacy and paying a tribute to his life. On page 27 you can read about the memorial fund we are setting up in his name and you may want to consider giving to this very worthy cause.

Two important things happened for me on 12th May. The first thing was that I was successful in being elected as a public governor for the Newcastle HNS Foundation Trust. I will be representing Durham, Cleveland, Cumbria, Lancashire and beyond so if anyone living in those areas has a query about any of the trust hospitals or services in Newcastle then please get in touch. Thank you to those who voted for me - It should be interesting to find out more about how the trust operates and I will keep you posted...

The second thing that happened on 12th May was that I had an audience with Ann Milton MP in Westminster. She is the shadow secretary of state for health and asked me to meet her to discuss our thoughts on binge drinking. The meeting was one hour and ten minutes late and I only got ten minutes (it was the day the expenses bomb fell) but at least I put across the points I wanted to. The main thrust of my reasoning is that young people are doing irreparable damage to their bodies by binge drinking and no-one seems to want to take responsibility for stopping them. The letters I had written to

the local chief constables in November revealed that only 4 people out of a population of 4 million had been charged with selling alcohol to drunks. It seems incredible that the people that sell alcohol can supply as much of this substance as they like and the 'users' can consume as much as they like. This is exactly the same as letting drug dealers supply as much as they like but only prosecuting the users.

To cut a long story short, this has to be managed by central government and unless it is, many of our young people will need liver transplants but there won't be enough healthy livers to supply them.

Some of you may be wondering 'why Ann Milton'? In fact I wrote to the health ministers of all three main parties but only she replied. The way things are going with our present government it looks as if she may even be the next health minister so meeting her seemed a good idea. Only time will tell but she did express a lot of interest in LIVErNORTH.

I mentioned the Expert Patients' panel in the last issue and a few of you have enlisted but we do need more to get a more representative panel. Please sign up - it won't take much of your time and all you will be asked to do is comment on some aspect of our work from time to time. Email or phone me if you want to find out more.

The annual charity draw tickets are now printed and some of you may have already received some. If, in the next few days, you do not receive any but would like to help raise funds by buying/selling the tickets please ring Joan on 0191 370 2961 and she will send you some.

Best wishes,
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 S Morgan of Birtley (No 71, Feb 4th), Mr M Mole of Stratford upon Avon (No 131, March 18th) and Mr E Atkinson (No 111, April 29th) all of whom won £250 prizes drawn at our meetings this year.

DIARY 2009

The meetings are held in the Postgraduate Functions Room (137/138) on Level 1 at the Freeman Hospital. The meetings are friendly, light refreshments are served, and the speakers are always willing to answer questions in depth, so do come along. If you are coming by car, drive through the security barrier (taking the side road to the left as you approach the roundabout inside the Freeman grounds) and park in the multi storey car park, displaying the parking permit from this newsletter in your windscreen. Access to the Functions Room is in through the double doors beside the portakabin, and straight ahead through the next set of double doors. The Functions Room is on the left hand side. If you come in through the hospital main entrance please be aware that the doors on the lower level are locked around 7 pm so you need to be in at that time otherwise you have to walk around the outside of the hospital.

If you have any queries please do not hesitate to contact us.



May	27	7.00 pm	Dr Stephen Stewart Haemochromatosis - Hosting a meeting of the Haemochromatosis Society
June	10	7.00 pm	Prof Dave Talbot Extra Corporeal Membrane Oxygenation in Cadaver Organ Donation
July	22	7.00 pm	AGM - Prof David Jones
Sept	2	7.00 pm	Prof Derek Manas
Sept	26	1.00 pm	Autumn Fair
Oct	28	7.00 pm	Mr Jeremy French Auxiliary Liver Transplantation

FREE PARKING FOR THESE EVENTS:
PERMITS ON PAGE FIVE



Pictured above is Joan with Prof Maggie Bassendine flanked by her two excellent Hepatitis C nurses. A brilliant talk on 18th March



Tilly presenting Prof Julia Newton with her pen and badge following the excellent review of PBC research progress she gave us on 29th April

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.

<p>FREEMAN HOSPITAL MSCP LIVErNORTH VOLUNTEER PARKING PERMIT</p> <p>Valid only on 27th May 2009 from 1830 until 2130 Meeting in: 137/138 Level 1</p>	<p>FREEMAN HOSPITAL MSCP LIVErNORTH VOLUNTEER PARKING PERMIT</p> <p>Valid only on 10th June 2009 from 1830 until 2130 Meeting in: 137/138 Level 1</p>
<p>FREEMAN HOSPITAL MSCP LIVErNORTH VOLUNTEER PARKING PERMIT</p> <p>Valid only on 22nd July 2009 from 1830 until 2130 Meeting in: 137/138 Level 1</p>	<p>FREEMAN HOSPITAL MSCP LIVErNORTH VOLUNTEER PARKING PERMIT</p> <p>Valid only on 2nd Sept 2009 from 1830 until 2130 Meeting in: 137/138 Level 1</p>

NEXT MEETING:

Wednesday

27th May 2009

Dr Stephen Stewart

HAEMOCHROMATOSIS



What is it?
What is the treatment?
Is there a cure?

A SPECIAL MEETING IN CONJUNCTION WITH
THE HAEMOCHROMATOSIS SOCIETY

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

FUTURE MEETING:

Wednesday

10th June 2009

Professor

DAVE

TALBOT

Extra-corporeal
membrane oxygenation
in cadaver organ donation

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

LIVErNORTH *PBC* DIARY

The lunchtime meetings for 2009 are as follows:

Tuesday	16 June	12.00 – 2.30	Sunderland Royal Hospital, Bede Main Conference Room. Prof Julia Newton, Dr Lisa Robinson & Emma Jamieson (Physiotherapists working in the Liver Unit for Profs David Jones and Julia Newton, who will talk about problems to do with balance, blood pressure and falls in PBC patients.
Tuesday	29 September	12.00 – 2.30	Bishop Auckland General Hospital, Postgraduate Common Room. Prof. Julia Newton and David Jones.
Wednesday*	11 November	12.00 – 2.30	Freeman Hospital, Postgraduate Functions Room (137/138) Christmas Meeting, Raffle, Coffee and Cake. All proceeds to PBC Research at Newcastle.

The meetings are open to all – PBC patients, family 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 through the barrier there, taking a parking ticket. We have been allocated 20 exit passes 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 MARCH MEETING

We had an excellent meeting at the Freeman on 2 March when Professor Julia Newton gave us an update on the various PBC research projects which are taking place. So many of the members take part in these studies and we appreciate the way we are kept informed as to results. The DVD was available at the meeting and many people took it away with them.

THE PBC DVD

The first batch of DVDs was quickly snapped up and we now have our second order, which is also going well. Many people have told me that they find it very useful, and informative, and several people have said they wished it had been available when they were first diagnosed. One of my friends, who does not have PBC but has had to listen to me talking about it for over 23 years, watched it and said if she was diagnosed with PBC she would feel very confident about the prognosis – her husband said he wished there was a similar DVD available for his disease, which is not liver related. Harold Hueston, who provided the £3,000 for the production of the DVD, is very happy with the outcome (see his letter). It has been mentioned on the American PBCers Daily Digest and we have had interest from American patients. This has also introduced it to other British patients who read the digest, so it is also giving good publicity to LIVErNORTH. If you would like to order the DVD, please contact me and I will post one out to you, together with details of how to make a donation, if you wish to do this.

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

Harold Hueston asked me to send him a copy of the February newsletter which I did. He then wrote the following letter which I thought readers might like to see:

15 February 2009.

Dear Tilly,

Your relevant copy of the newsletter was greeted with great pleasure. Seeing so much interest being shown in the DVD is very satisfying as it must be for you too.

I am about to approach the main consultant in the Royal Victoria Hospital, Northern Ireland's largest, and who knows, he may introduce me to others.

Our combined venture has now reached completion and I often think how wise I was to have donated to such a brilliant idea. Who would have dreamt four years ago of it bringing so much pleasure and information to so many sufferers.

Finally, I would like to wish you good health, that's the main thing, and continued success with the Newsletter and LIVErNORTH.

Yours sincerely,
Harold

INTEREST RATES ARE NOT THE ONLY THING FALLING.....

The good news is that interest rates are about to hit the floor and I can forget about my student loan, temporarily. But hitting the floor is not always a good thing, especially if you have Primary Biliary Cirrhosis (PBC). The official medical definition of a fall is "inadvertently coming to rest on a lower level". Surprisingly 72% of people with PBC have inadvertently come to rest on a lower level. This is much more than we had expected, with 55% of people falling within the last year and 22% falling more than once in the last year.

Unfortunately, falling is often overlooked as a medical problem with many people (including doctors) brushing it off as a consequence of ageing. In fact, I am struggling to get this information published because journals do not find it interesting or relevant. However, I think it is very difficult to brush the issue aside when looking at the consequences of falling in PBC. Of those with PBC who had fallen, 70% were injured, 27% broke a bone and 19% were admitted to hospital because of their fall. When we compare the rates of falling and the rates of injury to a group of people living in the community without PBC, falls and injury are much more common in PBC.

So, we've established that "inadvertently coming to rest on a lower level" is a significant problem, but why do people with PBC fall? The explanation is complex, with several interacting factors. We know from Professor Newton's research that the control of blood pressure can be abnormal in PBC and it appears that this is one of the main problems contributing to falls. We have also found that both poor balance and the weak muscles in the legs are also contributing to falls.

The good news is that we can improve control of blood pressure, balance and weak muscles. We don't know yet if improving these will prevent falls but they are certainly a good place to start. Next time you are in clinic tell your doctor if you have had a fall, the consequences of falling can be serious.

Many people have contributed to our understanding of the above issues. I would like to thank all the people who have returned questionnaires, had an MRI scan of their muscles, heart or brain with Keiran Hollingsworth, had muscle stimulation with Claire MacDonald, had blood pressure tests with Professor Newton or attended for a falls assessment with James Frith, Lisa Robinson, Chris Elliot, Katherine Wilton and Jessie Pairman.

Your help really makes a difference.

James Frith

The 2009 BUPA Great North Run *Run for LIVErNORTH!*

* 52,000 runners

* Atmosphere, dedication, passion, fun.

* THE most iconic half-marathon on the planet

* Live on BBC television

Start: 10:40, 20 September 2009

Gateshead/ Newcastle

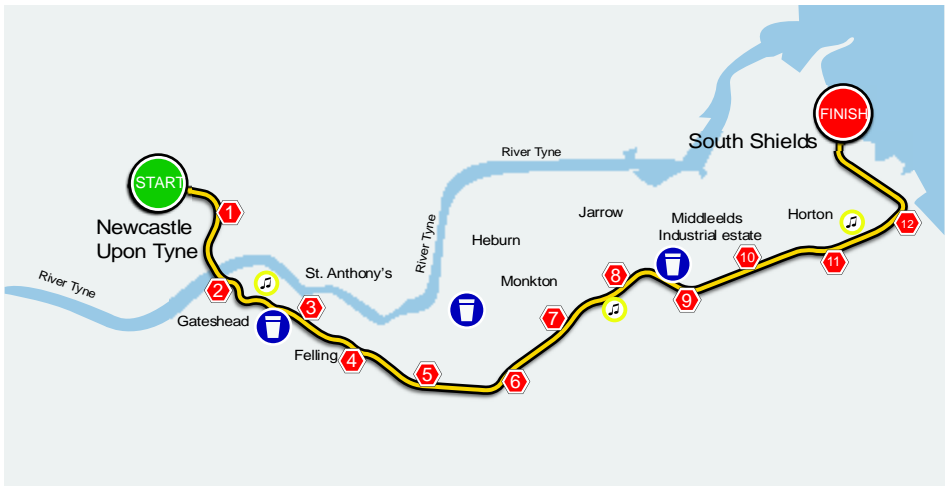
Race Distance: 13.1Miles



We have places - if you want to run you
MUST email us your details NOW.

Less than 120 days to the start

Bupa Great North Run Route map



Route

Water stations

Distance markers

Bands on the run

TILLY TATTLE

I am writing this on the last Sunday in March – the day British Summer Time begins. Overnight we had a hard frost, and it was extremely chilly this morning when I went out to church. Despite the cold, the sun is shining, the daffodils are in full bloom and sitting in the car, or in the house, and looking out, it all seems very pretty and warm. However, I think the planned gardening will be left for another day.

As always at LIVErNORTH, we are planning ahead, and our Annual Fair is in September. Please do think about prizes for the tombola, and also items for the other stalls. You can bring these to our various meetings, or if necessary we can arrange collection. I am already collecting for the Tombola. This stall needs at least 100 prizes to be a success. My thanks to those who have already passed on unwanted gifts to me, but as this is the traditional time of year for Spring Cleaning (do any of us really do it these days) I hope you won't mind me making this plea that if you have any items lurking in drawers and cupboards you think of us and pass them on.

As many of you will know, we lost a faithful committee member and friend in March. Wes Clayton died in hospital. I will not go into details here, as I know John is writing an article. However, I do want to pay my own tribute to Wes, and to Elsie, his wife.

I met Wes and Elsie in 1994 when LIVErNORTH started. This was a year after Wes had his transplant in February 1993. Wes was transplant patient number two at the Freeman. He was an

inspiration to me, as he was to many people. When I had my own transplant in 1999 I decided I would take part in the Transplant Games which were to be held in Newcastle the following year (just around the anniversary of my transplant). I was thinking in terms of entering the swimming when Wes began to talk to me about trying the cycling. Not having been on a bike for many years, and even then not a great cyclist, I laughed at this suggestion. However, as the weeks went by, and he mentioned it more and more, I started to consider it. Wes and Elsie explained to me that we race in age groups at the TX Games, so I would be cycling against other people in the over 55 category. A friend then offered to lend me her bike. Wes and Elsie assured me I did not need any special outfit, shoes etc. It was fun, rather than serious competition. Spurred on by them I decided to give it a go. I practiced, practiced and practiced. I didn't really get very fast, and I certainly didn't think I would win any prizes. Wes and Elsie invited me to their house for tea, and to have a ride round the track that would be used for the Games, which was near their home. I rode round it with my heart in my mouth as it had "hills", I had not practiced on hills. Going up the hill was very hard work, coming down and gaining speed without trying was terrifying and we had to make three laps of the track. Wes and Elsie encouraged me to stick with it. I duly turned up on the day, and Elsie told me I was the only over 55 in that category so if I could finish I would claim the gold

medal! I did finish, much later than everyone else in the women's race (in fact I was lapped by everyone), and on the final lap two young men (who I had never seen before and who I never recognised again) cycled up the hill with me. I thought the men had started their race, but they had decided to ride up with me to keep me going which was so typical of the atmosphere of the games. At the top of the hill they left me to it. I rode down the hill for the final time and at the bottom was cheered on by the stewards, I rode along the final flat and managed to take one hand off the handlebars to ride across the finishing line. I was exhausted but exhilarated. Elsie was there, along with Joan Bedlington, Julie Pyburn and my daughter, Fiona, to congratulate me (Wes was already in the line up for the men's race). After the races were finished Wes and I had a photograph taken together. I was very touched to find that was one of the photographs John Bedlington enlarged for Elsie, to display at the meal after Wes' funeral. I took part in several more games, I was always the only over 55 in the cycling, so always won the gold medal, but that first one was the really important one for me. As you will see from John's article, Wes was not the only over 55 in the men's race, and in fact he was faster than most, if not all, of the people in the younger groups – he was a real champion. Wes inspired many people, not just with his fitness, but with his kindness, his friendship, his warmth and his humour. It was my great privilege to know him, and I will always remember him.

Tilly Hale

PBC STUDIES – HELP NEEDED

As many of you know, there are frequent studies being done with PBC patients, and more and more often Professors Dave Jones and Julia Newton and their teams need “control” volunteers. These are so that results can be matched with “normal” people (not that PBC people are not normal, but the controls do not have the disease). So far I have managed to recruit from my circle of friends, and often from their circle of friends, and I am very grateful to all of these people for their sterling efforts on our behalf. However, I do feel that all PBC people have family members and friends and I am sure some of them would be willing to take part in research studies as a result of that friendship. Could you ask if they would be willing, and if so, could you let me have their names, addresses and telephone numbers. I did have a list a few years ago but unfortunately my old computer died a sudden death and I lost my records. “Controls” really do play a vital part in research and Dave, Julia and myself are very appreciative of the efforts of those people who help out in this way.

Many thanks.

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

CONGRATULATIONS

I am sure many readers will remember Dr Martin Prince who worked at Newcastle Freeman Hospital and also Sunderland Royal until a few years ago. Martin was very involved with the lunchtime PBC meetings and in PBC research with Prof

Oliver James and Prof David Jones and also worked in other areas of the Liver Unit.

Martin now works at a hospital in Manchester and still receives the LIVErNEWS newsletter and takes a great interest in our activities. He got in touch with me before Christmas to tell me that he and his wife, Anne, were expecting twins. The good news is that the boys arrived safely on New Year's Eve – Felix and Jasper. This is great news and we are delighted for Martin and Anne and I am sure that those of you who know Martin will join me in sending warmest congratulations to them.

Tilly Hale

WARD 12 NEWS

Congratulations to Denise Bennett who has been a nurse on Ward 12 for several years – I know it is at least 10 as Denise looked after me when I had my transplant. Denise was recently promoted to Sister. She looks very good in her dark blue uniform.

We would like to welcome some new starters to Ward 12. They are Carly Byrne, Emily Hinchcliffe, Corrina Howland, Zoe Hulme and Rebecca Laidler. Dianne Hume tells me that apart from this, everything is ticking over as usual.

THE PRIZE DRAW AND AUTUMN FAIR

As usual we will be having a Grand Prize Draw and the winning tickets will be drawn on Saturday 26 September at the Annual Fair.

First prize this year is £500, and of course

there are many other excellent prizes.

The raffle and the Fair are our main fund raisers and we really do need your help, both in selling tickets which are sent to you direct, and also selling tickets to the general public by means of the Charity Booth in the Freeman Hospital. We also need volunteers to run stalls or to help man the various stalls on the day. (Of course we also need items to sell on the stalls, so please do hunt out those unwanted gifts and bring them along to the various meetings before the Fair.)

Could you please think about whether you could help out this year. If you have done it before, we do hope you will feel able to help again; if you have never done it, why not decide to volunteer for either selling tickets or helping at the Fair, or even both. It is surprisingly good fun and the money raised is used to help fund research into liver disease, or purchase items which are outside the remit of the NHS. In other words, the money raised is used to help all liver patients!

Tickets are sold from about 6pm until 8.30pm (staying that half hour after visiting ends means we sell to lots of people as they leave the hospital). Selling will take place from late July through to the week before the Fair, mainly on Mondays, Wednesdays and Fridays.

Please do contact me if you are willing to help, we really would appreciate it. The form opposite shows all of the dates we have booked so please fill it in and return it with your choices.

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

YOU CAN HELP US...

Once again we will be selling raffle tickets (£500 first prize) in the Charity Booth, opposite the lifts at the Freeman Hospital. We desperately need volunteers to help with this task and we would be very grateful if you feel able to help out. If you can bring a friend to help, so much the better! It is really quite good fun and everything is explained beforehand. Selling takes place between 6.00 and 8.30 pm on the following dates:



July
Monday 20th Friday 24th Wednesday 29th

August
Monday 3rd Friday 7th Wednesday 12th
Monday 17th Friday 21st Wednesday 26th



September
Monday 14th Friday 4th Wednesday 9th
Friday 18th

If you can help please either telephone me on 01670 714901 or return the tear off slip below (no stamp necessary)

Many thanks, Tilly Hale



I am willing to sell raffle tickets for LIVErNORTH at the charity booth on the following dates (please tick):

July
Monday 20th Friday 24th Wednesday 29th

August
Monday 3rd Friday 7th Wednesday 12th
Monday 17th Friday 21st Wednesday 26th

September
Monday 14th Friday 4th Wednesday 9th
Friday 18th

Name..... Telephone

Send to:
LIVErNORTH, FREEPOST NEA2762, Stanley, Co. Durham DH9 0BR

Support from our World Heritage City

Two great offers of support came our way recently and we were blown away by the unexpected kindness and humbled by the thoughtfulness of the sponsors.

A phone call from Elsie Clayton started the ball rolling in the first case. Her son in law's father Dennis Southwell is the Mayor of Durham city this year and has decided to nominate LIVERNORTH as one of his two chosen charities for the



Mayor's Charity Appeal. To support the Mayor's charity and LIVERNORTH, please send cheques payable to 'City of Durham Mayor's Appeal' to Mayor's Office, 17 Claypath, Durham, DH1 1RH. Please write 'LIVERNORTH' on the back of the cheque.

The second great sponsorship deal was also started with a phone call. This time it was from the manager of Kascada Bowl in Durham City, Joseph Priano. His father was a liver patient and him mum is a keen supporter. Joseph decided to raise some funds for the group by holding a fun weekend combined with a publicity event on 5 - 7th June. He has some good support from the local police and local business so let's hope it's a great success (his excellent poster is below). Please go along on one of the days, enjoy some tenpin bowling in the beautiful city of Durham and find out more about the group. If anyone would like to help staff the stall and answer questions on liver disease then please give us ring or email us soon as possible.

Help us raise funds for a Great North East Cause.

Liver
NORTH

REGIONAL LIVER PATIENT SUPPORT GROUP

English Liver Patients Association

5th-7th June

FREE Fun Family events, informative talks and a lot more, will be held at Kascada Bowl throughout the weekend, raising awareness in the community and increasing LIVERNORTH's charity funds.

Kascada Bowl will be donating 50% of its turnover to LIVERNORTH. So help us make a difference....

Reserve your lane today!



Walkergate
Durham. DH1 1SQ.
Tel (0191) 3830300

supported by 

It's a Crazy World...

or 'the fuse gets a little shorter every day'

A baker from Weymouth has been ordered to rename her cakes because they fell foul of trading standards. Her Miss Piggy tarts were not made of pork and her Paradise Slice did not actually come from heaven. Both had to be renamed.

Swimming pool staff in Bournemouth have been forbidden from lending arm bands to children in case they got an infection blowing them up. Armbands have been withdrawn from Bournemouth pool.

The Scottish Executive has spent £2.5 million on a campaign to teach people to wash their hands (not nurses, doctors etc - just ordinary citizens). They have employed 14 'hand washing co-ordinators' on salaries of £50,000 per year (each!) and have produced a ten stage guide to washing hands. Stage eight for example involves 'rotational rubbing, backwards and forwards, clasping fingers of right hand in left palm and vice versa'

WORLD TRANSPLANT GAMES 2011

The world transplant games federation (wtgf) has announced the site and host country of the World Transplant Games, scheduled for June 18th-25th 2011: Gothenburg, Sweden. The 2011 event will be the 17th such games. The federation stages both summer and winter international sporting activities for transplant athletes to illustrate the success of transplant surgery and to heighten public awareness of the necessity to boost rates of organ donation.



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 small donation is requested for each item and they can be posted to you if required. All Items are always available at our meetings

Dear LIVERNORTH

Dear LIVERnORTH

Please find enclosed my cheque for the very informative DVD.

I wish it had been available to me a few years ago when I was diagnosed with PBC

BS
Lancs

Dear Tilly,

Thank you so much for the newsletter & DVD. It was very informative and explained a lot of things that I had put down to other things, so I felt a lot more relieved after I had watched it.

I am enclosing a cheque for £10 towards the cost of things.

Could you please put my name down for a newsletter each time it comes out. Thank you again for all your help Tilly.

JH
Preston

Dear LIVERnORTH,

I attach my cheque as a donation towards the LIVERnORTH charity.

Keep up the good work with the LIVERnNEWS

Yours faithfully
SF
North Yorkshire

Dear LIVERnORTH

Please find enclosed a cheque in lieu of flowers as requested by his family.

Wes was a remarkable person and much loved by all who came in contact with him and would not have achieved many goals without the gift of a liver received many years ago.

I hope this donation and many others that you receive will be a help and a tribute to Wes

yours faithfully
J&C U
Houghton le Spring

Dear LIVErNORTH,

Please find enclosed a cheque Which I would like to go towards the excellent ongoing work of the LIVErNORTH project.

I am donating this money in memory of my late uncle, Wesley Clayton, who sadly passed away recently. Wes benefited from the marvellous work your organisation performs and was a keen fund raiser himself for the group, following a liver transplant a number of years ago.

Keep up the good work.

SD

Gateshead

Dear LIVErNORTH,

Thank you for the PBC DVD, it was very informative and a great help.

Yours sincerely

LL

Kent.

Dear LIVErNORTH,

Thank you for the DVD. We have played it and found it very informative. I was diagnosed PBC over 20 years ago and wished it had been around then.

I was fortunate in having a liver transplant in June 2007 at the Freeman, making an excellent recovery - I have even lost my baldness!

I enclose a cheque and the DVD for its further use.

Many thanks

BB

Teesside

Dear LIVErNORTH,

Many thanks for the 2 DVDs (PBC). I can't wait to see it and for my nurse at the Royal Free to see it.

Enclosed is a cheque for postal cost for the two DVDs.

Thanks

SA

London

Dear LIVErNORTH,

I would just like to say how much I appreciated staying in the flat to be near to my husband when he was so ill, it is a very good cause you have.

Yours truly

CR

Middlesbrough

Dear LIVErNORTH,

Please find enclosed our cheque to go into the LIVErNORTH funds. This donation is in appreciation to Val Donkin who made a beautiful cake for our Golden Wedding.

Olive & Bob

Dear LIVErNORTH,

I would be grateful if you would send me two DVDs of PBC, which I am sure will be very helpful for me and my family. Good luck and best wishes to you all for all your hard work it is much appreciated.

Please find enclosed cheque for £20 to cover cost and postage.

Yours sincerely

MC

Liverpool.

Dear LIVErNORTH,

Many thanks for sending me the PBC support DVD.

I have been attending the Freeman Hospital for many years to see Professor Jones and his team at the PBC clinic.

The content of the DVD is excellent and it was very interesting to see patients who are affected by PBC sharing their own personal experiences.

Please find enclosed the DVD together with a cheque for £10.00 to cover associated costs.

Yours sincerely

MA

North Shields

Dear LIVErNORTH,

Thank you for letting me have the very useful DVD regarding PBC. I enclose my cheque for £10.00. I was diagnosed and am being seen by a consultant at Middlesbrough and will recommend it to him and my own GP for anyone else similarly diagnosed.

Yours sincerely

SE

N. Yorkshire

Dear Sir,

Please find enclosed a cheque for £10.00 towards the cost and postage for the DVD of PBC.

I found it very informative. My thanks go to Tilly Hale for taking the time to send it.

Yours truly

PC

Newcastle

Dear Tilly

Many thanks for the LIVErNORTH PBC Support DVD. I watched it and found it very enlightening. Hope you do well with it.

LM

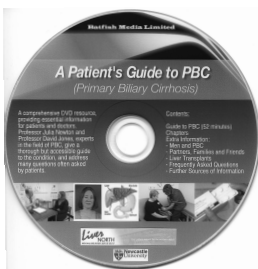
Co Durham.

Dear Helen,

Hope these two true stories will be of use to you I had a good laugh when I read them - I always turn to your pages first to get a giggle before reading the rest of the magazine.

LM

Bishop Auckland



New supplies of our excellent PBC DVD mentioned in many of these letters have now arrived. For your own copy, or a copy for your GP, consultant or friend, please contact Tilly Hale on 01670 714901 or email tillyliveliver@googlemail.com

Wes Clayton - a legacy

The next four pages are a copy of the eulogy to Wes that was handed out at his funeral in Houghton le Spring on March 12th attended by 350 mourners.

It is so hard to put into words how you feel when someone who you admired and respected will no longer be there for you. Wes was one of the governors of LIVErNORTH and was someone I could always depend on. He was reliable, honest, compassionate and kind and a thousand other things I could say but most of all, for me, he was the voice of reason, calm and willing acceptance when there was work to do. I will miss him greatly and I know that he is an unimaginable loss to Elsie and his family so I won't dwell on my feelings too much here.

What I want to tell you all is that I will also miss Wes for another reason and I almost feel guilty saying so. I used Wes as an example whenever someone rang to say they were going for a transplant and they were anxious about the operation and the future. If I had a pound for every time I have held Wes up as a perfect example of how you can live life to the full after a transplant I would indeed be a rich man. If you read the eulogy on the following pages you will see for yourself what can be done after a liver transplant and I think you will agree, it will be hard to find someone who has done so much with their new life as Wes did with the sixteen extra years he was given.

Ironically, Wes died from a heart problem unrelated to his liver transplant so his example still stands good and the eulogy will be adapted to illustrate to others what the future can be like after a transplant.

All the governors of LIVErNORTH thought that it would be good if we could find some way to create a lasting tribute to Wes and we came up with the idea of a booklet that could be given to prospective transplantees to reassure and inspire them. Wes's own life story will of course be a good source of inspiration but I am asking all of you who have had a liver transplant to please write down your story for the booklet. There is no need to go into details about why you needed a transplant (unless you want to) but if you could start your story with the first time your consultant told you that you needed a new liver that would be great. You don't even have to put your name to the story if you don't want to, all I need to know is that it is factual. Please do your best to put into words how you felt before, post op and then later when you were recovering from your transplant. Stories should be brief without missing out any vital facts and should be approximately between one and two pages long (like pages in this newsletter).

Please send me your stories by mail, email or FAX with the heading 'Transplant Tales'.

Thank you for your cooperation in this very worthwhile project.
John Bedlington

Wesley Clayton
(Wes)
21st December 1933 - 6th March 2009



Fingers grip, toes curl; head down, wheels whirl.
Hair streams, fields race; ears sting, winds chase.
Breathe deep, troubles gone; just feel windsong.
(‘Biking’ by Judith Nicholls)

Wes was born in Springwell Village in 1933.

He had a happy childhood with sister Marjorie and brother Dennis. He attended the Methodist Sunday School and was a member of the Boys Brigade. After school, he served a 5 year apprenticeship as a cabinet maker, followed by National Service served at Essen in Germany. On return, he joined the Tyne Road Club and raced for the first time in March 1956. This started a life-long love of cycle racing. From road racing and Cyclo-Cross to his favourite Time Trials. He won 111 open races, riding in the 1960 Milk Race, winning the Northumberland and Durham Best All Rounder 8 times, and with brother Dennis led the Tyne Road Club to team victory in four national 24 hour events. In these events he achieved an individual placing of second and two third places. His best mileage in a 24 hour race was 473 miles.



Wes continued to race until 2005 when heart problems started, however he still retained his interest as a Time Keeper, Handicapper and Organiser of events. His aim turned to keeping fit enough for the weekly ride on the Coast to Coast Track to Parkhead on Stanhope Moor, with Roy and a group of very good friends, enjoying the comradeship and a shared love of cycling.



Wes encountered some major problems during his life. A serious cycle accident on a club-run in 1980 later resulted in a liver transplant in 1993. Wes's aim after these setbacks was always to get back to his previous fitness. The generosity of the organ donor enabled Wes to see both Joanne and Cheryl



married to Peter and Jamie, and subsequently to enjoy his grandchildren – Ryan, Emma and Thomas.

The transplant opened the door to Wes competing in the Transplant Games, where he made many friends whilst winning 11 Gold cycling medals and 1 Gold medal in the World Transplant Games. He also won medals in snooker, archery and 1500 metres running.

Both Wes and Elsie involved themselves in LIVErNORTH Patient Support Group, which raises money for the Freeman Hospital for research and equipment, where they have made another set of good friends. Throughout his life, Wes had tremendous support from his family – his sister Marjorie, and Alan, brother Dennis and for the last 42 years, from Elsie, and later his daughters Joanne and Cheryl. Great thanks must go to the Freeman Hospital Liver Unit and more recently to the University Hospital of North Durham.



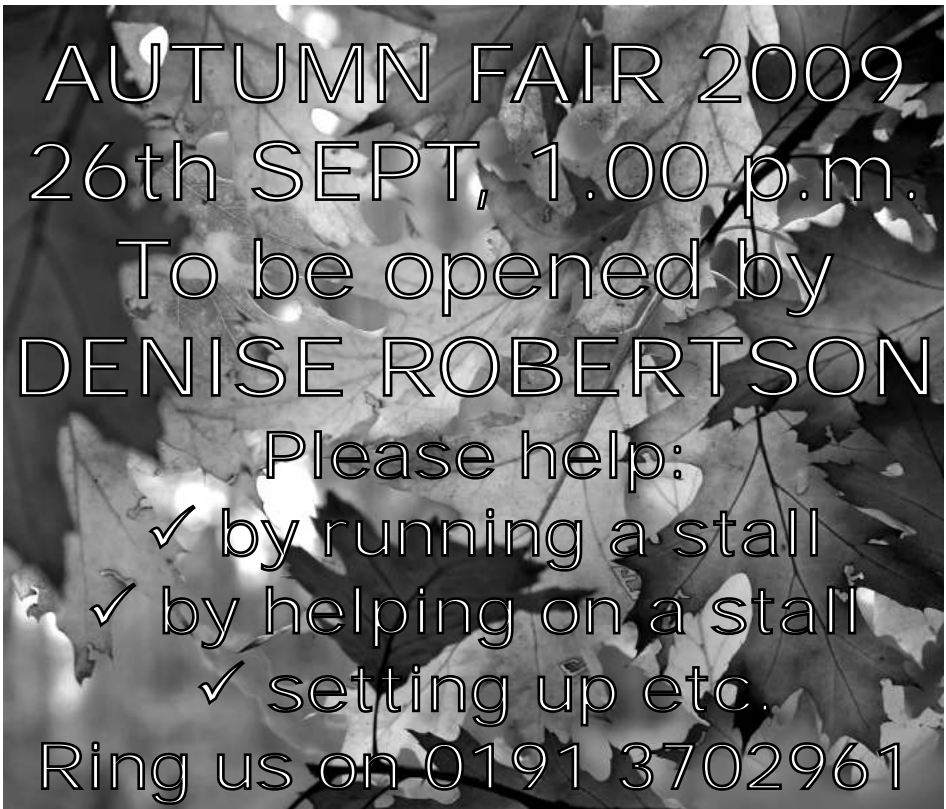


*He took his big candle
and went into another room.
I cannot find him
But I know he was here
Because of the happiness he left behind*

The Wes Clayton Memorial Fund

The loss of Wes will be felt in many ways by many people. I have no doubt that the common thread running through all of the feelings will be the enormous amount of affection and respect held for a very special person who has left an equally enormous void in so many lives. Wes was a gentleman in every sense of the word and his memory will live on in the hearts of his family and friends. At a time which must have been so distressing and difficult for them, it was so typical of Wes's family to think of others by requesting donations in his memory for LIVErNORTH in lieu of flowers. As a tribute to Wes it was decided that a fund should be opened to enable the tremendous contribution Wes made during his life towards the support of liver patients to continue. It is my hope that Elsie, Joanne, Cheryl and all Wes's family will gain some comfort from the knowledge that their kindness and this fund will benefit liver disease patients in the future. The fund already stands at £1000.00 plus and if anyone would like to contribute then simply make it clear that your donation is to go to 'The Wes Clayton Memorial Fund'.

Joan Bedlington.



AUTUMN FAIR 2009
26th SEPT, 1.00 p.m.
To be opened by
DENISE ROBERTSON
Please help:
✓ by running a stall
✓ by helping on a stall
✓ setting up etc.
Ring us on 0191 3702961

MORE DURHAM SUPPORT!

Dear Joan,

Thank you for your kind letter of the 18th March.

Each year, Siemens at Durham decide on a Charity that we may raise funds for. My manager and colleagues suggested that we raise money for Prof Manas, after the marvellous care he has given my mother - Moyra Magee - since 2002 - up until her death in Jan 2008. It may seem bizarre that my mothers illness was not related to Liver disease at all - it was a retroperitoneal liposarcoma - and Prof Manas was the only surgeon willing to undertake the operation. The tumour returned for a second time and again Prof Manas was able to do an operation. Sadly, the cancer came back for a third time and nothing more could be done.

In June last year, myself and a number of colleagues took part in the Great North Walk. We thoroughly enjoyed the day, and Siemens 'matched' the sponsorship money that we had raised. We also had 'ad hoc' fund raising days and raised extra funds for this excellent cause.

Please find attached two photos, that were taken outside the Siemens building in Durham City - on the Millburngate Riverside. The second photo, shows myself (in the middle), with a photograph of my mother on the backs of the Siemens T shirts.

May I just take this opportunity to thank you all for all the hard work you do, it is very much appreciated.

Kind Regards,

Elizabeth Arrowsmith



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!

18

WARNING - SOME JOKES UNSUITABLE FOR CHILDREN!

A doctor in Dublin wanted to get off work and go fishing, so he approached his assistant. "Murphy, I am going fishing tomorrow and don't want to close the clinic. I want you to take care of the clinic and take care of all me patients". "Yes, sir!" answers Murphy. The doctor goes fishing and returns the following day and asks: "So, Murphy, how was your day?" Murphy told him that he took care of three patients. "The first one had a headache so he did, so I gave him Paracetamol." "Bravo Murphy lad, and the second one?" asks the doctor. "The second one had indigestion and I gave him Gaviscon, so I did sir" says Murphy. "Bravo, bravo! You're good at this and what about the third one?" asks the doctor. "Sir, I was sitting here and suddenly the door flies open and a young gorgeous woman bursts in so she does. Like a bolt outta the blue, she tears off her clothes, taking off everyting including her bra and her panties and lies down on the table, spreading her legs and shouts: 'HELP ME for the love of St Patrick! For five years I have not seen any man!'. "Tunderin' Lord Jesus, Murphy, what did you do?" asks the doctor. "I put drops in her eyes."

An Israeli doctor said, 'Medicine in my country is so advanced, we can take a kidney out of one person, put it in another, and have him looking for work in six weeks'.

A German doctor said, 'That's nothing! In Germany, we can take a lung out of one person, put it in another, and have him looking for work in four weeks'.

A Russian doctor said, 'In my country medicine is so advanced, we can take half a heart from one person, put it in another, and have them both looking for work in two weeks'.

The English doctor, not to be outdone, said 'Hah! We can take two a***holes out of Scotland, put them in 10 & 11 Downing Street and have half the country looking for work within twenty-four hours'.

Ethel was a bit of a demon in her wheelchair, and loved to charge around the nursing home, taking corners on one wheel and getting up to maximum speed on the long corridors. Because the poor woman was one sandwich short of a 'Picnic the other residents tolerated her and some of them actually joined in:-

One day Ethel was speeding up one

corridor when a door opened and Kooky Clarence stepped out with his arm outstretched. 'STOP!' he shouted in a firm voice. 'Have you got a license for that thing?' Ethel fished around in her handbag and pulled out a Kit Kat wrapper and held it up to him. 'OK' he said, and away Ethel sped down the hall. As she took the corner near the TV lounge on one wheel, weird Harold popped out in front of her and shouted STOP! Have you got proof of insurance?' Ethel dug into her handbag, pulled out a drink coaster and held it up to him. Harold nodded and said 'On your way, Ma'am.' As Ethel neared the final corridor, Crazy Craig stepped out in front of her, Butt-Naked, and holding his 'You-Know-What' in his hand. Oh, good grief,' yelled Ethel, 'Not that Damn Breathalyzer Test again!'

A salesman drove into a small town where a circus was in progress. A sign read: 'Don't Miss The Amazing Scotsman'. The salesman bought a ticket and sat down. There, on centre stage, was a table with three walnuts on it. Standing next to it was an old Scotsman. Suddenly the old man lifted his kilt, whipped out a huge willy and smashed all three walnuts with three mighty swings! The crowd erupted in applause as the elderly Scot was carried off on the shoulders of the crowd. Ten years later the salesman visited the same little town and saw a faded sign for the same circus and the same sign 'Don't Miss The Amazing Scotsman'. He couldn't believe the old guy was still alive much less still doing his act! He bought a ticket. Again, the centre ring was illuminated. This time, however, instead of walnuts, three coconuts were placed on the table.

The Scotsman stood before them, then suddenly lifted his kilt and shattered the coconuts with three swings of his amazing member. The crowd went wild! Flabbergasted, the salesman requested a meeting with him after the show. 'You're incredible!' he told the Scotsman. 'But I have to know something. You're older now, why switch from walnuts to coconuts?' 'Well laddie,' said the Scot, 'Ma eyes are nae whit they used tae be.'

True? facts

1. The roundest knight at King Arthur's round table was Sir Cumference. He acquired his size from too much pi.
2. I thought I saw an eye doctor on an Alaskan island, but it turned out to be an optical Aleutian.
3. She was only a whiskey maker, but he loved her still.
4. A rubber band pistol was confiscated from algebra class because it was a weapon of math disruption.
5. The butcher backed into the meat grinder and got a little behind in his work.
6. No matter how much you push the envelope, it'll still be stationery.
7. A dog gave birth to puppies near the road and was cited for littering.
8. A grenade thrown into a kitchen in France would result in Linoleum Blownapart.
9. Two silk worms had a race. They ended up in a tie.
10. Time flies like an arrow. Fruit flies like a banana.
11. A hole has been found in the nudist camp wall. The police are looking into it.
12. Atheism is a non-prophet organization.
13. Two hats were hanging on a hat rack in

the hallway. One hat said to the other, 'You stay here, I'll go on a-head.'

14. A sign on the lawn at a drug rehab centre said: 'Keep off the Grass.'

15. A small boy swallowed some coins and was taken to a hospital. When his grandmother telephoned to ask how he was, a nurse said, 'No change yet.'

16. A chicken crossing the road is poultry in motion.

17. The short fortune-teller who escaped from prison was a small medium, at large.

18. The man who survived mustard gas and pepper spray is now a seasoned veteran.

19. In democracy it's your vote that counts. In feudalism it's your Count that votes ..

20. When cannibals ate a missionary, they got a taste of religion.

The average cost of rehabilitating a seal after the Exxon Valdez Oil spill in Alaska was \$80,000.00. At a special ceremony, two of the most expensively saved animals were being released back into the wild amid cheers and applause from onlookers. A minute later, in full view, a killer whale ate them both.

A woman came home to find her husband in the kitchen shaking frantically, almost in a dancing frenzy, with some kind of wire running from his waist towards the electric kettle. Intending to jolt him away from the deadly current, she whacked him with a handy plank of wood, breaking his arm in two places. Up to that moment, he had been happily listening to his Walkman.

Two animal rights defenders were

protesting the cruelty of sending pigs to a slaughterhouse in Bonn, Germany. Suddenly, all two thousand pigs broke loose and escaped through a broken fence, stampeding madly. The two helpless protesters were trampled to death.

Stevie Wonder is in Japan playing a concert When a little fella jumps up and says "STEVIE PRAY JAZZ CHORD! Mr Wonder does 15 mins of jazz the crowd go wild. Again the little fella jumps up SAYS "PRAY JAZZ CHORD STEVIE" AGAIN MR WONDER EXCELS HIMSELF with another 15 mins of jazz. By now the crowd are on their feet clapping. The little fella shouts again so being in the land of karaoke Stevie shouts the guy up and gives him the mike to which the fella starts singing... "I JAZZ CHORD TO SAY I LOVE YOU I JAZZ CHORD TO SAY HOW MUCH I CARE "

Are Men Just Happier People?

NICKNAMES If Laura, Kate and Sarah go out for lunch, they will call each other Laura, Kate and Sarah ...If Mike, Dave and John go out, they will affectionately refer to each other as Fat Boy, Godzilla and Four-eyes.

EATING OUT When the bill arrives, Mike, Dave and John will each throw in £20, event though it's only for £32.50...None of them will have anything smaller and none will actually admit they want change back. When the girls get their bill, out come the pocket calculators. MONEY A man will pay £2 for a £1 item he needs. A woman will pay £1 for a £2 item that she doesn't need but it's on sale.

BATHROOMS A man has six items in his

bathroom: toothbrush and toothpaste, shaving cream, razor, a bar of soap, and a towel from M&S. The average number of items in the typical woman's bathroom is 337. A man would not be able to identify more than 20 of these items.

ARGUMENTS A woman has the last word in any argument. Anything a man says after that is the beginning of a new argument.

CATS Women love cats. Men say they love cats, but when women aren't looking, men kick cats.

FUTURE A woman worries about the future until she gets a husband. A man never worries about the future until he gets a wife.

SUCCESS A successful man is one who makes more money than his wife can spend. A successful woman is one who can find such a man.

MARRIAGE A woman marries a man expecting he will change, but he doesn't. A man marries a woman expecting that she won't change, but she does.

DRESSING UP A woman will dress up to go shopping, water the plants, empty the bins, answer the phone, read a book, and get the post. A man will dress up for weddings and funerals.

NATURAL Men wake up as good-looking as they went to bed. Women somehow deteriorate during the night.

OFFSPRING Ah, children. A woman knows all about her children. She knows about dentist appointments and romances, best friends, favourite foods, secret fears and hopes and dreams. A man is vaguely aware of some short people living in the house.

THOUGHT FOR THE DAY A married man should forget his mistakes. There's

NO POINT IN TWO PEOPLE REMEMBERING THEM

Kids on Sea Life

1) This is a picture of an octopus. It has eight testicles. (Kelly age 6)

2) Oysters' balls are called pearls. (James age 6)

3) If you are surrounded by sea you are an Island . If you don't have sea all round you, you are incontinent. (Wayne age 7)

4) Sharks are ugly and mean, and have big teeth, just like Emily Richardson. She's not my friend no more. (Kylie age 6)

5) A dolphin breaths through an arsehole on the top of its head. (Billy age 8)

6) My dad goes out in his boat, and comes back with crabs. (Emily Burniston age 5)

7) When ships had sails, they used to use the trade winds to cross the ocean. Sometimes, when the wind didn't blow, the sailors would whistle to make the wind come. My brother said they would be better off eating beans. (William age 7)

8) I like mermaids. They are beautiful, and I like their shiny tails. How do mermaids get pregnant? (Helen age 6)

9) I'm not going to write about the sea. My baby brother is always screaming and being sick, my Dad keeps shouting at my Mum, and my big sister has just got pregnant, so I can't think what to write. (Amy age 6)

10) Some fish are dangerous. Jellyfish can sting. Electric eels can give you a shock. They have to live in caves under the sea where I think they have to plug themselves into chargers. (Christopher age 7)

11) When you go swimming in the sea, it is very cold, and it makes my willy small. (Kevin age 6)

12) Divers have to be safe when they go under the water. Two divers can't go down alone, so they have to go down on each other. (Becky age 8)

13) On holiday my Mum went water skiing. She fell off when she was going very fast. She says she won't do it again because water shot up her fanny. (Julie age 7).

Extracts from council complaint letters...

1. My bush is really overgrown round the front and my back passage has fungus growing in it.

2. He's got this huge tool that vibrates the whole house and I just can't take it anymore.

3. It's the dogs mess that I find hard to swallow.

4. I want some repairs done to my cooker as it has backfired and burnt my knob off.

5. I wish to complain that my father hurt his ankle, very badly, when he put his foot in the hole in his back passage.

6. And their 18 year old son is continually banging his balls against my fence.

7. I wish to report that tiles are missing from the outside toilet roof. I think it was bad wind the other night that blew them off.

8. My lavatory seat is cracked, where do I stand?

9. I am writing on behalf of my sink, which is coming away from the wall.

10. Will you please send someone to mend the garden path? My wife tripped and fell on it, yesterday, and now she is pregnant.

11. I request permission to remove my drawers in the kitchen.

12. 50% of the walls are damp, 50% have

crumbling plaster and 50% are plain filthy.

13. I am still having problems with smoke in my new drawers.

14. The toilet is blocked and we cannot bath the children until it is cleared.

15. Will you please send a man to look at my water; it is a funny colour and not fit to drink.

16. Our lavatory seat is broken in half and is now in three pieces.

17. I want to complain about the farmer across the road; every morning at 6am his cock wakes me up and it's now getting too much for me.

18. The man next door has a large erection in the back garden, which is unsightly and dangerous.

19. Our kitchen floor is damp. We have two children and would like a third, so please send someone round to do something about it.

20. I am a single woman living in a downstairs flat and would you please do something about the noise made by the man on top of me every night.

21. Please send a man with the right tool to finish the job and satisfy my wife.

22. I have had the clerk of works down on the floor six times, but I still have no satisfaction.

23. This is to let you know that our lavatory seat is broke and we can't get BBC2

A Letter from Grandma

The other day I went to a Christian bookshop and saw a 'honk if you love Jesus' sticker and I put it on my car. I'm so glad I did - what an uplifting experience followed. I was stopped at a red light at a busy crossing, just lost in thought about

the Lord and how good He is and I didn't notice that the lights had changed. It was a good thing that someone else loved Jesus because if he hadn't honked, I'd never have noticed. I found lots of people loved Jesus. Why, while I was sitting there, a man behind me started honking like mad and then he leaned out of the window and screamed, 'For the love of God go, go!'. I just leaned out of my window and started waving and smiling at all these lovely people. I even honked a few times myself. There must have been a man from a seaside town because I heard him yelling about a sunny beach. I saw another man waving in a funny way with two fingers stuck in the air. When I asked my teenage grandson sitting in the back seat what he meant, he said it was probably a Hawaiian good luck sign or something. Well, I've never met anyone from Hawaii so I gave him the good luck sign back. My grandson burst out laughing. Even he was enjoying the religious experience. A couple of people were so caught up in the joy of the moment that they got out and started walking towards me. I bet they wanted to pray with me or ask which church I attended. But this was when I noticed the lights had changed so not wishing to hold anyone up - I gave a cheery smile and waved goodbye to all my new-found sisters and brothers and drove off. In my mirror, I noticed that I was the only car that got across the lights before they changed again and I felt very sad that I had to leave them behind after all the love they had shared - so, I slowed down, leaned out of the window and gave them the Hawaiian good luck sign as I drove off.

(From the church magazine of St Peter's, Edinburgh via the Weardale Gazette -

Thanks to Linda Muir.)

Best Friends

Four friends, who hadn't seen each other in 30 years, reunited at a party. After several drinks, one of the men had to use the rest room. Those who remained talked about their kids. The first guy said, "My son is my pride and joy. He started working at a successful company at the bottom of the barrel. He studied Economics and Business Administration and soon began to climb the corporate ladder and now he's the president of the company. He became so rich that he gave his best friend a top of the line Mercedes for his birthday." The second guy said, "Darn, that's terrific! My son is also my pride and joy. He started working for a big airline, and then went to flight school to become a pilot. Eventually he became a partner in the company, where he owns the majority of its assets He's so rich that he gave his best friend a brand new jet for his birthday." The third man said: "Well, that's terrific! My son studied in the best universities and became an engineer. Then he started his own construction company and is now a multimillionaire. He also gave away something very nice and expensive to his best friend for his birthday: A 30,000 square foot mansion."

The three friends congratulated each other just as the fourth returned from the restroom and asked: "What are all the congratulations for?" One of the three said: "We were talking about the pride we feel for the successes of our sons. ...What about your son?" The fourth man replied: "My son is gay and makes a living dancing as a stripper at a nightclub." The three friends said: "What a shame... what a

disappointment." The fourth man replied: "No, I'm not ashamed. He's my son and I love him. And he hasn't done too badly either. His birthday was two weeks ago, and he received a beautiful 30,000 square foot mansion, a brand new jet and a top of the line Mercedes from his three boyfriends."

Funny Telephone Conversations

Customer: 'I've been ringing 0800 2100 for two days and can't get through to enquiries, can you help?'

Operator: 'Where did you get that number from, sir?'

Customer: 'It was on the door to the Travel Centre'.

Operator: 'Sir, they are our opening hours'.

Samsung Electronics

Caller: 'Can you give me the telephone number for Jack?'

Operator: 'I'm sorry, sir, I don't understand who you are talking about'.

Caller: 'On page 1, section 5, of the user guide it clearly states that I need to unplug the fax machine from the AC wall socket and telephone Jack before cleaning. Now, can you give me the number for Jack?'

Operator: 'I think you mean the telephone point on the wall'.

RAC Motoring Services

Caller: 'Does your European Breakdown Policy cover me when I am travelling in Australia?'

Operator: 'Doesn't the product name give you a clue?'

Caller (enquiring about legal requirements while travelling in France):

'If I register my car in France, do I have to change the steering wheel to the other side of the car?'

Directory Enquiries

Caller: 'I'd like the number of the Argoed Fish Bar in Cardiff please'.

Operator: 'I'm sorry, there's no listing. Is the spelling correct?'

Caller: 'Well, it used to be called the Bargoed Fish Bar but the 'B' fell off'.

Then there was the caller who asked for a knitwear company in Woven.

Operator: 'Woven? Are you sure?'

Caller: 'Yes. That's what it says on the label; Woven in Scotland'.

On another occasion, a man making heavy breathing sounds from a phone box told a worried operator: 'I haven't got a pen, so I'm steaming up the window to write the number on'.

Tech Support: 'I need you to right-click on the Open Desktop'.

Customer: 'OK'.

Tech Support: 'Did you get a pop-up menu?'

Customer: 'No'.

Tech Support: 'OK. Right-Click again. Do you see a pop-up menu?'

Customer: 'No'.

Tech Support: 'OK, sir. Can you tell me what you have done up until this point?'

Customer: 'Sure. You told me to write 'click' and I wrote 'click'.

Tech Support: 'OK. In the bottom left hand side of the screen,

can you see the 'OK' button displayed?'

Customer: 'Wow. How can you see my screen from there?'

Caller: 'I deleted a file from my PC last week and I have just realised that I need it. If I turn my system clock back two weeks will I have my file back again?'

After 20 years of marriage, a couple were lying in bed one evening, when the wife felt her husband begin to fondle her in ways he hadn't in quite some time. It almost tickled as his fingers started at her neck, and then began moving down past the small of her back. He then caressed her shoulders and neck, slowly worked his hand down over her breasts, stopping just over her lower stomach. He then proceeded to place his hand on her left inner arm, caressed past the side of her breast again, working down her side, passed gently over her buttock and down her leg to her calf. Then, he proceeded up her inner thigh, stopping just at the uppermost portion of her leg. He continued in the same manner on her right side, then suddenly stopped, rolled over and started to watch the TV. As she had become quite aroused by this caressing, she asked in a loving voice, 'That was wonderful. Why did you stop?' He said, 'I found the remote'.

When Jane initially met Tarzan in the jungle, she was attracted to him, and during her questions about his life, she asked him how he had sex? 'Tarzan not know sex' he replied. Jane explained to him what sex was. Tarzan said 'Oh, Tarzan use knot hole in trunk of tree.' Horrified Jane said, 'Tarzan you have it all wrong, but

I will show you how to do it properly.' She took off her clothing and lay down on the ground. 'Here' she said, pointing to her privates, 'you must put it in here.' Tarzan removed his loincloth, showing Jane his considerable manhood, stepped closer to her and kicked her hard in the crotch! Jane rolled around in agony for what seemed like an eternity. Eventually she managed to gasp for air and screamed 'What did you do that for?' Tarzan replied, 'check for squirrel.'

The doctor said, 'Joe, the good news is I can cure your headaches. The bad news is that it will require castration. You have a very rare condition, which causes your testicles to press on your spine and the pressure creates one hell of a headache. The only way to relieve the pressure is to remove the testicles.'

Joe was shocked and depressed. He wondered if he had anything to live for. He had no choice but to go under the knife. When he left the hospital, he was without a headache for the first time in 20 years, but he felt like he was missing an important part of himself. As he walked down the street, he realized that he felt like a different person. He could make a new beginning and live a new life. He saw a men's clothing store and thought, 'That's what I need... A new suit.' He entered the shop and told the salesman, 'I'd like a new suit.' The elderly tailor eyed him briefly and said, 'Let's see... size 44 long.' Joe laughed, 'That's right, how did you know?' 'Been in the business 60 years!' the tailor said. Joe tried on the suit it fit perfectly. As Joe admired himself in the mirror, the salesman asked, 'How about a new shirt?' Joe thought for a moment and then said,

'Sure.' The salesman eyed Joe and said, 'Let's see, 34 sleeves and 16-1/2 neck.' Joe was surprised, 'That's right, how did you know?' 'Been in the business 60 years.' Joe tried on the shirt and it fit perfectly. Joe walked comfortably around the shop and the salesman asked, 'How about some new underwear?' Joe thought for a moment and said, 'Sure.' The salesman said, 'Let's see... size 36. Joe laughed, 'Ah ha! I got you! I've worn a size 34 since I was 18 years old.' The salesman shook his head, 'You can't wear a size 34. A size 34 would press your testicles up against the base of your spine and give you one hell of a headache.'

Two engineering students, one pushing a bike, were walking across a university campus when the other said, "Where did you get such a great bike?" The second engineer replied, "Well, I was walking along yesterday, minding my own business, when a beautiful woman rode up on this bike, threw it to the ground, took off all her clothes and said, "Take what you want." The first engineer nodded approvingly and said, "Good choice; the clothes probably wouldn't have fit you anyway."

To the optimist, the glass is half full. To the pessimist, the glass is half empty. To the engineer, the glass is twice as big as it needs to be.

A priest, a doctor, and an engineer were waiting one morning for a particularly slow group of golfers. The engineer fumed, "What's with those guys? We must have been waiting for fifteen minutes!"

The doctor chimed in, "I don't know, but I've never seen such inept golf!" The priest said, "Here comes the greens-keeper. Let's have a word with him." He said, "Hello George, what's wrong with that group ahead of us? They're rather slow, aren't they?" The greens-keeper replied, "Oh, yes. That's a group of blind firemen. They lost their sight saving our clubhouse from a fire last year, so we always let them play for free anytime." The group fell silent for a moment. The priest said, "That's so sad. I think I will say a special prayer for them tonight." The doctor said, "Good idea. I'm going to contact my ophthalmologist colleague and see if there's anything he can do for them." The engineer said, "Why can't they play at night?"

What is the difference between mechanical engineers and civil engineers? Mechanical engineers build weapons and civil engineers build targets.

The graduate with a science degree asks, "Why does it work?" The graduate with an engineering degree asks, "How does it work?" The graduate with an accounting degree asks, "How much will it cost?" The graduate with an arts degree asks, "Do you want fries with that?"

Normal people believe that if it ain't broke, don't fix it. Engineers believe that if it ain't broke, it doesn't have enough features yet.

An engineer was crossing the road one day, when a frog called out to him and said, "If you kiss me I'll turn back into a beautiful princess." He bent over, picked up the frog and put it in his pocket. The

frog spoke up again and said "If you kiss me I'll turn back into a beautiful princess and stay with you for a week." The engineer took the frog out of his pocket, smiled at it and returned it to his pocket. The frog then cried out, "If you kiss me I'll turn back into a beautiful princess and stay with you for a week and do ANYTHING you want me to." Again the engineer took the frog out of his pocket, smiled at it and returned it to his pocket. Finally the frog asked, "What's the matter? I've told you I'm a beautiful princess and that I'll stay with you for a week and do ANYTHING you want me to. Why won't you kiss me?" The engineer said, "Look, I'm an engineer. I don't have time for a girlfriend, but a talking frog, now that's cool!"

A man walked into the ladies department of Myer's and shyly walked up to the woman behind the counter and said, 'I'd like to buy a bra for my wife.' 'What type of bra?' asked the clerk. 'Type?' inquires the man, 'There's more than one type?' Look around,' said the saleslady, as she showed a sea of bras in every shape, size, colour and material imaginable. 'Actually, even with all of this variety, there are really only four types of bras to choose from .' Relieved, the man asked about the types. The saleslady replied: 'There are the Catholic, the Salvation Army, the Presbyterian, And the Baptist types. Which one would you prefer?' Now totally befuddled, the man asked about the differences between them. The Saleslady responded, 'It is all really quite simple. The Catholic type supports the masses; The Salvation Army type lifts the fallen; The Presbyterian type keeps them staunch

and upright; The Baptist type makes mountains out of molehills.'

Have you ever wondered why A, B, C, D, DD, E, F, G, and H are the letters used To define bra sizes? If you have wondered why, but couldn't figure out what the letters stood for, it is about time you became informed!

{A}Almost Boobs..

{B}Barely there...

{C}Can't Complain!...

{D}Dang!...

{DD}Double dang!...

{E}Enormous!...

{F}Fake...

{G}Get a Reduction...

{H}Help me, I've fallen and I can't get up!...

They forgot the German bra.

Holtzemfromfloppen

Men strike back!

How many men does it take to open a beer? None. It should be opened when she brings it.

Why is a Laundromat a really bad place to pick up a woman? Because a woman who can't even afford a washing machine will probably never be able to support you.

Why do women have smaller feet than men? It's one of those 'evolutionary things' that allows Them to stand closer to the kitchen sink.

How do you know when a woman is about to say something smart? When she starts a sentence with 'A man once told me...'

How do you fix a woman's watch? You don't There is a clock on the oven.

Why do men pass gas more than women? Because women can't shut up long enough to build up the required pressure.

If your dog is barking at the back door and your wife is yelling at the front door, who do you let in first? The dog, of course. He'll shut up once you let him in.

What's worse than a Male Chauvinist Pig? A woman who won't do what she's told.

I married a Miss Right. I just didn't know her first name was Always.

Scientists have discovered a food that diminishes a woman's sex drive by 90%. It's called a Wedding Cake

Why do men die before their wives? They want to.

Women will never be equal to men until they can walk down the street with a bald head and a beer gut, and still think they are sexy.

In the beginning, God created the earth and rested. Then God created Man and rested. Then God created Woman. Since then, neither God nor Man has rested.

A man notices a small boy wearing a fireman's hat, sitting in a cart being pulled by his pet dog. When he gets closer he notices the cart is tied to the dogs testicles. "That's a nice fire engine" said the man "wouldn't the dog pull faster if you tied the rope to his collar?". "Yes" said the little boy" but then I wouldn't have a siren!".

A cruise on the Pacific goes all wrong, the ship sinks, and there are only 3 Survivors; Damian, Darren and Deirdre. They manage to swim to a small island and they lived there for a couple of years doing what's natural for men and women to do.

After several years of casual sex, all the time, Deirdre felt absolutely horrible about what she was doing. She felt having sex with both Damian and Darren was so

bad that she killed herself. It was tragic but Damian and Darren managed to get through it and, after a while, nature once more took its inevitable course. Well, a couple more years went by and Damian and Darren began to feel absolutely horrible about what they were doing. So they buried Deirdre.

Two men were driving through Wales. At Llanhyfryddawellehynafolybaarcudprinda nfygy they stopped for lunch and asked the waitress to settle an argument and pronounce very slowly where they were. BurrrrrrgurrKing!

The One Flaw In Women. By the time the Lord made woman, He was into his sixth day of working overtime. An angel appeared and said, 'Why are you spending so much time on this one?' And the Lord answered, 'Have you seen my spec sheet on her? She has to be completely washable, but not plastic, have over 200 movable parts, all replaceable and able to run on diet coke and leftovers, have a lap that can hold four children at one time, have a kiss that can cure anything from a scraped knee to a broken heart-and she will do everything with only two hands.' The angel was astounded at the requirements. 'Only two hands!? No way! And that's just on the standard model? That's too much work for one day. Wait until tomorrow to finish. "But I won't ,' the Lord protested. 'I am so close to finishing this creation that is so close to my own heart. She already heals herself when she is sick AND can work 18 hour days.'The angel moved closer and touched the woman. 'But you have made her so soft, Lord. "She is soft,' the Lord agreed, 'but I

have also made her tough. You have no idea what she can endure or accomplish. "Will she be able to think?", asked the angel. The Lord replied, 'Not only will she be able to think, she will be able to reason and negotiate.' The angel then noticed something, and reaching out, touched the woman's cheek. 'Oops, it looks like you have a leak in this model. I told you that you were trying to put too much into this one. "That's not a leak,' the Lord corrected, 'that's a tear! "What's the tear for?' the angel asked. The Lord said, 'The tear is her way of expressing her joy, her sorrow, her pain, her disappointment, her love, her loneliness, her grief and her pride. 'The angel was impressed. 'You are a genius, Lord. You thought of everything! Woman is truly amazing.' And she is! Women have strengths that amaze men. They bear hardships and they carry burdens, but they hold happiness, love and joy. They smile when they want to scream. They sing when they want to cry. They cry when they are happy and laugh when they are nervous. They fight for what they believe in. They stand up to injustice. They don't take 'no' for an answer when they believe there is a better solution. They go without so their family can have. They go to the doctor with a frightened friend. They love unconditionally. They cry when their children excel and cheer when their friends get awards. They are happy when they hear about a birth or a wedding. Their hearts break when a friend dies. They grieve at the loss of a family member, yet they are strong when they think there is no strength left. They know that a hug and a kiss can heal a broken heart. Women come in all shapes, sizes and colors. They'll drive, fly, walk, run or

e-mail you to show how much they care about you. The heart of a woman is what makes the world keep turning. They bring joy, hope and love. They have compassion and ideals. They give moral support to their family and friends. Women have vital things to say and everything to give HOWEVER, IF THERE IS ONE TINY FLAW IN WOMEN, IT IS THAT THEY FORGET THEIR WORTH.

That's all folks - special thanks this issue to June Seaber-Tellum, Jeffrey Blain, Trish Benson, Libby Diamond, David Hastings and Patricia Heard.

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 though - it's your contributions that make the Howlers so popular.

Helen

Howlers welcome via:
info@livenorth.org.uk
or by letter to:
LIVErNORTH
FREEPOST NEA2762
STANLEY
Co. Durham
DH9 OBR

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 750 6711
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 Floyd's Direct 0870 442 3234
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 Insure and Go 0870 2202240
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 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.39

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 the next page and the correct answers to last issues SUDOKU's are shown below.

Keep trying - Use It Or Loose It!

Medium SUDOKU

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

Hard SUDOKU

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

UIOLI No 40

This is a great one for wordsmiths. Each answer is a two-syllable word whose halves rhyme (example PoLo or MerGer). Use the clues to discover the word (the numbers show how many letters are in the answer).

The answers are on page 42.... Enjoy!

1.	DISTRESS SIGNAL 6	MAYDAY
2.	UNTIDY STATE 6	
3.	FIERY HAIR 6	
4.	RECIPE GUIDE 8	
5.	STADIUM SEATING 10	
6.	STEEL BEAM 6	
7.	RAPID 6	
8.	FLY ALONE 4	
9.	DELIBERATELY KILL 6	
10.	COMPANY SYMBOL 4	
11.	RAIL TRAIN 4	
12.	NEW ZEALANDER 4	
13.	TRIBAL MEETING 6	
14.	IMPORTANT BOSS 6	
15.	BANTU LANGUAGE 4	
16.	CONICAL TENT 6	
17.	HIKER'S BAG 8	
18.	TOP SHEET 9	
19.	ON THE HOUSE 7	
20.	TRAIN TRAMP 4	
21.	MEAL OUTSIDE 6	
22.	REWARD TIME 6	

UIOLI No.41

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 - it will help to keep your brain active.

There is strict copyright so they may not be redistributed in any way whatsoever although you can of course photocopy the page if you don't want to spoil your copy of LIVErNEWS. Good Luck!

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

Easy SUDOKU

Hard SUDOKU

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

SU DOKU

As featured in the Times
Monday to Saturday

©Puzzles by Pappocom

www.sudoku.com

Research has proven that doing SUDOKU regularly can increase your mental agility. One of the subjects improved her ability to handle mental problems by 20% just by doing SUDOKU every day for 3 months.

How to play:

Fill the grid so that every column, every row and every 3 x 3 box contains the numbers 1 to 9.

The top puzzle is graded Easy and the lower one Hard. Please let us know if you want harder/easier Sudoku or even different UIOLI's.

Please HAVE A GO (BF!) you don't need to do sums or add up or do any maths at all. It's just arranging numbers logically and the numbers could be letters, pictures or colours as long as there are 9 of them.

ANSWERS to UIOLI No 40

If you got 18 or over, you are a rhyming dictionary fanatic and a poetical lexicographer. 14 or over, you are well read and like poetry. 10 or over, you like some rhymes but not all of them. 6 or over, you once tried a word puzzle but didn't like it. 3 or over, you have heard about rhymes but don't know what they are. Less than 3 - oh dear... try listening to radio 4 instead of watching those dreadful soap programmes on the box.

- | | | |
|-----|---------------------|------------|
| 1. | DISTRESS SIGNAL 6 | MAYDAY |
| 2. | UNTIDY STATE 6 | RAGTAG |
| 3. | FIERY HAIR 6 | REDHEAD |
| 4. | RECIPE GUIDE 8 | COOKBOOK |
| 5. | STADIUM SEATING 10 | GRANDSTAND |
| 6. | STEEL BEAM 6 | GIRDER |
| 7. | RAPID 6 | SPEEDY |
| 8. | FLY ALONE 4 | SOLO |
| 9. | DELIBERATELY KILL 6 | MURDER |
| 10. | COMPANY SYMBOL 4 | LOGO |
| 11. | RAIL TRAIN 4 | LOCO |
| 12. | NEW ZEALANDER 4 | KIWI |
| 13. | TRIBAL MEETING 6 | POWWOW |
| 14. | IMPORTANT BOSS 6 | BIGWIG |
| 15. | BANTU LANGUAGE 4 | ZULU |
| 16. | CONICAL TENT 6 | TEEPEE |
| 17. | HIKER'S BAG 8 | RUCKSACK |
| 18. | TOP SHEET 9 | BEDSPREAD |
| 19. | ON THE HOUSE 7 | FREEBIE |
| 20. | TRAIN TRAMP 4 | HOB0 |
| 21. | MEAL OUTSIDE 6 | PICNIC |
| 22. | REWARD TIME 6 | PAYDAY |

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
IRENE 01524 844295
NANCY 01325 463754
JOAN 0191 3702961

for alcoholism ring:

MICHAEL 01228 810598

hepatitis C help coming soon!

Also - for health advice ring

NHS DIRECT 08 45 46 47

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

Liver
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CONTACT NUMBERS

ADDRESS FOR ALL CORRESPONDENCE:

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SEE INSIDE FOR OUR
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Marion Edwards
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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

-oOo-

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

-oOo-

MERSEY LIVER SUPPORT GROUP
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e-mail: leeandalan@aol.com

-oOo-

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