

Liver

NORTH

Patron: Denise Robertson MBE
Registered Charity No. 1087226

Winter 2010



LIVErNEWS

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

Automatic Generic Drug
Substitution Abandoned
following LIVErNORTH action

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www.livernorth.org.uk

LIVErNORTH is run entirely by unpaid volunteers

Circulation - 1850 copies. Distributed free to
Liver Disease Patients, their Carers and Supporters.

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Contact Details - back cover

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

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twitter: 'livenorth'

Chairman

Yes it's winter and I am looking out of the window as the trees loose their last few leaves. The trees seem to have disrobed all of a sudden this year - when I started to put the newsletter together a week ago the trees were brown gold and red. Now they are nearly all bare. On the subject of putting the newsletter together, I wonder if anyone else would like to have a go at being editor? I must have been doing it for over ten years now and it's probably time for a change. It takes less than a week to get everything together but it doesn't have to be all in one go. If you have an interest in DTP and some keyboard skills then please give me a ring to discuss it. It could be a good way for you to do some voluntary work for the group.

This issue is quite a bit larger than normal because a lot has been going on lately and there is much to report. The Autumn Fair was a great success and our patron Denise Robertson did us proud once again - the photographs are on pages 9 & 10 and the Draw winners are on page 11.

The front cover headline this issue is about Generic Drug Substitution and those of you who have been watching this subject since sending your letter to the Dept of Health will be very pleased by the news on page 26 - 'well done LIVErNORTH' seems to be appropriate. The Institute of Transplantation (IoT) is going great guns and the building is nearing completion. It is situated at the back of the ward block and fits nicely between the cancer centre and the cardio unit. The next time you are at the Freeman do try to drive round that way when you leave and you will see the building in the green copper cladding which is rapidly becoming a feature of the Newcastle Hospitals. The Trust is doing it's very best to fully fund the IoT but cash is short and much more is needed to fully realise the potential on the Institute. In particular, equipment to stream live high definition video to surgeons and students during complex transplant operations would be

a brilliant asset and would help to save lives but would cost an additional £100,000. I am hoping to help raise funds for extra facilities such as this and already a local band 'the Abominable Showmen' have had a fund raising gig for us raising over £500. We need to raise much, much more and the Art Auction is gradually becoming a reality. The Auction will take place at the Holy Biscuit (part of the Biscuit Factory, Newcastle) on Saturday 19th February with viewing days on the Thursday 17th and Friday 18th. The logo of the auction is 'arTx' as shown on the contents page. A flyer will be sent out in January explaining this in detail but in the meantime, we need more artist to support the venture. If you know of any artists who might like to help, please ask them to get in touch by telephone or email. Don't be afraid to ask for support or donations, it is a really good cause and so far, professional artists who have donated have been enthusiastic about the concept. If you find yourself up against a stone wall or someone saying they are always being asked to donate artwork then just stop pushing and try elsewhere. Not everyone can accept the concept of altruistic generosity and we just have to accept it.

The last page of the newsletter is a newly designed helpline poster and I encourage you to ask if it can be displayed in your doctor's waiting room or health centre clinic. The helpline is of real benefit to many people but almost everyone who calls says they didn't know we existed - please help make this a thing of the past.

There is really too much to cover in this issue in my column although I would like to draw your attention to page 32 and imagine for yourself how Robbie and Natalie must have felt when several jet aircraft thundered overhead at just the right time on their special day! Some days, it feels so good to be alive and that day was one of them.

Good health and long life to everyone - have a great Christmas and New Year,

John Bedlington

☆ 2010 Numbers Club Results ☆

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 these recent £250 prize winners: Mrs L Muir of Tow Law with [42] drawn at our general meeting on 15th September by our guest speaker Prof David Jones and to Mrs A Curry of Whitley Bay with [126] drawn at our 27th October meeting by our guest speaker Professor Derek Manas.

YOU CAN JOIN THE 2011 NUMBERS CLUB - SEE OVERLEAF

EXISTING MEMBERS NEED NOT RE-APPLY - YOU ARE ALREADY IN THE DRAW

WIN

**£2500 JACKPOT
in our 2011
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 2011, until further notice in writing.

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

Join our 2011 numbers club now and
return this completed form to:

LIVErNORTH
FREEPOST NEA2762
STANLEY
Co. DURHAM
DH9 0BR

no postage necessary

Diary Dates

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

If you are coming by car you should take 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 this 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, but it is not possible to open it from the other side. At the moment we do not have a complete list of speakers, but the dates are organised so **please do put these in your diary.**



12 December	2.30pm	Carol Service, Freeman Chapel - All welcome
16 February	7pm	Speaker to be arranged.
17-19 Feb	12 - 5pm	Art auction in aid of Institute of Transplantation * The Holy Biscuit (Biscuit Factory) Newcastle
6 April	7pm	Professor Julia Newton, Feedback from the Biomedical Research Centre on Ageing – Liver Theme
18 May	7pm	Professor Derek Mann, Emerging Therapies for the Prevention and Reversion of Liver Fibrosis.
15 June	7pm	Dr Quentin Anstee – NAFLD (Non-alcoholic Fatty Liver Disease)
20 July	7pm	Professor Derek Manas.
14 September	7pm	Professor David Jones - PBC
17 September	1pm	Autumn Fair
26 October	7pm	Speaker to be arranged
11 December	2.30pm	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!

*** The Art Auction 'arTx' will be publicised in more detail via a flyer to all members in January. If you know of any artists who may be willing to contribute, please ask them to get in touch as soon as possible. All work will be catalogued and all donations acknowledged. An information sheet is available to send electronically or by post to anyone interested - email info@livernorth.org.uk for details or phone us on 0191 3702961.**

PBC Diary Dates

PBC DIARY DATE 2010

The remaining lunchtime PBC meeting for 2010 is as follows:

****Wednesday 24 November 12 – 2 pm** Freeman Hospital,
Postgraduate Functions Room.
Speaker, Professor David Jones.

PBC DIARY DATES FOR 2011

Wednesday 2 February 12 – 2 pm Freeman Hospital,
Postgraduate Functions Room
Dr Chris Elliot,
Occupational Therapist.

Date to be arranged. Sunderland Royal Hospital,
Bede Main Conference Room.

Date to be arranged. Bishop Auckland General Hospital,
Postgraduate Common Room.
(Please remember that there is a lift
immediately inside the entrance which takes
you directly to the Common room.)

Wednesday 23 November 12 – 2 pm Freeman Hospital,
Postgraduate Functions Room.

****Please remember that the November meeting is no longer the big fund raising meeting, it will be a regular meeting with a talk, a small raffle, and tea, coffee, orange juice and biscuits will be provided as at all meetings. Please feel free to bring your own sandwich.**

The meetings are open to everyone, members, friends and anyone with an interest in PBC.

PARKING : At Freeman, we are very kindly given 20 passes to allow people to park in the main car park but to exit for free. I have the passes and can give them out at the meeting. If you are a disabled driver, and able to find a space, please do so.

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

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

Recent Events

Professor David Jones, guest speaker at our September meeting receiving his much valued (£1) LIVErNORTH trolley token. We know that prestigious and busy professionals like Prof Jones would not come to speak to our group if not for the



fabulous gifts we give them for helping us! Actually, joking aside, David really did say he wanted a new token because his old one had been mislaid.

Pictured left is Carol Tolchard (between Joan and John) who had a liver transplant earlier this year. She worked for Hammerite at Prudhoe for many years and decided

to retire in September. On the right is Matt Williams who invited us to the factory in October to meet Carol and receive a donation. Carol decided to forgo a leaving present from Hammerite and asked them to make a donation to LIVErNORTH instead. A lovely gesture Carol and a very welcome £200 donation. Many thanks to both Carol and Hammerite of Prudhoe. Pictured below l to r, our top security team at the Autumn Fair on 25th September, our brilliant Patron Denise Robertson opening the Fair and Denise receiving a small token of our appreciation from Toy Stall holders Charlotte and Lucy. Many more pictures overleaf.





Another wonderful Autumn Fair with everyone working hard to ensure a successful result - and it was! Over £4800 was raised including the prize draw. The stall photographs were taken just before the Fair opened with everyone looking 'bright eyed and bushy tailed'. The last two pictures were taken at the end of the day when we were 'sold out and worn out'. Everyone involved in the Fair (apart from governors) received a personal letter of thanks from the group.

LIVERNORTH 2010 Grand Charity Draw Prizes

Prize	Winning Number	Won By
1 £500 Cash First Prize <i>LIVERNORTH & other sponsors</i>	00778	Chris Dyke
2 <i>Barbour Quilted Jacket</i> <i>Barbour Trust</i>	02940	Hayley Wall
3 <i>£25 Gift Voucher</i> <i>Fenwick Limited</i>	02161	George Browell
4 <i>£10 Gift Voucher</i> <i>Collectables</i>	03062	C Gascoigne
5 <i>Case of Wine</i> <i>Linda & Chris Haw</i>	00114	E King
6 <i>Two Premier Enclosure Tickets 2011</i> <i>Newcastle Racecourse</i>	01926	K & B Middis
7 <i>Case of Wine</i> <i>Linda & Chris Haw</i>	02573	Vicky Crofton
8 <i>Boombox</i> <i>Tesco, Kingston Park</i>	02326	A Tate
9 <i>Brush, Comb & Mirror Set</i> <i>Anon</i>	00057	M Bickle
10 <i>Ferrero Collection</i> <i>Morrisons, Cowgate</i>	00607	Doris McLaughlin
11 <i>£10 Gift Voucher</i> <i>Wayne Taylor</i>	00891	Lynn Duncan

Name the Bear

1	Paul	Pam Simpson	Children's Ward
---	------	-------------	-----------------

Name the Clown

1	Awesome Dawson	Anon	Children's Ward
---	----------------	------	-----------------

Find the Cake

<i>Val Donkin</i>			
1	7E	Mary E.	Chester le Street

Name the Teddy

<i>Charlotte , Lucy & James Diamond</i>			
1	Jessica	E Houliston	Newcastle

All tickets were drawn during the Fair on 25th September at 3.00 p.m.

Very many thanks to all who supported the Fair by preparing, running stalls, providing prizes, working on stalls, tidying up or attending. All of your efforts are very much appreciated by the organisers.

The LIVERNORTH Committee Sept 2010

LIVERNORTH
FREEPOST NEA2762
Stanley
Co. Durham
DH9 0BR
www.livernorth.org.uk

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.

- CUT OUT AND KEEP AS A MEETING REMINDER -

FREEMAN HOSPITAL MSCP

**LIVErNORTH
VOLUNTEER
PARKING PERMIT**

Valid only on 8th Dec 2010
from 1730 until 2100
Meeting in: Restaurant

FREEMAN HOSPITAL MSCP

**LIVErNORTH
VOLUNTEER
PARKING PERMIT**

Valid only on 12th Dec 2010
from 1400 until 1630
Meeting in: Chapel (Carol Service)

FREEMAN HOSPITAL MSCP

**LIVErNORTH
VOLUNTEER
PARKING PERMIT**

Valid only on 16th Feb 2011
from 1830 until 2130
Meeting in: 137/138 Level 1

FREEMAN HOSPITAL MSCP

**LIVErNORTH
VOLUNTEER
PARKING PERMIT**

Valid only on 6th April 2011
from 1830 until 2130
Meeting in: 137/138 Level 1

Obituary

Nancy Lydia Richardson (27 May 1929 - 16 October 2010)

To know her was to love her and her love for others was inspirational.

It is with great sadness that I have to tell you of the death of a much loved founder member of LIVErNORTH. The above tribute written by Nancy's family unquestionably reflects the feelings of everyone fortunate enough to have known her. Nancy was given the Gift of Life seventeen years ago. It was a gift which she fully appreciated and Nancy demonstrated her gratitude with sincerity every day of her life. A patient, kind and loving person, Nancy could make you feel at ease from the moment you were in her company and you knew at once you had made a wonderful friend. Many of you will have known Nancy through hearing her sing each year at our Carol Service, she had the voice of an angel and I have no doubt she will be singing with the angels now. Nancy had told us that last year was her swan song but of course no-one could have known how true her statement would be, however, I am sure that Nancy's legacy of love and happiness will be felt not only during the Carol Service but will remain forever in the hearts of all who knew her. Our sympathy and love go her family and friends. She will be greatly missed.



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

Become a member of a hospital!

This probably sounds odd to you but since foundation trust hospitals came into existence a few years ago, anyone can become a 'member'. What this means is that you join a foundation trust by filling in a simple form and then you are known as a member. You don't have to attend any meetings (unless you particularly want to) and you don't have to do any work. You are entitled to vote in elections for governors and also to stand as a governor for your own constituency.

What you get out of it in addition depends on the trust you join (although you can join several, and there are no restrictions). All trusts send out free newsletters to members keeping them up to date with events and developments as well as up to the minute news on relevant healthcare matters. You could be told about low waiting times for a particular operation or you could be given the figures for MRSA or falls in your local hospitals. You will certainly be kept up to date with new building works, clinic opening times, health promotions and lots of other useful and important facts from the trust.

One very important benefit is having access to the governor responsible for your area. You can ask your governor to take up your case or point you in the right direction for a referral or to make a suggestion on your behalf. Your governor is there to represent you and he or she needs to know what you want from the trust. If you have ever wanted to know more about how your hospital is run, who the consultants are and what the

hospital can and can't do then being a member may be just what you need.

As membership is voluntary and indicates a desire to belong to and help the trust, it is inevitable that membership is seen as an advantage for anyone working in the medical profession. Medical students and nurses in particular are encouraged to join several trusts so that they can look at career prospects and opportunities that may not be apparent to the casual observer. The trusts support their members because membership shows a willingness to engage with the organisation rather than just work for it - it must help on a CV too!

The next two pages can be detached from the newsletter and posted off as application forms to join a foundation trust. The first form is for the Newcastle upon Tyne Hospitals NHS Foundation Trust and anyone no matter where you live can become a member. This is because the Newcastle Trust provides some healthcare services nationally and even internationally. The second page is for City Hospitals Sunderland NHS Foundation Trust and anyone who lives in our region can become a member. This is because Sunderland provide some regional healthcare services as well as local ones. Most readers of this newsletter will be eligible to join both trusts.

Well, that's your Christmas present sorted and it's free! Dump the Readers Digest subscription and start reading something really useful for a change - join up now.
(you can also apply online)

Healthcare at its very best - with a personal touch!

Be A Part...

We are all likely to need high quality, safe healthcare at some point in our lives. We are proud in the Newcastle Hospitals to provide healthcare at its very best – with a personal touch. Why not join our Trust to ensure your voice is heard and help us continue to provide an ever improving quality of service.

Anyone who lives in the North East and beyond is eligible to join the Trust as a Public Member and we do value your membership.

We have three geographical constituencies (your Postcode will determine which you can join):

1. Newcastle upon Tyne 2. Northumberland, Tyne and Wear 3. The rest of England.

Please register me as a member: (please print your details below) or sign up online at www.nhs-membership.co.uk/nutt or via the Trust website at www.newcastle-hospitals.org.uk

Title: _____

Surname: _____

First name: _____

Address: _____

Postcode: _____

Telephone: _____

Mobile: _____

Email: _____

Preferred method of contact: Post: _____ Telephone: _____ Email: _____

(continued overleaf)

By signing below, I confirm that

- I am 18 years of age or over
- I live at the address overleaf
- I am not a member of staff at The Newcastle upon Tyne Hospitals NHS Foundation Trust (a separate application form is available for staff – please contact the Trust Secretary for a copy or sign up online at www.nhs-membership.co.uk/nutt Or www.newcastle-hospitals.org.uk
- I confirm that none of the disqualifications from membership listed below applies to me.

I apply to be a member of the public constituency:

Signature: _____

Date: _____

The following section is optional but would be helpful to us:

Gender: M____ F____ Date of Birth: D____/ M____/ Y____

Ethnic Origin

White: _____

Black _____

Asian: _____

Chinese: _____

Other _____

Do you consider yourself to have a disability: Yes/ No

Would you be interested in becoming a Governor of the Trust: Yes / No

Please return this form to:

Chief Executive's Office, The Newcastle upon Tyne Hospitals NHS Foundation Trust, FREEPOST NAT18163, Newcastle upon Tyne, NE7 7BR (no stamp required)

A person may not become a member of the NHS Foundation Trust if:

- * In the opinion of the Council of Governors there are reasonable grounds to believe that they are likely to act in a way detrimental to the interests of the Trust
- * They have in the preceding two years been dismissed, otherwise than by reason of redundancy from paid employment with any NHS body
- * Their name appears on the sex offenders register
- * Within the last five years they have been involved in a serious incident or violence at any of the Trust's hospitals or facilities, or against any of the Trust's employees or registered volunteers
- * They are currently classified as an habitual or vexatious complainant under the terms of the Trust policy.

Help us to help you when you need it most - join us today!

An Invitation to Join the Membership Community of City Hospitals Sunderland

City Hospitals Sunderland became an NHS Foundation Trust in July 2004. We believe that being a Foundation Trust is really good news for the people of Sunderland and the other local communities we serve. While we remain fully within the NHS we have new freedoms and opportunities. One of the most exciting of these opportunities is to involve local people in our activities.

We now have a Foundation Community – a group made up from members of the public, our patients and staff. This means for the first time local residents, our patients and our staff can become much more closely involved in the running of their hospital services.

Who can be a Foundation Community member?

Anyone can be a member if they are over 16 and:

- * are a patient at the hospital; or
- * are living in the area covered by Northumberland, Tyne and Wear Strategic Health Authority (from the Scottish border down to North Yorkshire and across to the Cumbrian border in the West); or
- * are a member of City Hospitals Sunderland staff.

Members in each of these groups (patients, public or staff) can vote to elect representatives (governors) from within their group to sit on our Board of Governors. This Board will help us to shape our plans for the future and how the Trust is run.

Why should I become a member?

The Government set up NHS Foundation Trusts to enable hospitals with good track records to have more freedom from central control and to develop their plans for local services with local people. As a member, you will have a direct influence on how local NHS services are developed for the benefit of you and your family.

What will being a member mean?

Membership is free and after joining it is entirely up to you how involved you become. We will regularly send you a newsletter outlining developments of our services and facilities. This may be as much involvement as you want, or you may wish to play a more active role by coming to our Board of Governors meetings in public, by voting in elections for our Governors, or even standing for election yourself – **but all of this is up to you!**

What next?

We want as many members as possible in our Foundation Community to make it truly representative of the people we serve. If you are interested in becoming a member please take the time to complete and return the form overleaf to the Freepost address.

Remember! Membership is the chance to have your say on hospital services in Sunderland now and in the future

Contact Details	
Title: Mr/Mrs/Ms/Other:	
First Name:	Surname:
Address (including postcode):	
Email: (optional)	Telephone Number: (optional)
About You – we want to involve the whole community and this optional information will help us to assess how representative our membership is	
Are you: (Please tick) Male <input type="checkbox"/> Female <input type="checkbox"/>	
Your age (years):	Date of birth:
In which ethnic group would you place yourself? (Please tick)	
* White (White British/ White Irish/ White other) <input type="checkbox"/>	* Asian or Asian British (Indian / Pakistani / Bangladeshi / Other Asian) <input type="checkbox"/>
* Mixed (White and Black Caribbean/ White and Black African/ White and Asian / Other mixed) <input type="checkbox"/>	* Black or Black British (Black Caribbean/ Black African/ Black other) <input type="checkbox"/>
* Chinese <input type="checkbox"/>	* Do not wish to state <input type="checkbox"/>
* Other ethnic group <input type="checkbox"/>	
Do you consider yourself to have a disability? (Please tick) Yes <input type="checkbox"/> No <input type="checkbox"/>	

Thank you for completing this form. Please return to:

Carol Harries
 City Hospitals Sunderland NHS Foundation Trust
 FREEPOST NAT12669
 SUNDERLAND, SR4 7BR

Tilly Tattle

Well, here we are once again, in the run up to Christmas, and the weather has turned very cold. Today it is wet and windy, and not at all pleasant.

Fortunately, on the day of the Fair, it was sunny and dry, and so we had a good day, well attended, and with our lovely patron, Denise Robertson, doing the honours and opening it for us once again. Denise really is a marvel. We used to present her with flowers until she told us to save our money, we were a charity and should not spend the money on her. Now we give her tokens which she can use for herself or pass on to one of her many other charities – we know this is what she tends to do (the tokens are bought from the General Account so no Charity Money is spent in this way). Elsewhere you will see a full report on the Fair, and how much money was raised.

I would like to repeat my thanks to all those who helped to sell raffle tickets in the run up to the Fair. Everyone who took part seemed to enjoy themselves and it does make a huge difference to the total amount raised.

On Sunday 14 November it will be the annual Transplant Thanksgiving Service at St. George's Church in Jesmond. This is always a very moving time, with recipients and donor families in the congregation. Our last two events for the year are the Christmas Dinner on 8 December, and the Carol Service on 12 December. If you are planning to come to the Dinner but have not yet booked, please do this soon as bookings are high.

You don't have to book for the Carol

Service, but if anyone wishes to do something special this year – a reading, a poem, etc., please do get in touch with me as soon as possible.

As many of you know, our dear Nancy Richardson always sang a solo at the Carol Service. In 2009 she told me that she felt it would have to be the last time as her voice was very uncertain. I was very sorry, but did understand. Nancy said she would be happy to do a reading for me. Sadly, Nancy died in October and we will miss her lovely warm presence.

There will be a memorial to Nancy elsewhere in the newsletter, but I felt I really wanted to say my own few words. Nancy was a delightful woman, full of courage and very strong. She received her transplant in 1993 when she was in her 60s and she was an inspiration to many of us. Despite problems with arthritis she lived a full life. She sang every year at the Carol Service and her choice of hymns was always very relevant. She had a great faith, as does her dear husband, Eddie. She had a lovely and loving family, and she in turn was a very loving mother and grandmother. She was usually accompanied to the Carol Service by her daughter Ann and her family, as well as by Eddie. This year the Carol Service will seem very strange without her smiling face and she will be greatly missed by all of us. When I was first diagnosed Nancy's other daughter, Lesley, worked on the Liver Unit, as secretary to Mr Michael Thick who performed Nancy's transplant. Apart from Ann and Lesley, there is a son, Frazer, and several grandchildren. Our thoughts and prayers are with them all.

In closing I would like to wish you all a very happy and peaceful Christmas, and good health in 2011.

THE PBC DVD

The PBC DVD has been recommended for publication in the Journal of Visual Communication in Medicine. The official notice lists it as "Development of an evidence-based patient information medium: Empowering newly diagnosed patients with Primary Biliary Cirrhosis". This is a real achievement and it is good to know that the DVD is getting such national recognition not just from patients, but also from the medical world. Demand for the DVD continues to be good. We are about to order another 100 copies. It has gone all over England and also to some European countries. We also have a DVD which is suitable for use in the United States and Canada which is also popular. It has recently been listed in the British Liver Trust newsletter and is also on an NHS website. As well as patients, several GPs and hospital doctors have asked for copies, which is good news for newly diagnosed patients. If you would like a copy please contact me.

Tilly Hale, 01670 714901 or tilly.liveliver@gmail.com

LN PBC MEETING AT BISHOP AUCKLAND

We had an excellent meeting at Bishop Auckland in September. The speaker was Prof Julia Newton and she gave us a fascinating talk on the benefits on fatigue of light exercise for PBC patients. Now, I know, we all groan at the mention of exercise, scenes of gyms and machines flash before our eyes and we feel horror at the thought of it – BUT, Julia is not talking

about those sort of exercises. In Falls and Syncope where Julia works with her other hat Lisa Robinson and the team have devised various simple exercises for people with PBC. Following a short run with four patients the research was extended to two other larger groups and these people have found that they benefitted greatly from their exercise regime. The four original people also found a great deal of benefit. One lady in her 80s now feels confident to walk to the shops, another lady in her mid sixties who is very unstable on her feet now walks with a cane, and with a much firmer step. Previously she had not wanted to use a cane and Lisa realised that it was because the one she had was not the right height for her. The other two people (one was me) have found that they have better balance and are more able to get up from sitting positions etc with greater ease.

Although Julia was not able to wave a magic wand and set up a class, as some people requested, she did motivate us to think about doing some small movements which can only be helpful. I don't suppose we will drop two dress sizes as is happening with the contestants in Strictly Come Dancing, but if we can move more easily it has to be worth a little effort.

Tilly Hale

NEWSLETTER, NOVEMBER 2011 TRANSPLANT THANKSGIVING SERVICE

This year's service was held on Sunday 14 November, at St. George's Church in Jesmond.

This is always a very moving occasion, but this year was especially so.

We had a man speaking about donating

his wife and daughter's organs following a road accident earlier this year. He and his family had been involved in a car crash with a car coming on his side of the road. He is left with a very young baby. He stood and spoke so movingly about the event and his decision to donate from both family members. He and his wife had discussed this on various occasions and he knew it was what his wife would have wanted.

We also heard from a man who received a liver transplant earlier this year. This gentleman was very emotional and spoke of the wait for the call, the call itself, and the thankfulness he feels towards his donor family.

As always, the service was conducted by Nigel Goodfellow and organised by him and the Transplant Co-ordinators. Nigel always reminds people that they should feel able to cry if they need to do so. He also encourages people to speak to the person alongside them.

Julie and I were sitting behind a large family group – they occupied two full pews. They were all very tearful and afterwards we spoke to them. It turned out that one of the women was the mother of the donor – he was 27 and he had been murdered earlier this year. The bravery of this woman and her family, in the midst of such terrible suffering, to decide to donate her son's organs is so amazing. Julie and I told her how we had been recipients of liver transplants and how it had transformed our lives.

Obviously nothing we said could really help these people, but they said it was good to hear from people who had been on the other end of the donation. We don't know their names, but we will never forget their generosity, or indeed the generosity of all of the donors and their families.

Tilly Hale, 01670 714901

The newly opened Emergency Department (ED) for Newcastle is now located at the Royal Victoria Infirmary in the city centre. This new purpose built facility, with state of the art equipment is the gateway for those who require immediate hospital attention due to a serious illness or injury. We provide a 24 hour, 7 day a week consultant-led service to the people of, and visitors to, Newcastle upon Tyne and surrounding communities, seeing approximately 70,000 new patients each year.

The Royal Victoria Infirmary is also the major trauma centre for a much wider area, receiving patients from as far afield as Cumbria, with a helipad on the roof of the Emergency Department to receive major trauma victims. Here you will have rapid access to highly advanced scanning and diagnostic equipment, 24 hour emergency theatres and intensive clinical care should you need it.

A Warning

not to be ignored.....

I would never have thought in a million years I would be in the situation that I am in now. It started in October this year when I was on my way to Leeds for work, on the way I felt slightly under the weather and on a couple of occasions thought I was going to be sick. I simply put this down to a bug, I eventually arrived at the Leeds office and within two minutes I was violently sick, bringing up dark old blood.

An ambulance was called which took me in to Leeds General for tests and examination, the Doctor at the A&E asked if I had Jaundice which I said not as far as I was aware. They made arrangements for a camera to go down to examine if there was any bleeding but this never took place in Leeds.

After 24 hours nothing happened - no camera as there was emergencies coming in all of the time, so I requested to be transferred to Wansbeck General at Ashington for this procedure to be carried out. This was completed at Ashington but the nurse asked me again about Jaundice which I said the Doctor in Leeds had asked, but put it down to me just coming back from Spain and the tan dropping off. The nurse said that she would take some bloods for a LFT just to be safe.

The camera did not show any abnormalities; however I was sent for an ultra sound scan for my liver then referred to an Doctor at Ashington hospital for the results. I attended the hospital and to my shock I was told I had cirrhosis of the liver caused by alcohol. Well I nearly dropped through the floor, as did my wife, I always assumed this condition was with Alcoholics or persons who were alcohol dependent, and those who really hit hard strong lagers / beers / spirits/ wines etc. I did not fall in to any of these areas. Yes, I had a drink on a Friday night and Saturday, yes I at times exceeded the limits but never drank anything from the Sunday to the next Friday night, I don't touch wines or spirits, or extra strength lagers or beers, just ordinary lager. To be honest I am not sure if the Doctor actually believed me but this is the Gods honest truth.

When we got home on the evening, whilst in a state of shock, a news item was on the North East news programme about health etc., and asked if anyone had a story they wanted to highlight. At first my thoughts were that people would look at me as an alcoholic, a drunk etc

as that would be my thoughts. This is why I feel a lot of people hide this due to being ashamed, embarrassed for themselves and family. I decided to show this not to be the case and wrote in to ITV. They contacted me the next day and wanted to follow this up with me and put it on the TV which I had no problem with. The ironic part is the researcher said the whole office started to compare what they drank, how often etc and some came out ahead of my consumption as well as knowing others well in front of them.

The TV crew came out and filmed me and I gave out my situation and thoughts to them hoping somebody would stop and think what they are doing and get a LFT if they did not feel too good.

In hindsight I had signs but, like others, put in down to other things. A simple one was my socks seemed to be tight on my legs so I got other types as I thought this was due to driving and standing; feeling sick more than normal, I put this down to stress; these two simple observations I should have picked up on an may not be as ill as I am.

I now have a journey to go and a battle, what is ahead of me I am not sure, but I will never ever touch alcohol again that is certain. I felt lost and alone with nowhere or nobody to talk to but I went on the internet and found two LIVERNORTH helpers numbers Julie & Tilly who I spoke to, and I met Tilly. These two ladies are wonderful, their support and advice (not medical) was music to my ears. they allayed my fears and concerns enough to get me through the days ahead, I will keep in touch with them.

If you know of somebody who may be the same as myself then please let them read this it may just help a little but save a lot of pain and distress.

I have had time to look at some analogies and one I thought of was; Your body is finely tuned like a jet engine waiting to fly across the Atlantic, the fuel arrives and one tanker has 100% pure fuel perfect for the engine, the other has fuel too but it is slightly contaminated and may cause problems, which one would you choose to use ??? I know, do you?

Peter Cottrill
November 2010

The Abominable Showmen



This terrible (phone) photograph is of the Abominable Showmen who did a brilliant gig for us at the Tyneside Irish Centre on 4th November. The showmen are a group of friends who raise funds for good causes by putting on shows mainly with a Country and Western theme.

Jim Stevenson, who organised the gig and is a friend of ex-patient Karen Gault's husband, said he thinks they will

have raised about £520 for the Institute of Transplantation. He wanted to say: Many thanks to all involved; Graeme Bell, Keith Shepherdson for manning the PA, Tim Hines for his help in getting the PA to the Irish Centre, The staff at the Irish Centre, Apple Screen Print for the T-Shirts, my genius of a sister for our very smart cowboy shirts and everyone that came along and had a great time, and gave us such a great reception.

Andy, Chris, Stephen, Richie and Jim (the Abominable Showmen)

More next issue - Ed

Keep in Touch

Email us at info@livenorth.org.uk and we will add you to our email circulation list for updates. We will keep you informed about any recent developments and update you with meeting changes etc. Research, the NHS and the world of medicine in the UK is changing rapidly - we will do our best to keep you up to date with what's happening.

Expert Patient?

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. The recent Generic Drug Substitution consultation is a good example but we also get asked to complete questionnaires and surveys.

Ring for more information: 0191 3702961 or email us at info@livenorth.org.uk and let us know you are interested.

An amazing Forecast about the 2010 British Transplant Games

This is an extract from an article written by the late Ross Taylor (Chairman of the Transplant Games for many years) who died in December 2003 - how amazingly accurate were his predictions when he wrote these words in the Games Programme for the 1997 Games on Merseyside. See what you think...



THE BRITISH TRANSPLANT GAMES IN 2010 A.D.

'Christine Evans has asked me to write this piece and set up my vision of what our Games would be like in the future.

The world is full of visionaries whose visions have become illusions and Mystic Meg I am not. But let us look at the crystal ball and see if anything is visible through the haze.

I predict that the Games will become bigger and even more expensive to organise. There will be increasing reliance on corporate sponsors, but even with this, the days of large subsidies to competitors will go, and the charges which will be necessary will, rather sadly, become more of an issue in who can afford to come to the Games and who cannot.

There will be increasing use of professional organisers to support the Local Organising Committees, and with that will come increasing demands and expectations by those attending the Games. In some ways, this will be a shame, because one of our strengths has been the kind tolerance shown by competitors to the organisers when all has not gone smoothly. There is a fear that increasing budgets, and increasing professionalism in the organisation of the Games, might reduce the vast pool of voluntary help currently given so generously, and so gratefully received.

The duration of the Games will remain about the same, but there will be a small increase in other events which occur annually, like the volleyball, badminton and skiing. I have a great fear that one day the Children's Games may separate, because we have not always mastered the art of incorporating the children into our Games and creating an appropriately fun occasion for kids and their families.

The Games will have an increasing public profile as a showcase for organ donation and the success of transplantation, for as long as human donors are needed - that is until preventative medicine reduces the incidence of major organ failure, and implantable artificial organs and animal organs become as successful as human organ transplantation is now.

Over the years, personal performances will improve, but the joy of competing, the spirit of friendly rivalry, camaraderie and of supporting one another will always be more important than 'personal bests' - our anthem 'You'll never walk alone' will be sung as loudly as ever and with as much meaning. Will I be able to greet you alt in 2010 AD? If I can, great, if not, at least I will not see how wrong my predictions have been'.

Ross Taylor 1997

Transplant Games

Reporter & Participant: Marjorie Batey.

From the 19th - 22nd August the Annual Transplant Games took place in Bath. There were 34 teams participating from all over the U.K. we were told over 600 transplantees took part this year. Each year this number increases - a great representation to the world just how effective transplants are and how we are able to compete and live a normal life. As well as the athletes, there were others, particularly family members who descended on Bath: all in all the city welcomed 1000 people. The youngest athlete was aged 2, the eldest 80+ all taking part in this wonderful experience - everyone going with expectation of meeting the many friends made over the years.

Every year I look forward to seeing the people on the donor bus and also the ever increasing number of donor families who are coming to be part of the games. The donor families presented a flame which burned throughout the games, helping to raise awareness of transplantation. Where would we be without these families whose generosity in allowing the organs of their loved ones to be donated as a gift of life to the people who need a transplant?

We met in the centre of Bath close to the Roman Baths and marched to Bath Abbey. Despite the pouring rain we remained a very happy group of people, who were welcomed by the

rector into the Abbey for the opening ceremony. Glad to be sitting down out of the rain, we listened to welcome speeches given by various dignitaries, learning a little about the history of Bath as well as the Abbey. Someone had written a song especially for the 2010 Games and we had the pleasure of hearing it sung - what an incredible effort and welcome we were given by the people of Bath.

The next day the games started in earnest. I went with the Newcastle team, which consisted of 15 people, including 4 young people from the Children's Transplant team. There was a great team spirit and camaraderie, with the young ones keeping the older people right rather than the other way around! John Levenson, who had a liver transplant on Christmas Day joined us with his family for the first time. For a small team, we did very well in the medal table coming tenth out of 34 teams. Everyone achieved at least one medal and John's children won a medal each in the special events which are organised for family members. The total achievement this year was 15 Gold, 14 Silver and 8 Bronze medals.

On the final evening there is a Gala Dinner for the adults and a special event for the children. During the evening speeches of appreciation are given and there is a presentation of special awards, two of which were given to the Newcastle team. The games came to an end with an

invitation to assemble in Belfast for the 2011 Transplant Games which will take place early in August.

If you have been fortunate enough to have been given 'The Gift of Life' then why not consider joining us next year in Belfast. Not only will you have the opportunity of demonstrating what a wonderful gift you have been given but you will also be guaranteed a very happy and rewarding time.

I would like to take this opportunity to thank everyone who sponsored me for my participation in the games. I was raising money for LIVErNORTH

and have presented the group with a cheque for £760.00.

Thank you for your generosity.

Editor's note: Marjorie won 4 Gold medals, 1 silver medal and a silver salver for the best over 70yrs female. I am sure everyone will join me in congratulating Marjorie on this remarkable accomplishment. It is certainly worth mentioning how over the years Marjorie has raised over £5000 through sponsorship in the Transplant Games, this is an phenomenal achievement for which we are truly grateful. Thank you Marjorie.

Generic Drug Substitution victory

Those of you who kindly sent off the response letters to the Department of Health in March will be pleased to hear that we have been entirely successful. Here is the actual message from Beth Forster of the DoH on 14th October:

Mr Bedlington,

In the light of the public consultation findings, the Department will not be progressing any further the implementation of generic substitution. Instead the Department will be looking at further ways to support the use of generic medicines in a way that is acceptable to patients, recognising that there are still some savings that can potentially be delivered in this area.

For further detail see:

http://www.dh.gov.uk/en/Consultations/Responsestoconsultations/DH_120431

We spoke earlier in the summer about reference to LIVErNORTH in the analysis of response report. The government response to the consultation document also refers to your organisation. Thus I wanted you to have sight of these documents as soon as they were available. Parliament were informed through the laying of a Written Ministerial Statement this morning and a press notice will be available at <http://www.dh.gov.uk/en/MediaCentre/index.htm>

Kind Regards, Beth Foster, Policy Manager - Community Pharmacy

If you follow the links to their website you will see that only two organisations responded to this consultation with LIVErNORTH being the largest by far. We sent 103 letters and the only other respondent, Epilepsy Action, sent 51. Between us we ensured that patients on branded prescription drugs will NEVER have them changed without their knowledge. That's a victory in anyone's terms and a real victory for LIVErNORTH (our name was mentioned 14 times by the government in the consultation response and our letter was reproduced in full).

Well done everyone - patient pressure at it's best!



Dear all at LIVErNORTH,

Just a short note to say how informative I found the PBC DVD that your group has produced. Thank you to all involved in its production.

I have enclosed a cheque to cover the cost of the DVD.

Thanks again,
AC
Glasgow.

Dear John,

I would like to say a great big thank you to you and all the people who make LIVErNORTH the great organisation that it is.

Thank you for the wonderful work that LIVErNORTH does and thank you for the fantastic raffle prize that I recently received from you - I am, as you can imagine, over the moon.

Best wishes to you all.
CD
Darlington.

Dear LIVErNORTH,

Please find enclosed cheque for £515. A group of friends and I decided to do a sponsored walk which was 13.5 miles from Thorpe Thewles to the Ship Inn at High Hesledon. Hope this donation helps towards the marvellous work you do. Our son received his transplant 5 years ago and is still doing well.

Yours sincerely
Linda Southward
Hartlepool.



POETRY PLEASE

These two poems are reprinted here with the kind permission of the author Walford Days. Walford is a local poet and has three books in print, all of which are full of touching, poignant and well written poems. The first poem, Senses of Value is from the volume 'Occasions' and will ring true to many readers because of their own restricted ability. It is about supporting each other and as such has great relevance to our group. The second poem, Smile Please is from his 'Poetically Yours' volume and tells a story familiar to all of us but also carries the hidden message 'don't give up'. Picture the subject going to work again the next day and trying to give his smile away forever. We are extremely grateful to Walford for allowing us to publish his excellent poems here and we will be telling you how to get hold of his books in a future issue. Meanwhile - enjoy!

Senses of Value

Come, take my hand and I will be your guide,
For there is nothing I would rather do,
Believe in me, I will look out for you.

Walk by my side and do not fear to fall,
My confidence will surely be enough,
No path for us can ever be too rough.

Trust my determination to protect,
Accept my offer and if we believe,
then there is nothing we can not achieve.

I understand if you are apt to doubt,
It worries us if we are asked to trust,
Especially if we know we really must.

I know, for I have walked this path before,
We'll reach our destination in the end,
Not fearing that which lies around each bend.

But there is something I would ask of you,
As you are blind, walk close to me, stay near
And listen, for alas, I cannot hear.

Smile please

I took my smile to work this morning,
freshly washed and shaved,
Intending first, to use it on my way,
Unfortunately, every head was buried in a paper
So, the smile was kept till later in the day.

I walked into the office block,
took the busy lift
And looked around to try and use my smile.
But, not a single person seemed to look at me and so,
I kept it in my personal, friendly file.

I thought that when I reached the office,
this would be my chance,
Before the daily routine could begin.
But, somehow the occasion did not present itself,
So, once again, I just kept my smile in.

The morning passed, and every time
someone would catch my eye,
I smiled, and tried to raise a little laugh.
But, all my efforts were in vain, people weren't amused,
By twelve o'clock I'd upset half the staff.

When lunchtime came, I thought that now
would be an ideal time
To do my best to brighten someone's day.
But when I tried to smile politely at the office girl,
She made her feelings known and turned away.

It seemed that my last chance would be
To smile when I got home,
But I'd had enough and must have looked quite sad;
For, when I reached the house, my daughter stared at me and said:
'Look at him, what's wrong, come on, smile Dad!'

'Poetries' by Robert Matthews



This is a continuation of the correspondence between my great - uncle Bob and great - aunt Flora, written when they were forced apart during the Second World War. It is very moving for me to read these poems as they demonstrate a side to Uncle Bob, which as a child, I never saw. I do remember that Uncle Bob had a dry sense of humour and that visits to Douglas Street, Wallsend, where they lived after he returned from Australia, were always happy and full of fun. The poems give an insight of a very sentimental, lonely man, who dearly loved and greatly missed his wife and children. As I have read through the poems, I have realised that, despite the fact that they were written about seventy years ago, history does repeat itself. There must be many families today in similar circumstances: some torn apart by war with loved ones fighting in Afghanistan and others wondering how they can make ends meet due to job losses and redundancies. I hope comfort can be gained through reading these poems secure in knowledge that a happy ending was achieved.

"Ma Cherie"

I hope you like my weekly lines
My poetic efforts, little rhymes,
For though I must be almost a memory,
In spirit, I am close to thee.

I think of you the whole day through,
And long for just one look at you,
To hold you in my arms again,
And, prove to you, I've been a faithful
sw(a)in(e).

My dear, I've loved you all these years,
And I'm long past the calf love stage,
For, soon you'll learn with your own ears,
That, my love, like good wine, has improved
with age.

I'll whisper loving words to you
Sweetheart, I'll thrill you thru' and thru',
And when English at last fail me,
I'll start off in French and call you "Ma Cherie".

"A Change"

When the wife and kids desert you
And sail out o'er the blue,
Remember - there's one - your mother,

She will see you through,
My theme song is now
changed from
"The Only Girl in the
World" to
A "Boy's best friend is his
mother".

"Cardiff's Lament"

"Cardiff is saying Good-night,
With a song at the end of the day,
The mist on the Pit Heap is white,
And the traffic is fading away,
For every light that is shining
There's a heart that is pining
For the silver lining of the dawn.
Tomorrow the world will be bright,
Cardiff is calling Good night".

"The Wishing Well"

When an idle hour I can take,
I always have it near a lake,
There beneath some leafy boughs,
I dream as long as time allows,
As I watch the ripples and the swell,
I make the lake my Wishing Well.
I wish for friends, both old and new,
But most of all, I wish for you,
For, you have been gone, almost a year,
Your absence has been hard to bear,
My love for you will always burn,
That's why I wish for your return,
And as I gaze at the sea of green,
I think of things that might have been,
Of mistakes, I've made a few,
Did I make one when I wed you?
That I did wrong, I could not tell,
So I have asked my Wishing Well,
And, this is what I heard it say,
As its waters rolled along the bay,
"She loves you, she loves you,"
So, now I know your love is true,
Had I another life to live,
To you, again, my love I'd give,
I'd risk being mistaken now, as I did then,
Sweetheart, I'd marry you all over again
Before even I asked my Wishing Well.

Charlotte's Crackers...not just for Christmas

One line jokes for kids - if you have any, please email them to info@livernorth.org.uk - put 'crackers' in the subject box

Q. What do you say if you get in trouble for not doing your homework?

A. "You can't tell me off for something I didn't do!"



Q. What is Tarzan's favourite Christmas Carol?

A. Jungle Bells!



Q. What coat has no buttons?

A. A coat of paint!



Q. What did the plate say to the other plate?

A. Dinner's on me!



Q. Why can't a bicycle stand up?

A. Because it's two tired!

Q. What kind of ship lies at the bottom of the ocean and shakes?

A. A nervous wreck!



Q. Why are fish afraid of computers?

A. They could get stuck in the net!



Q. Why was Cinderella kicked out of the baseball game?

A. Because she ran away from the ball!



Q. Why did the lifeguard kick the elephants out of the pool?

A. Because they couldn't keep their trunks up!



Great North Run 2010

It was a fantastic day for everyone: Saturday 18th September; the 30th Great North Run and 54,000 runners - the biggest half marathon on the planet.

The race was won by Ethiopian Haile Gebrselassie in under an hour (59:33). Local celebs Ant and Dec set everyone off (and are still recovering from the thousands of 'high fives' they got from the competitors).

It threatened to rain all day and the cool air was comfortable for the runners.

Most people missed the rain but anyone coming in after two hours thirty got a bit wet to say the least.

LIVERNORTH had an excellent field of 20 official runners and two 'own place' people - all running to raise funds for the group. Our ages ranged from 23 to 48 and near the middle at 37 years old, our first runner home was Steven Angus who came in at 1:21:23 in 133rd place. This is an absolutely fantastic achievement for someone who is not a professional runner. Steven lives in Sweden and is a busy working man with two young children - no wonder he knows how to travel fast... Second home was John (Chris) Bennett, the 'old man' of our cohort at 48. Chris was only 8 minutes behind Steven and was in 578th position. Many top club runners would have been passed by Chris during the race. Chris is a Dentist who has a private practice in Chester-le-Street and is a long standing supporter of our group. Our third man home was Transplant Surgeon Jeremy French, six minutes behind Chris and in 1250th place. Jeremy had just three hours sleep the night before the race so it is even more impressive that he was in the top 3% of athletes on the day. I tried to photograph everyone as they came past but soon after Jeremy moved away the number of people coming through rocketed and it was impossible to see our runners, never mind attract their attention. The ones I did snap are shown on

RESULTS GNR 2010

Steven	Angus	133	01:21:23
John	Bennett	578	01:29:56
Jeremy	French	1250	01:35:02
Even	Mulligan	2667	01:41:04
Liam	Cornell	2693	01:41:09
Emma	Shaw	7105	01:52:18
Phil	Latham	9086	01:55:53
Gillian	Patman	14818	02:05:19
David	Ripley	19534	02:13:17
Paul	Arnold	20684	02:15:12
Katherine	Fidler	23841	02:20:41
David	Riley	27107	02:27:01
Caroline	Smith	28758	02:30:36
Samantha	Murray	29097	02:31:22
Robbie	Maguire	33453	02:43:56
Natalie	Letley	33461	02:43:57
Pratibha	Veeramani	34815	02:49:36
Pradeep	Gundabolu	36690	03:00:05
Priyanka	Kulkami	36691	03:00:06
Siva	Veeramani	38269	03:17:34

the next page and you can see their names on their shirts - well done and thank you to all of you.

Note the couple on the bottom photograph. That's Robbie Maguire and Natalie Letley. Robbie proposed to Natalie on the finish line (in the torrential rain) and she accepted. Robbie produced the ring he had carried for over 13 miles and slipped it on her finger at exactly the same time as the red arrows thundered overhead - what a great climax to a brilliant day. Congratulations!

John Bedlington

It was a GREAT North Run!



BRITISH TRANSPLANT VOLLEYBALL TOURNAMENT NEWCASTLE 2010

On Saturday 6th November the Transplant Volleyball Tournament took place on home soil - It was held at Gateshead Leisure Centre.

All teams had to register at 9.30 for the games to start at 10.00 a.m. We had teams from Liverpool, Glasgow, Royal Berkshire and Cambridge plus our own teams, Newcastle and the Freeman Hearts.

Each team played 8 matches: the first game got started between Royal Berkshire and Cambridge with Cambridge winning. Once all matches had finished and all the points topped up the results were as follows.



Cambridge	-	Gold
Royal Berkshire	-	Silver
Freeman Hearts	-	Bronze

Well done to all competitors - Newcastle team came fourth and were:

Dave Lee
John Harty
Dawn Fenton
Phil Brown
Ken Brown
Laura Tough

Everyone enjoyed the day which was followed by the Evening Gala Dinner at the Royal Station Hotel in Newcastle. There was a three course meal, a trophy presentation and evening entertainment.

Pam Yanez was our speaker for the night and she thanked everyone for coming and taking part in the Volleyball Tournament.

We also had a raffle on the night which raised £242. I would like to thank everyone who bought raffle tickets and to the people who kindly donated prizes. Everyone finished the night off with the band playing and dancing the night away.

I would also like to say a big thanks to Dave Lee who organised the event - thanks Dave.

Susan Harty

Helens 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 - YOU HAVE BEEN TOLD!

Old Farmer's Advice:

Your fences need to be horse-high, pig-tight and bull-strong.

Keep skunks and bankers at a distance.

Life is simpler when you plow around the stump.

A bumble bee is considerably faster than a John Deere tractor.

Words that soak into your ears are whispered...not yelled.

Meanness don't jes' happen overnight.

Forgive your enemies; it messes up their heads.

Do not corner something that you know is meaner than you.

It don't take a very big person to carry a grudge.

You cannot unsay a cruel word.

Every path has a few puddles.

When you wallow with pigs, expect to get dirty.

The best sermons are lived, not preached.

Most of the stuff people worry about ain't never gonna happen anyway.

Don't judge folks by their relatives.

Remember that silence is sometimes the best answer.

Live a good, honourable life.. Then when you get older and think back, you'll enjoy it a second time.

Don't interfere with somethin' that ain't bothering you none.

Timing has a lot to do with the outcome of a Rain dance.

If you find yourself in a hole, the first thing to do is stop diggin'.

Sometimes you get, and sometimes you get got.

The biggest troublemaker you'll probably ever have to deal with, watches you from the mirror every mornin'.

Always drink upstream from the herd.

Good judgment comes from experience, and a lotta that comes from bad judgment.

Lettin' the cat outta the bag is a whole lot easier than puttin' it back in.

If you get to thinkin' you're a person of some influence, try orderin' somebody else's dog around..

Live simply. Love generously. Care deeply.

Speak kindly. Leave the rest to God..

Don't pick a fight with an old man. If he is too old to fight, he'll just kill you.

Professional Dilemmas

Attending a convention, 3 psychiatrists take a walk. "People are always coming to us with their guilt and fears," one says, "but we have no one to go to with our problems. Since we're all professionals, why don't we hear each other out right-now?"

They agree that this is a good idea. The first psychiatrist confesses, "I'm a compulsive shopper and deeply in debt, so I overbill patients as often as I can."

The second admits, "I have a drug problem that's out of control, and I frequently pressure my patients into buying illegal drugs for me."

The third psychiatrist says, "I know it's wrong, but no matter how hard I try, I just can't keep a secret."

Got my son an iPhone for his birthday the other week, and recently got my Daughter an

iPod for hers, Was dead chuffed when the family clubbed together and bought me an iPad for father's day.
Got my wife an iRon for her Birthday. That was around the time when the fight started.....

A first-grade teacher, Ms. Brooks, was having trouble with one of her students. The teacher asked, 'Harry, what's your problem?'

Harry answered, 'I'm too smart for the 1st grade. My sister is in the 3rd grade and I'm smarter than she is! I think I should be in the 3rd grade too!' Ms. Brooks had had enough. She took Harry to the principal's office. While Harry waited in the outer office, the teacher explained to the principal what the situation was. The principal told Ms. Brooks he would give the boy a test. If he failed to answer any of his questions he was to go back to the 1st grade and behave. She agreed. Harry was brought in and the conditions were explained to him and he agreed to take the test.

Principal: 'What is 3 x 3?'

Harry: '9.'

Principal: 'What is 6 x 6?'

Harry: '36.'

And so it went with every question the principal thought a 3rd grader should know.

The principal looks at Ms. Brooks and tells her, 'I think Harry can go to the 3rd grade.'

Ms. Brooks says to the principal, 'Let me ask him some questions.' The principal and Harry both agreed. Ms. Brooks asks, 'What does a cow have four of that I have only two of?'

Harry, after a moment: 'Legs.' Ms Brooks: 'What is in your pants that you have but I do not have?' The principal wondered why would she ask such a question! Harry replied: 'Pockets.'

Ms. Brooks: 'What does a dog do that a man steps into?' Harry: 'Pants.'

Ms. Brooks: 'What starts with a C, ends with a T, is hairy, oval, delicious and contains thin, whitish liquid?' Harry: 'Coconut.'

The principal sat forward with his mouth hanging open. Ms. Brooks: 'What goes in hard and pink then comes out soft and sticky?'

The principal's eyes opened really wide and before he could stop the answer, Harry replied,

'Bubble gum.'

Ms. Brooks: 'What does a man do standing up, a woman does sitting down and a dog does on three legs?' Harry: 'Shake hands.'

The principal was trembling.

Ms. Brooks: 'What word starts with an 'F' and ends in 'K' that means a lot of heat and excitement?' Harry: 'Fire truck.'

The principal breathed a sigh of relief and told the teacher, 'Put Harry in the fifth-grade, I got the last seven questions wrong.....'

Oxfam realized that it had never received a donation from the city's most successful lawyer.

An Oxfam volunteer paid the lawyer a visit in his lavish office. The volunteer opened the meeting by saying, 'Our research shows that even though your annual income is over two million pounds, you don't give a penny to charity. Wouldn't you like to give something back to your community through Oxfam?'

The lawyer thinks for a minute and says, 'First, did your research also show you that my mother is dying after a long, painful illness and she has huge medical bills that are far beyond her ability to pay? 'Embarrassed, the Oxfam rep mumbles, 'Uh . . . no, I didn't know that.'

'Secondly,' says the lawyer, 'did it show that my brother, a disabled veteran, is blind and confined to a wheelchair and is unable to support his wife and six children?'

The stricken Oxfam rep begins to stammer an apology, but is cut off again.

'Thirdly, did your research also show you that my sister's husband died in dreadful car accident, leaving her penniless with a mortgage and three children, one of whom is disabled and another that has learning disabilities requiring an array of private tutors?'

The humiliated Oxfam rep, completely beaten, says, 'I'm so sorry, I had no idea.'

'And the lawyer says, 'So . . . if I didn't give any money to them, what makes you think I'd give any to you?'

The value of a Catholic education and a 2B pencil.

Little Susie was not the best student in Catholic School . Usually she slept through the class. One day her teacher, a Nun, called on her while she was sleeping. 'Tell me Susie, who created the universe?' When Susie didn't stir, little Johnny who was her friend sitting behind her, took his pencil and jabbed her in the rear. 'God Almighty!' shouted Susie. The Nun said, 'Very good' and continued teaching her class.. A little later the Nun asked Susie, 'Who is our Lord and Savior?' But Susie didn't stir from her slumber. Once again, Johnny came to her rescue and stuck her in the butt. 'Jesus Christ!!!' shouted Susie. And the Nun once again said, 'Very good,' and Susie fell back asleep. The Nun asked her a third question...'What did Eve say to Adam after she had her twenty-third child?' Again, Johnny came to the rescue. This time Susie jumped up and shouted, 'If you stick that damn thing in me one more time, I'll break it in half!' The nun fainted.

One - liners

Irish Proverb: It is better to be a coward for a minute than dead for the rest of your life. If you can't be a good example, you'll just have to be a horrible warning.

Never trust a thin chef.

People say, 'life is short', that's ridiculous. Life is the longest thing anyone ever does. What can you do that's longer?

My wife bought me a book on feng shui - I'd like to read it but she keeps moving it.'

A computer once beat me at chess, but it was no match for me at kick boxing.

When I was a kid we were so poor we would go to KFC and lick other people's fingers.

National Sarcasm Day (like we need your support).

A plateau is a high form of flattery.

I am hosting a seminar on the pedantic over-wording of phrases in common use throughout the '60s. Be there, or be a two-dimensional mathematical shape of four equal sides and four planes of perfect symmetry.

A man went to the doctor with hearing

problems. "Can you describe the symptoms to me?" asked the doctor. "Yes", he replied, "Homer is a fat yellow lazy guy and Marge is a skinny bird with big blue hair."

Jim Baker and Jimmy Swaggert have written An impressive new book. It's called

'Ministers Do More Than Lay People'

Transvestite: A guy who likes to eat, drink And be Mary..

My mind works like lightning, One brilliant Flash and it is gone.

The only time the world beats a path to Your door is if you're in the bathroom.

I hate sex in the movies. Tried it once. The seat folded up, the drink spilled and That ice, well, it really chilled the mood.

It used to be only death and taxes

Now, of course, there's Shipping and handling, too.

A husband is someone who, after taking The trash out, gives the impression that he just cleaned the whole house.

My next house will have no kitchen - just Vending machines and a large trash can.

Definition of a teenager? God's punishment...for enjoying sex.

As you slide down the banister of life, may the splinters never point the wrong way...

A small zoo in Glasgow acquired a very rare species of gorilla. Within a few weeks the gorilla, a female, became very difficult to handle. Upon examination, the veterinarian determined the problem. The gorilla was in season. To make matters worse, there was no male gorilla available.

Thinking about their problem, the Zoo Keeper thought of Bobby McKay, a local lad & part-time worker responsible for cleaning the animal cages. Bobby, like many of the Glasgow men folk, had little sense but possessed ample ability to satisfy a female of any species. The Zoo Keeper thought they might have a solution. Bobby was approached with a proposition. Would he be willing to mate with the gorilla for £500 ? Bobby showed some interest, but said he would have to think the matter over carefully. The following day, he announced that

he would accept their offer, but only under four conditions:

1. "First", Bobby said, "Ah'm no gonnæ kiss her on the lips." The Keeper quickly agreed to this condition.
2. "Second", he said, "Ye cannae never tell naeboddy about this." The Keeper again readily agreed to this condition.
3. "Third", Bobby said, "I want all the kids raised as "Celtic fans." Once again it was agreed.
4. "And last of all", Bobby stated, "Ye'll need to give me another week to come up with the £500"

An Aussie walks into a Pub and takes a seat next to a very Attractive woman. He gives her a quick Glance then casually looks at his watch for a moment.

The woman notices this and asks, 'Is your date running late?' 'No', he replies, 'I just got this state-of-the-art watch, and I was just testing it..'

The intrigued woman Says, 'a state-of-the-art watch? "What's so special about it?'

The Aussie explains, 'It uses alpha waves to talk to me telepathically.' The lady says, 'What's it telling you now?'

Well, it says you're not wearing any panties.'

The woman giggles and replies well it must be broken because I am wearing panties!' The Aussie smiles, taps his watch and says, ' Bloody thing's an hour fast!'

Little Bruce and Jenny

Little Bruce and Jenny are only 10 years old, but they know they are in love. One day they decide that they want to get married, so Bruce goes to Jenny's father to ask him for her hand. Bruce bravely walks up to him and says, "Mr. Smith, Jenny and I are in love and I want to ask you for her hand in marriage." Thinking that this was just the cutest thing, Mr Smith replies, "Well Bruce, you are only ten years old. Where will you two live?" Without even taking a moment to think about it, Bruce replies, "In Jenny's room. It's bigger than mine and we can both fit there nicely." Still thinking this is just adorable, Mr. Smith says with a huge grin, "Okay then how will you live? You're not old

enough to get a job. You'll need to support Jenny." Again, Bruce instantly replies, "Our allowance, Jenny makes five bucks a week and I make 10 bucks a week. That's about 60 bucks a month and that should do us just fine." Mr. Smith is impressed Bruce has put so much thought into this. 'Well Bruce, it seems like you have everything figured out. I just have one more question. What will you do if the two of you should have little children of your own?" Bruce just shrugs his shoulders and says, "Well, we've been lucky so far."

GHOST SEX

A professor at the Auburn University was giving a lecture on Paranormal Studies. To get a feel for his audience, he asks, 'How many people here believe in ghosts?' About 90 students raise their hands. Well, that's a good start. Out of those who believe in ghosts, do any of you think you have seen a ghost?' About 40 students raise their hands. That's really good. I'm really glad you take this seriously Has anyone here ever talked to a ghost?' About 15 students raise their hand. Has anyone here ever touched a ghost?' Three students raise their hands. That's fantastic. Now let me ask you one question further...Have any of you ever made love to a ghost?' Way in the back, Ahmed raises his hand. The professor takes off his glasses and says 'Son, all the years I've been giving this lecture, no one has ever claimed to have made love to a ghost. You've got to come up here and tell us about your experience.' The Middle Eastern student replied with a nod and a grin, and began to make his way up to the podium. When he reached the front of the room, the professor asks, 'So, Ahmed, tell us what it's like to have sex with a ghost?' Ahmed replied, "Ohh, from way back there I thought you said Goat!"

Irish sausage

Can I have some Irish Sausages, please?' asked the Irishman, walking up to the counter. The assistant looked at him and asked: 'Are you Irish?' 'If I had asked you for Italian sausage, would you ask me if I was Italian?'

demanded the Irishman indignantly. 'Or, if I asked for German Bratwurst, would you ask me if I was German?' Then, warming to his theme, he went on: 'Or if I asked you for a kosher hot dog, would you ask me if I was Jewish?' 'Or, if I asked you for a taco, would you ask me if I was Mexican? Would Ya? Would Ya?' The assistant said: 'Well, no.' Suitably encouraged by the success of his logic, the Irishman steps it up a gear. 'And if I asked you for frog's legs, would you ask me if I was French?' 'What about Danish Bacon, would you ask me if I was Danish?' 'Well no, I probably wouldn't' conceded the assistant. So, now bursting with righteous indignation, the Irishman says: 'Well, all right then, why did you ask me if I'm Irish just because I asked for Irish sausages?' The assistant replied: 'Because you're in Homebase'

A young ventriloquist is touring the clubs and, one night, he's doing a show in a small town. With his dummy on his knee, he starts going through his usual dumb blonde jokes. Suddenly, a blonde woman in the fourth row stands on her chair and starts shouting, "I've heard enough of your stupid blonde jokes. What makes you think you can stereotype women that way? What does the color of a person's hair have to do with her worth as a Human being? It's men like you who keep women like me from being respected at work and in the community, and from reaching our full potential as people. You and your kind continue to perpetuate discrimination against not only blondes, but women in general...pathetically all in the name of humour!"

The embarrassed ventriloquist begins to apologize, and the blonde yells, "You stay out of this! I'm talking to that little bastard on your lap!"

Ten Points to Ponder

- 10 Life is sexually transmitted.
- 9 Good health is merely the slowest possible rate at which one can die.
- 8 Men have two emotions: Hungry and Horny.

- 7 If you see him in an unexcited condition, make him a sandwich ..
- 7 Give a person a fish and you feed them for a day, teach a person to use the Internet and they won't bother you for weeks.
- 6 Some people are like a Slinky ... not really good for anything, but you still can't help but smile when you shove them down the stairs.
- 5 Health nuts are going to feel stupid someday, lying in hospitals, dying of nothing.
- 4 All of us could take a lesson from the weather. It pays no attention to criticism.
- 3 Why does a slight tax increase cost you \$200.00, and a substantial tax cut saves you \$30.00?
- 2 In the 60's, people took acid to make the world weird. Now the world is weird and people take Prozac to make it normal.
- 1 Life is like a jar of Jalapeno peppers; of what you do today, you may be painfully reminded tomorrow.

Affair no.1

A married man was having an affair with his secretary. One day they went to her place and made love all afternoon. Exhausted, they fell asleep and woke up at 8 PM. The man hurriedly dressed and told his lover to take his shoes outside and rub them in the grass and dirt. He put on his shoes and drove home. 'Where have you been?' his wife demanded. 'I can't lie to you,' he replied, 'I'm having an affair with my secretary. We had sex all afternoon.' She looked down at his shoes and said: 'You lying bastard! You've been playing golf!'

Affair no.2

A middle-aged couple had two beautiful daughters but always talked about having a son. They decided to try one last time for the son they always wanted. The wife got pregnant and delivered a healthy baby boy. The joyful father rushed to the nursery to see his new son. He was horrified at the ugliest child he had ever seen. He told his wife: 'There's no way I can be the father of this baby. Look at the two beautiful daughters I fathered!

Have you been fooling around behind my back?' The wife smiled sweetly and replied: 'No, not this time!'

Affair no.3

A mortician was working late one night. He examined the body of Mr. Schwartz, about to be cremated, and made a startling discovery. Schwartz had the largest private part he had ever seen! 'I'm sorry Mr. Schwartz,' the mortician commented, 'I can't allow you to be cremated with such an impressive private part. It must be saved for posterity.' So, he removed it, stuffed it into his briefcase, and took it home. 'I have something to show you won't believe,' he said to his wife, opening his briefcase. 'My God!' the wife exclaimed, 'Schwartz is dead!'

Affair no.4

A woman was in bed with her lover when she heard her husband opening the front door. 'Hurry,' she said, 'stand in the corner.' She rubbed baby oil all over him, then dusted him with talcum powder. 'Don't move until I tell you,' she said. 'Pretend you're a statue.' 'What's this?' the husband inquired as he entered the room. 'Oh it's a statue,' she replied.. 'The Smiths bought one and I liked it so I got one for us, too.' No more was said, not even when they went to bed. Around 2 AM the husband got up, went to the kitchen and returned with a sandwich and a beer. 'Here,' he said to the statue, 'have this. I stood like that for two days at the Smiths and nobody offered me a damned thing.'

Affair no.5

A man walked into a cafe, went to the bar and ordered a beer. 'Certainly, Sir, that'll be one cent.' 'One Cent?' the man exclaimed. He glanced at the menu and asked: 'How much for a nice juicy steak and a bottle of wine?' 'A nickel,' the barman replied. 'A nickel?' exclaimed the man. 'Where's the guy who owns this place?' The bartender replied: 'Upstairs, with my wife.' The

man asked: 'What's he doing upstairs with your wife?' The bartender replied: 'The same thing I'm doing to his business down here.'

The 6th & Best Affair

Jake was dying. His wife sat at the bedside. He looked up and said weakly: 'I have something I must confess.' 'There's no need to,' his wife replied. 'No,' he insisted, 'I want to die in peace. I slept with your sister, your best friend, her best friend, and your mother!' 'I know,' she replied. 'Now just rest and let the poison work.'

Paddy is passing by Mick's barn one day when through a gap in the door he sees Mick doing a slow and sensual striptease in front of an old red Massey Ferguson. Buttocks clenched he performs a slow pirouette and gently slides off first the right welly, followed by the left. He then hunches his shoulders forward and in a classic striptease move lets his braces fall down from his shoulders to dangle by his hips over his corduroy trousers. Grabbing both sides of his checked shirt he rips it apart to reveal his tea stained vest underneath and with a final flourish he hurls his flat cap on to a pile of hay. 'What on earth are you doing Mick' says Paddy 'Jeez Paddy, ye frightened the livin bejasmus out of me' says an obviously embarrassed Mick, 'but me and the Missus been having some trouble lately in the bedroom department, and the Therapist suggested I do something sexy to a tractor . "

An Irish farmer named Seamus had an accident with a lorry, and was suing the lorry company, In court their hot-shot solicitor was questioning Seamus.. Solicitor: 'Now didn't you say to the Police at the scene of the accident, 'I'm fine?' Seamus: 'Well, I'll tell you what happened. I had just loaded my favourite cow, Bessie, into the...' Solicitor: 'I didn't ask for any details', 'Just answer the question. Did you not tell the police officer, at the scene of the accident,

'I'm fine!?'

Seamus: 'Well, I had just got Bessie into the sidecar and I was driving down the road....'
The solicitor interrupted again and said,
'Your Honour, I am trying to establish the fact that, at the scene of the accident, this man told the police on the scene that he was fine. Now several weeks after the accident, he is trying to sue my client. I believe he is a fraud. Please tell him to simply answer the question.'

By this time, the Judge was fairly interested in Seamus's answer and said to the solicitor:
'I'd like to hear what he has to say about his favourite cow, Bessie'.

Seamus thanked the Judge and proceeded.
'Well as I was saying, I had just loaded Bessie, my favourite cow, into the sidecar and was driving her down the road when this huge lorry and trailer came through a stop sign and hit me right in the side. I was thrown into one ditch and Bessie was thrown into the other. I was hurt very bad like, and didn't want to move.

However, I could hear old Bessie moaning and groaning. I knew she was in terrible pain just by her groans. Shortly after the accident, a policeman on a motorbike turned up. He could hear Bessie moaning and groaning so he went over to her. After he looked at her, and saw her condition, he took out his gun and shot her between the eyes.

Then the policeman came charging across the road, gun still in hand, looked me up and down, and said, 'How badly are you hurt?'
'Now what the would you have said'?

Paddy McCoy, an elderly Irish farmer,

received a letter from the Department for Work & Pensions, stating that they suspected he was not paying his employees enough and they would send an inspector to interview them. On the appointed day, the inspector turned up. "Tell me about your staff," he asked Paddy. "Well," said Paddy, "there's the farm hand, I pay him £240 a week, and he has a free cottage. Then there's the housekeeper. She gets £190 a week, along with free board and lodging. There's also the half-wit. He works a 16 hour day, does 90% of the work, earns about £25 a

week, along with a bottle of gin, and occasionally gets to sleep with my wife."

"That's who I want to talk to," said the inspector, "the half-wit."

"That'll be me then," said Paddy.

Two Norges from Minnesota, Sven & Ole, walk into a pet shop near Brainerd. They head to the bird section and Sven says to Ole, "Dat's dem." The owner comes over and asks if he can help them. "Yah sure, ve'll take four of dem dere little budgies in dat cage up dere," says Sven. The owner puts the budgies in a paper bag. Ole and Sven pay for the birds, leave the shop, get into Sven's pick-up and drive to the top of some big cliffs near Brainerd Lake. At the cliffs, Sven looks down at the 1000 foot drop and says, "Dis looks like a grand place." He takes two birds out of the bag, puts them on his shoulders and jumps off the cliff. Ole watches as Sven falls all the way to the bottom, killing himself dead. Looking down at the remains of his best pal, Ole shakes his head and says: "By yumpin' yiminy, dis budgie yumping is too dangerous for me."
VAIT!!! Dere's MORE!

Moments later Knute arrives up at the cliffs. He's been to the pet shop, too, and walks up to the edge of the cliff carrying another paper bag in one hand and a shotgun in the other. "Hey, Ole. Vatch dis." Knute says. He takes a parrot from the bag and throws himself over the edge of the cliff. Ole watches as half way down, Knute takes the gun and shoots the parrot. Knute continues to plummet down and down until he hits the bottom and breaks every bone in his body. Ole shakes his head and says, "And I'm never trying dat parrotshooting either." BUT VAIT!!! Dere's MORE, you betcha!
Ole is just getting over the shock of losing two friends when Lars appears. He's also been to the pet shop and is carrying a paper bag, out of which he pulls a chicken. Lars grasps the chicken by the legs, holds it over his head, hurls himself off the cliff and disappears down and down until he hits a rock and dies. Once more Ole shakes his head. "First der was Sven with his budgie yumping, den Knute

parrotshooting and now Lars, hengliding."

A Lady's Confession of Why She Changed Hotels. Last week, I checked into the Four Seasons in Palm Beach and was a bit lonely. I thought, "I'll call one of those men you see advertised in phone books for escorts and sensual massages." I looked through the phone book, found a full page ad for a guy calling himself Tender Tony, a very handsome man with assorted physical skills flexing in the photo. He had all the right muscles in all the right places, thick wavy hair, long powerful legs, dazzling smile, six pack abs and I felt quite certain I could bounce a quarter off his well oiled butt....you get the picture. I figured, what the heck, I'll give him a call. "Hello, ma'am, how may I help you?".... Oh my, he sounded sooo sexy! Afraid I would lose my nerve if I hesitated I rushed right in, "Hi, I hear you give a great massage, I'd like you to come to my room and give me one. No, wait, I should be straight with you. I'm in town all alone and what I really want is sex. I want it hard, I want it hot, and I want it now. Bring implements, toys, rubber, leather, and whips, everything you've got in your bag of tricks. We'll go hot and heavy all night - tie me up, cover me in chocolate syrup and whipped cream, anything and everything baby. Now how does that sound?" "Oh my God.... that sounds fantastic, but you need to press 9 for an outside line."

John O'Reilly hoisted his beer and said, 'Here's to spending the rest of me life between the legs of me wife!' That won him the top prize at the pub for the best toast of the night! He went home and told his wife, Mary, 'I won the prize for the Best toast of the night! She said, 'Aye, did ye now. And what was your toast?' John said, 'Here's to spending the rest of me life, sitting in church beside me wife.' 'Oh, that is very nice indeed, John!' Mary said. The next day, Mary ran into one of John's drinking buddies on the street corner. The man chuckled leeringly and said, 'John won the prize the other night at the pub with a toast about you, Mary.' She said, 'Aye, he told me, and I was a bit

surprised myself. You know, he's only been there twice in the last four years. Once he fell asleep, and the other time I had to pull him by the ears to make him come.'

Three couples were married and stayed at the same hotel for their honeymoons, where they were all taken care of by Joe the Bellboy. The first man married a nurse. Joe showed them to their room and thought to himself, "What a lucky guy. Nurses are known to be hot to trot". The second man married a telephone operator. Joe showed them to their room and thought to himself, "Wow, he`s a lucky one. Telephone operators have sexy voices and once you pop that top button...". The third man married a school teacher. Joe showed them to their room and thought to himself "poor guy, she`s pretty but teachers are just too frigid". The next morning Joe reported to work at 5:30 in the morning. He expected only the teacher`s husband to call for breakfast any minute and the other two would call much later in the day. 6:00 a.m. The phone rings it`s the nurse`s husband wanting breakfast. The nurse`s husband opened the door and Joe stepped back in shock. The man`s pajamas were still pressed and his hair nicely combed. Joe asked, "What happened sir? You married a nurse." The man sourly replies, "Son, don`t ever marry a nurse. All I heard last night was her nagging voice saying " you`re not sanitary, you`re not sanitary". Joe went back down to the main desk to wait for the next call. 6:30 a.m. The telephone operator`s husband calls for breakfast. Joe brings it as fast as possible hoping for the best. The man opens the door and Joe stepped back in shock. The man`s hair and pajamas were properly combed and pressed. Joe asks, " What happened? Telephone operators are suppose to be as sexy as their voices." The man sourly replies "Son, don`t ever marry a telephone operator. All I heard last night was her a nasal voice saying, "your three minutes are up, your three minutes are up." Joe went back down to the desk, just knowing the teachers husband will be calling any minute.

4:30 p.m. The teacher's husband called for breakfast. Joe can't believe it but quickly took the breakfast to the couples room. The man opened the door and Joe took a step back in shock. He wore only his boxers and his hair was a mess. He had scratch marks on his chest, arms and legs. Joe fearing the worst asked "What happened to you? Did you have a fight?" The man smiles and happily replies, "No. Son, when you marry be sure to marry a school teacher. All I heard last night was her sexy smooth voice saying "We are going to do this over and over, until we get it right."

A mother and father took their 6 year old son to a nude beach. As the boy walked along the beach, he noticed that some of the ladies had breasts bigger than his mother's, and asked her why. She told her son, "The bigger they are ... the dumber the person is." The boy, pleased with the answer, goes to play in the ocean but returns to tell his mother that many of the men have larger members than his dad. His mother replied, "The bigger they are ... the dumber the person is." Again satisfied with his answer, the boy returns to the ocean to play. Shortly after, the boy returned again. He promptly told his mother, "Daddy is talking to the dumbest girl on the beach and the longer he talks, the dumber he gets."

I got a new stick deodorant today.

The instructions said "remove cap and push up bottom".

I can barely walk!

Marriage made in Heaven

On their way to get married, a young Catholic couple was involved in a fatal car accident. The couple found themselves sitting outside the Pearly Gates waiting for St. Peter to process them into Heaven. While waiting, they began to wonder could they possibly get married in Heaven. When St. Peter arrived, they asked him. St. Peter said, "I don't know. This is the first time anyone has asked. Let me go find out," and he left. The couple sat and waited for an answer for a couple of months. While they

waited, they discussed the pros and cons. If they were allowed to get married in Heaven, should they get married, what with the eternal aspect of it all? "What if it doesn't work? Are we stuck in Heaven together forever?" Another month passed. St. Peter finally returned, looking somewhat bedraggled. "Yes," he informed the couple, "You can get married in Heaven." "Great!" said the couple. "But we were just wondering, what if things don't work out? Could we also get a divorce in Heaven?" St. Peter, red-faced with anger, slammed his clipboard on the ground. "What's wrong?" asked the frightened couple. "OH COME ON!" St. Peter shouted. "It took me 3 months to find a priest up here! Do you have any idea how long it'll take to find a lawyer?"

The owner of a circus walked into a bar one day to find everyone crowded about a table watching a little show. On the table was an upside-down pot and a duck tap dancing on it. The circus owner was so impressed that he offered to buy the duck from its owner. After some wheeling and dealing they settled for \$10,000 for the duck and the pot. Three days later the circus owner ran back to the bar in anger, "Your duck is a fraud! I put him on the pot before an invited audience of great distinction and he didn't dance a single step!" "How strange" said the duck's former owner, "did you remember to light the candle under the pot?"

Southern Baptist

The lady was a Southern Baptist who attended services and taught Sunday School every week. On one Sunday, an out of town acquaintance, a gentleman, was in the pew right behind her. He noted what a fine looking woman she was. While they were taking up the collection, the man leaned forward and said, "Hey, how about you and I having dinner on Tuesday?" "Why yes, that would be nice," the lady responded. Well, the gentleman couldn't believe his luck. On Tuesday he picked the lady up and took her to the finest restaurant in that part of South Carolina .

When they sat down, the gentleman looked over at her and suggested, "Would you like a cocktail before dinner?" "Oh, no," said our circumspect fine example of southern womanhood, "What ever would I tell my Sunday School class?" Well, our gentleman was set back a bit, so he didn't say much until after dinner, when he pulled out a pack of cigarettes and asked, "Would you like a smoke?" "Oh my goodness no," said the woman. "I couldn't face my Sunday School class if I did!" Well, our boy felt pretty low after that, so they left, got in his car and as he was driving the lady home, they passed the local Holiday Inn .. He'd been morally rebuffed twice already, so he figured he had nothing to lose so he ventured forth with, "Ahhh Mmmm ... How would you like to stop at this hotel?" "Sure, that would be nice," she said in anticipation. The gentleman couldn't believe his ears, and did a fast u-turn right then and there and drove back to the motel and checked in. The next morning, after a wild and passionate night of the most incredible love making imaginable, the gentleman awoke first. He looked at the lovely Dixie darling lying there in the bed and, with remorse, thought "What the hell have I done?" He shook her awake and pleaded, "I've got to ask you one thing, what ever are you going to tell your Sunday School class?" The lady said, "The same thing I always tell them, "You don't have to smoke and drink to have a good time.."

One Sunday morning, the minister asked if anyone in the congregation would like to express Praise for answered prayers. A lady stood and walked to the podium and said, "I have a Praise. Two months ago my husband, Tom, had a terrible bicycle wreck and his scrotum was completely crushed. The pain was excruciating and the doctors didn't know if they could help him.." You could hear a muffled gasp from the men in the congregation as they imagined the pain that poor Tom must have experienced. "Tom was unable to hold me or the children," she went on, "and every move caused him terrible pain. We prayed as the doctors performed a delicate operation but it

turned out they were able to piece together the crushed remnants of Tom's scrotum and wrap wire around it to hold it in place...." Again, the men in the congregation were unnerved and squirmed uncomfortably as they imagined the horrible surgery performed on Tom.. "Now," she announced in a quavering voice, "Thank the Lord, Tom is out of the hospital and the doctors say that with time, his scrotum should recover completely." All the men sighed with relief. The pastor rose and tentatively asked if anyone else had something to say. A man stood up and walked slowly to the podium and said, "I'm Tom....." The entire congregation held its breath. "...and I just want to tell my wife that the word is sternum."

Tyne & Wear Police have found a man's body in the River Tyne on the outskirts of Newcastle. The dead man's name will not be released until his family has been notified. The Coroner hasn't officially ruled on the cause of death but said the victim apparently drowned due to excessive alcohol consumption. He was wearing black fishnet stockings, a red garter belt, a pink g-string, a strap-on dildo, purple lipstick and a Sunderland top. He also had a cucumber in his rectum. The police removed the Sunderland shirt to spare his family any unnecessary embarrassment. In spite of what we sometimes think, the Police do care. *(and this joke came in before the brilliant result at Chelsea!)*

Bottle of Wine

A woman and a man are involved in a car accident on a snowy, cold Monday morning; it's a bad one. Both of their cars are totally demolished, but amazingly neither of them is hurt. God works in mysterious ways. After they crawl out of their cars, the man is yelling about women drivers. The woman says, 'So, you're a man. That's interesting. I'm a woman. Wow, just look at our cars! There's nothing left, but we're unhurt. This must be a sign from God that we should be friends and live in peace for the rest of our days.' Flattered, the man replies, 'Oh yes, I agree completely, this must be a sign from God! But you're still at fault...women

shouldn't be allowed to drive.' The woman continues, 'And look at this, here's another miracle. My car is completely demolished but this bottle of wine didn't break. Surely God wants us to drink this wine and celebrate our good fortune. She hands the bottle to the man. The man nods his head in agreement, opens it and drinks half the bottle and then hands it back to the woman. The woman takes the bottle, puts the cap back on and hands it back to the man. The man asks, 'Aren't you having any?' The woman replies, 'No. I think I'll just wait for the police...

A farmer named Sid was overseeing his stock in a remote moorland pasture in North Yorkshire when suddenly a brand-new BMW advanced toward him out of a cloud of dust. The driver, a young man in a Brioni suit, Gucci shoes, RayBan sunglasses and YSL tie, leaned out the window and asked the cowboy, "If I tell you exactly how many cows and calves you have in your herd, Will you give me a calf?" Sid looks at the man, obviously a yuppie, then looks at his peacefully grazing stock and calmly answers, "Sure, Why not?" The yuppie parks his car, whips out his Dell notebook computer, connects it to his Cingular RAZR V3 cell phone, and surfs to a NASA page on the Internet, where he calls up a GPS satellite to get an exact fix on his location which he then feeds to another NASA satellite that scans the area in an ultra-high-resolution photo. The young man then opens the digital photo in Adobe Photoshop and exports it to an image processing facility in Hamburg, Germany. Within seconds, he receives an email on his Palm Pilot that the image has been processed and the data stored. He then accesses an MS-SQL database through an ODBC connected Excel spread sheet with email on his Blackberry and, after a few minutes, receives a response. Finally, he prints out a full-colour, 150-page report on his hi-tech, miniaturized HP LaserJet printer, turns to the cowboy and says, "You have exactly 1,586 cows and calves." "That's right. Well, I guess you can take one of my calves," says Sid. He watches as the young

man selects one of the animals and looks on with amusement as the young man stuffs it into the back of his car. Then Sid says to the young man, "Hey, if I can tell you exactly what your business is, will you give me back my calf?" The young man thinks about it for a second and then says, "Okay, why not?" "You're a Management Consultant", says Sid. "Wow! That's correct," says the yuppie, "but how did you guess that?" "No guessing required." answered the farmer. "You showed up here even though nobody called you; you want to get paid for an answer I already knew, to a question I never asked. You used millions of pounds worth of equipment trying to show me how much smarter than me you are; and you don't know a thing about how working people make a living - or about cows, for that matter.. This is a herd of sheep. ... Now give me back my dog

Thank you to our regular stalwarts who keep sending us such brilliant howlers. Your dedication to spreading mirth is much appreciated! Please keep them coming because it's your contributions that make the Howlers so popular.

Contributors: Ian Wilson, David Hastings, Patricia Heard, J Robson, Jeffrey Blain, Libby Diamond and others!
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artists supporting the
Institute of transplantation

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.

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Sladdin & Co Ltd. 0800 731 3989

Tesco Insurance 0845 300 8800

Travelcare Ltd 0800 181 532

www.the-life-insurance.co.uk

* not TX patients - check with others also.

NB: do you NEED travel insurance? (not health)



Answers to UIOLI No.51

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

Keep trying - Use It Or Loose It!

Medium SUDOKU

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

Diabolical SUDOKU

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

UIOLI No.53

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 you use it regularly.

NO MATHS REQUIRED - PURE LOGIC

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

Medium SUDOKU

SU DOKU

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

©Puzzles by Pappocom

www.sudoku.com

SUDOKU IS LOGIC NOT MATHS!

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						

Diabolical SUDOKU

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

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.

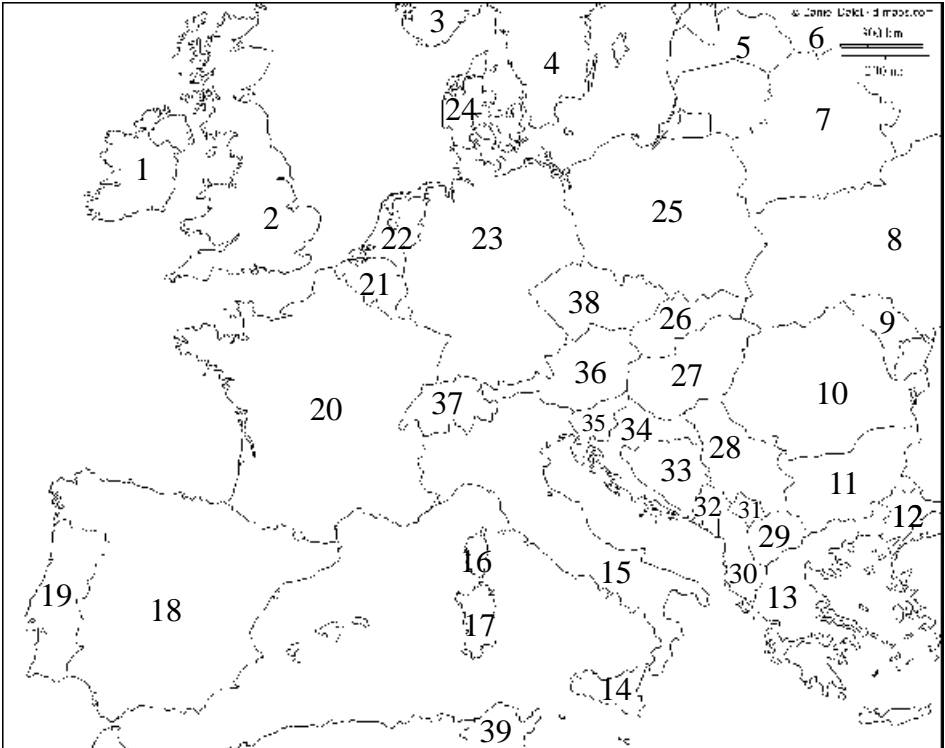
2	6	1	3		4	5	9	8
4	9	7	2	5	8		3	1
5	3	8		6	9		2	7

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

UIOLI No 54

A geography map quiz! See how many of these countries you can name. Numbers go round clockwise from top left then into the centre (sort of). Take your time and watch the news/papers for clues. Try not to look at the answers on pagexxxxxxxxxxxxxx



1	14	27
2	15	28
3	16	29
4	17	30
5	18	31
6	19	32
7	20	33
8	21	34
9	22	35
10	23	36
11	24	37
12	25	38
13	26	39

ANSWERS to UIOLI No 54

This has to have been one of our most difficult quizzes ever - remember when everything East of Germany was 'USSR'? Well, the world is changing every day and Europe will never be the same again. Anyone who got more than half of the answers correct is doing very well and anyone with 30 or over should immediately join the diplomatic corps. The rest of us should be content that we have probably met someone from each of these new countries if we have stayed in any big hotel or employed domestic staff. We can't speak their language but at least after this quiz, we might know roughly where they came from. Incidentally, apart from geography, doing this quiz has taught us one other important lesson - if you want a job for life, become a map maker...

1 - IRELAND	14 - SICILY	27 - HUNGARY
2 - UK	15 - ITALY	28 - SERBIA
3 - NORWAY	16 - CORSICA	29 - MACEDONIA
4 - SWEDEN	17 - SARDINIA	30 - ALBANIA
5 - LATVIA	18 - SPAIN	31 - KOSOVO
6 - RUSSIA	19 - PORTUGAL	32 - MONTENEGRO
7 - BELARUS	20 - FRANCE	33 - BOSNIA
8 - UKRAINE	21 - BELGIUM	34 - CROATIA
9 - MOLDAVIA	22 - HOLLAND	35 - SLOVENIA
10 - ROMANIA	23 - GERMANY	36 - AUSTRIA
11 - BULGARIA	24 - DENMARK	37 - SWITZERLAND
12 - TURKEY	25 - POLAND	38 - CZECH REP.
13 - GREECE	26 - SLOVAKIA	39 - TUNISIA



Terris Novalis

This artwork by Tony Cragg is a feature on the C2C cycle route at Consett. It consists of two measuring instruments; a theodolite and an engineer's level, faithfully reproduced an incredible twenty times life size, standing approximately six metres tall. Made from stainless steel and supported on animal feet stands as a

monument to the history of the area and a prominent mile marker on the cycle route.

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ALAN	0191 4821802
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Annual Carol Service



Freeman Chapel
12th December 2010
2.30 p.m.

Followed by
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Staff, Patients, Visitors

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-oOo-
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-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-

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-oOo-

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