

LIVERNEWS

Liver Patient Support Newsletter

Winter 2021



Liver
NORTH

Registered Charity No. 1087226

Glossary of abbreviations

Here are some frequently used abbreviations you might come across in this magazine and elsewhere in healthcare.

updated for covid-19

A&E	Accident and Emergency	LFT	Liver Function Test
AIH	Auto Immune Hepatitis	LFT	Lateral Flow Test
ALD	Alcoholic Liver Disease		
ALF	Acute Liver Failure	MRC	Medical Research Council
APEX	Advising on the Patient Experience	MRHA	Medicines & Healthcare products Regulatory Agency
ARDS	Acute Respiratory Distress Syndrome		
ARI	Acute Respiratory Infection		
ARLD	Alcohol Related Liver Disease	MRI	Magnetic Resonance Imaging
		NAFLD	Non-Alcoholic Fatty Liver Disease
BP	Blood Pressure	NASH	Non-Alcoholic Steatohepatitis
		NFIB	National Fraud Intelligence Bureau
CCG	Clinical Commissioning Group	NICE	National Institute for Health and Care Excellence
CRESTA	Clinics for Research and Service in Themed Assessments	NHS	National Health Service
CQ	Chloroquine phosphate	NHSBT	NHS Blood & Transplant
CQC	Care Quality Commission	NIHR	National Institute for Health Research
CT	Computed Tomography	NSAID	Non-steroidal anti-inflammatory drug
FLI	Fatty Liver Index		
GIT	Gastrointestinal Tract	PALS	Patient Advice and Liaison Services
GP	General Practitioner (doctor)	PBC	Primary Biliary Cholangitis
		PHE	Public Health England
HAV	Hepatitis A Virus	PPE	Personal Protective Equipment
HCC	Hepatocellular carcinoma	PPI/E	Patient and Public Involvement/Engagement
HCQ	Hydroxychloroquine	PSC	Primary Sclerosing Cholangitis
HCRG Group	Hepatobiliary Clinical Reference		
HCV	Hepatitis C Virus	RAT	Rapid Antigen Test
HDU	High Dependency Unit		
HE	Hepatic Encephalopathy	TED	technology, entertainment, design
HEV	Hepatitis E Virus	TX	Transplant
HIV	Human immunodeficiency virus	T2DM	Type 2 Diabetes
HPB	Hepato-Pancreato-Biliary		
HRCT	High-Resolution CT	UIOLI	Us It Or Lose It
		URSO	Ursodeoxycholic acid
ICP	Integrated Care Plan		
ICU	Intensive Care Unit		
ITU	Intensive Therapy Unit		

(we will update this glossary every issue)

LIVERnORTH is a registered charity (no 1087226) with no paid employees

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Chairman

Before I go any further let me start by saying that this issue is dedicated to the memory of Mel Tosh who many of you will have known from our Carol Service and the Transplant Thanksgiving Service. Mell sadly died on 13th October and her funeral was held on 29th October at St. Mary's Cathedral, Middlesbrough. Despite their grief, Chris and the family thought of others by requesting donations in Mell's memory to be given to Middlesbrough Lourdes Pilgrimage and LIVErNORTH. The family decided that the money should fund this issue of LIVErNEWS. The service was a wonderful tribute to a very special lady. Our thoughts prayers and gratitude to Chris, Leon, Tyler and Phillip.

COVID is still with us and a new variant causing problems. Winter pressures are always hard on our health service, particularly on our hospitals so please don't go to A&E unless it is absolutely necessary. There's a list of useful telephone numbers on Pg 24 that might be helpful in an emergency and don't forget that there are trained health professionals in every Pharmacy who are there to help you and offer advice.

Once again there's some very interesting reading in this issue and you may be surprised to hear about the Order of St. John awarded to Transplant Donor Families. I know a family who were awarded this honour and it really did bring comfort to them. There's a piece on page 8 from Liz Srogi of St John's Ambulance Brigade, Co. Durham - it may get you thinking. Remember that if you want to donate your organs after death you must let your family know your wishes. It's up to them to make the final decision.

On the subject of thinking, please let me have your thoughts on a new leaflet we are going to produce. It will be for healthcare professionals to help provide the best possible service by understanding what is important to patients. Our governors are looking at it now and we already have 'please don't use acronyms' as a starter. If you can think of anything for our 'You and Your Patient' leaflet, please email it to me.

The Great North Run did happen this year, albeit with a different route - our report is on Pg 17 and well done to everyone for the brilliant fundraising effort. We have a few places for the 2022 GNR so if you would like one, email us now.

As required by law, our accounts are published in this issue and if you have any questions about them, please get in touch. We do seem to have a healthy bank balance but most of this money is designated funds for research which has been held up due to the pandemic. We have written to the designated fund holders to see if there is anything they can do to kick start their projects and we are waiting for responses.

There are some great quizzes in this issue to keep you going over the Christmas period and we are very grateful to the authors. The Capitals Quiz is a stinker and you will have to wait until the Spring 2022 issue for the answers! Enjoy pulling your hair out in the meantime.

I'm very grateful to our members, my fellow governors and friends for their contributions - they are very much appreciated. I can't list all of the stories or contributors here but please enjoy your reading and if they spur you on to contribute, please do so.

Best wishes for a Merry Christmas and a happy and healthy 2022, John

ZOOM Diary Dates 2021

All of our live meetings and events
are postponed until further notice.

Please check our facebook and twitter pages regularly
or call us for the latest updates.

Since our last LIVErNEWS we have had one online ZOOM general meeting:

On 8th September the talk was A KING'S FELLOW RETURNS Charting the fellowship of Mr Aimen Amer, consultant transplant surgeon at King's College University Hospital. It was a fascinating talk giving an insight into many things few people know about and is now available on our YouTube channel (see overleaf).

Our Zoom meetings are publicised using our social media pages and via email to online subscribers. A link for the meetings is sent to everyone who expresses an interest to join. If you would like to be notified of future meetings just email us at info@livernorth.org.uk and we will add you to the circulation list.

You can watch any of our 30 videos yourself by searching for YouTube then typing 'LIVERnORTH' - the full list of talks recorded are shown on the next page.

Talks are only recorded once the speaker and the audience have given their permission. To ensure anonymity on the internet, Q&A sessions following the talks are not recorded but anyone can submit a question prior to the meeting so the speaker can be asked during the session.

WE ARE STILL SUPPORTING YOU

WE ARE STILL HERE FOR YOU

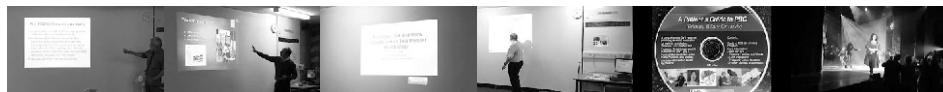
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Contact details on the back cover

LIVErNORTH on YouTube



You can access lots of our talks and videos on YouTube. Go to YouTube in your browser (<https://www.youtube.com/>) and type **livernorth** into the search bar. When it loads, click on 'videos', and you will see the 30 or so talks and videos that are currently available. Or... scan the QR code on the right with your smartphone...



BRIEFINGS & TALKS

Sept	2015	Dr Quentin Anstee	NAFLD
Oct	2015	Prof Derek Manas	Liver Transplantation
March	2016	Dr Peter Littler	Interventional Radiology
Oct	2016	Mr Jeremy French	A Case to Remember
March	2017	Dr Robert Samuel	ITCH in PBC and other liver diseases
July	2017	Dr Kate Hallsworth	NAFLD Lifestyle Interventions
Sept	2017	Mr Colin Wilson	Liver Perfusion
Oct	2017	Dr Kofi Oppong	Endoscopy in Liver Disease
March	2018	Dr Lin Lee Wong	UK-AIH Study
May	2018	Prof David Jones	The Revolution Moves On (PBC)
June	2018	Prof Dave Talbot	The Effect of the Media on Transplantation
Sept	2018	Mr Jeremy French	Human Factors in Surgical Crisis
March	2019	Rahul Bhugra	The Yellow Card Scheme
March	2019	Prof David Jones	PBC
March	2019	Dr Anand Reddy	QE Hospital Liver Services
May	2019	Prof Derek Manas	Transplant Matters
June	2019	Mr Colin Wilson	Liver Perfusion Update
July	2019	Dr Steve Masson	Research Update
Sept	2019	Dr Jess Dyson	AIH/PBC/PSC clusters & findings
Oct	2019	Mr Jeremy French	Training Transplant Surgeons
April	2020	Prof Matt Wright	Environmental chemicals and PBC
Nov	2020	Prof Quentin Anstee	NAFLD
Dec	2020	Prof David Jones	PBC - Where We Are In 2020.
March	2021	Dr Jess Dyson	What's New in AIH?
April	2021	Mr Colin Wilson	What's New in Transplantation?
June	2021	Organ Donor Team	The Organ Donation Journey
July	2021	Prof David Jones	PBC, The Vaccine and the Immunosuppressed
Sept	2021	Mt Aimen Amer	A King's Fellow Returns

TEDx TALK A patient's perspective | Tilly Hale | TEDxNewcastle

DVD (not interactive) A Patient's Guide to PBC

MOTION GRAPHIC Understanding Tests in Healthcare – LIVErNORTH

PSC Clinical Trial Opportunity

Chemomab's SPRING Study is recruiting volunteers to take part at nine different study sites across England and Scotland now.

Where are the study sites?

- Addenbrooke's Hospital, Cambridge
- John Radcliffe Hospital, Oxford
- King's College Hospital, London
- Norfolk & Norwich University Hospital, Norwich
- Queens Medical Centre, Nottingham
- Royal Free Hospital, London
- Glasgow Royal Infirmary
- Derriford Hospital, Plymouth
- St James's University Hospital, Leeds

Am I suitable for the trial?

Every clinical trial sets out strict rules defining who can and can't take part. Find out if you are likely to be eligible in the Key Trial Information check out this link:

<https://www.pscsupport.org.uk/find-psc-research-studies>

My hospital is not running the SPRING study but I think I am suitable. What should I do?

If you think you are eligible (suitable) and you want to take part but your hospital is not running the trial, it is still possible to take part.

Talk to your PSC doctor or contact the nearest study site to you. Some people switch hospitals temporarily for the duration of the clinical trial so that their PSC care and clinical trial study visits are at the same hospital; or they have a 'shared care' agreement whereby they still see their regular hospital doctor but also the PSC specialist who is running the clinical trial. Most PSC doctors will be supportive and coordinate this for you.

What is the SPRING Study investigating?

The SPRING study is investigating CM-101, that can block the actions of a small protein called CCL24. CCL24 is involved in cell "communication" that helps regulate inflammation and is involved in the development of fibrosis (scarring). CCL24 is found in higher concentrations in PSC patients than the general population.

CM-101 is a monoclonal antibody, created by Chemomab. It can block the actions of CCL24 and thus its role in the development of inflammation and fibrosis. CM-101 was tested in several animal models, including the MDR2 knockout mice (mice that have severe fibrosis in the bile ducts and liver, eventually developing cirrhosis). These tests showed that CM-101 significantly reduced liver fibrosis, and markers that indicate the presence of inflammation in the bile ducts.

Martine Walmsley (Chair)

PSC Support

Helpline/office: 01235 25 35 45

Email: hello@pscsupport.org.uk

The Order of St John Awards for Organ Donation and Tissue Donation

The Order of St John Award for Organ Donation is a posthumous award given in partnership with the NHS Blood and Transplant (NHSBT). Since 2013 awards have been presented to donor families on behalf of her Majesty The Queen in recognition of the gift of life given to others through their deceased loved one's organ donation. All donor families have the opportunity if they so wish to attend a ceremony organised by St John Priory Groups and NHSBT. The Lord Lieutenant or Vice Lord Lieutenant of the county presents individual awards inscribed with the words "add life, give hope" to the nominated representative(s) of each family present. The focus of the evening is very much on the families attending and for those who attend the ceremony from St John and NHSBT it is a privilege and honour to be there.

The summer of 2019 saw the start of The Order of St John Awards for Tissue Donation although because of the impact of the Covid pandemic the official launch has only recently taken place in a private ceremony in our Priory Church in London. This again is run in conjunction with NHSBT. Tissue donation is when corneas, heart valves, tendons, arteries and bone are donated after death; a tissue donor can potentially help more than 50 people. The families of around 3,500 people who each year donate their tissue after death are now being offered an award in their loved one's name. This very special certificate recognises the donor's selfless contribution to others and is sent privately to families.



Liz Srogi OSTJ
St John Priory Group Durham, Chair
November 2021

Organ Donation - have the conversation.

Register your wishes by signing the
NHS Organ Register online at
www.organdonation.nhs.uk or by calling 0300 123 23 23

Most Importantly
Speak to your family to let them know your wishes.

Where did the word Christmas or is it, Xmas, come from and why do we celebrate it on December 25th?

Christmas for Christians is a celebration to remember the birth of Jesus. The word "Christmas" comes from the Mass service (sometimes called Communion or Eucharist) where Christians remember that Jesus died for them and came back to life.

The so-called Christ Mass service was the only service that was allowed to take place between sunset and sunrise the following day. As a result, they held it at Midnight, therefore Christ Mass became Christmas.

The abbreviation Xmas is derived from the Greek letter Chi, i.e., X, which is the first letter of the word Christos, which became Christ in English. The suffix mas comes from the Latin derived old English word for Mass, hence Xmas.

Early Christians certainly had many arguments about when the birth of Christ should be celebrated. After all no one knows the real birthday of Jesus as no date is given in the Bible. So why do we celebrate it on December 25th?

The first recorded date of Christmas being celebrated on December 25th was in 336 during the reign of the first Christian Roman Emperor Constantine. This was at a time when Rome used the Julian Calendar named after Julius Caesar. This had 11 more days than the calendar we use today which is known as the Gregorian Calendar. It was named after Pope Gregory, who introduced it in 1582, but was not taken up in Britain until 1752. The momentous switch took place on September 3rd, 1752, when the 3rd became the 14th of September, so reducing the number of days to 365. Now that's what you call change, talk about putting the clocks forward.

While most Christians still use the 25th of December to celebrate Christmas, many Orthodox and Coptic churches celebrate it on or near January 7th following the Julian Calendar. Countries which follow this tradition include Russia, Ukraine, and Egypt (for Coptic Christians). Several countries even celebrate both dates – now that could be expensive!

What is remarkable is that many countries have their unique way of celebrating the Christmas period, but Japan must be right up there, doing things differently. Here it is not seen as a religious holiday or celebration as there are relatively few Christians. However, in the last few decades it became more important as a time to spread happiness. Christmas Eve is the most important day for couples. Where they spend time together and exchange gifts rather like Valentine Day celebrations. Young couples like to go for walks visiting the many Christmas light displays and having a romantic meal.

Food on Christmas Day is typically fried chicken and is the busiest time of the year for restaurants like KFC. This tradition arose out of an advertising campaign by KFC in 1974 called "Kentucky for Christmas" which was so successful that it made KFC the go to meal on Christmas Day. Now that's what you call a successful advertising campaign. Families order "Party Barrels" weeks in advance containing fried chicken, coleslaw, shrimp gratin and triple berry tiramisu cake. Somewhat different from turkey, cranberry sauce, Brussel sprouts and pigs in blankets.

Meri Kurisumasu (Merry Christmas in Japanese)

Alf Bennett

HOW TO SAY HAPPY OR MERRY CHRISTMAS IN 10 EUROPEAN COUNTRIES

FROHE WEIHNACHTEN	GERMANY
JOEAUX NOEL	FRANCE
KALA CHRISTOUYENNA.....	GREECE
BOUN NATALE	ITALY
GOD JUL	NORWAY OR SWEDEN
FELIZ NATAL	PORTUGAL
BOLDOG KARACSONYT	HUNGARY
GLAEDELIG JUL	DANISH
FELIZ NAVIDAD	SPAIN
MUTLU NOELLER	TURKEY

Signed....Santa's Little Helper

‘Just One Thing’ With Michael Mosley

A few weeks ago, someone told me that they were standing on one leg to brush their teeth. They also said that they were changing leg every 30 seconds when their electric toothbrush beeped to say move on to another part of their mouth. Further discussion revealed that they had been listening to a BBC Radio 4 series called ‘Just One Thing’ with Dr Michael Mosley. In one of the programmes (see below) Michael explores the possible health benefits of standing on one leg.

Each episode in the ‘Just One Thing’ series of podcasts lasts just 13-14 minutes and considers one action that we might take to improve our health. The programmes consider a wide range of interesting subjects relating to physical and mental health. Michael Mosley talks about the topics in an easy informal way. He also interviews experts in the fields concerned.

The title and focus of each programme are listed below in case they are of interest to you or your friends and family. This information is taken from the BBC Radio 4 website. All these programmes are available to listen to on the BBC Sounds app and online at: <https://www.bbc.co.uk/programmes/p09by3yy/episodes/downloads>. They can also be downloaded onto other devices to listen to at a later point

Series 1:

- | | |
|---------------------|---|
| Early Morning Walk: | Why striding out first thing could improve your sleep, your mood and your heart. |
| Eat Some Bacteria: | How fermented foods might be the key to a healthy brain, body and mind. |
| Cold Shower: | Could a cold shower be the answer to reducing stress and boosting your immune system? |
| Learn a New Skill: | How picking up a new skill can lead to a sharper, clearer |

and happier mind.

Intelligent Exercises: How strength exercises could boost your brain power and cut your risk of heart disease.

Green Spaces: How spending time in nature could improve your immune system and reduce stress.

Stand On One Leg: How challenging your balance could build you a confident core and maybe even a longer life.

Take A Breath: How learning to control your breath can lower anxiety and enhance your decision making.

Hot Bath: Could a bath before bedtime help your heart and improve your sleep?

Count Your Blessings Surprisingly simple ways to boost your health and wellbeing –in one easy step.

Series 2:

Get Some Sun: How sunbathing can improve your heart, mood and immune system. With Mehreen Baig.

Eat Chocolate: Why dark chocolate is actively good for you – helping your heart and your brain.

Exercise Less, More Often: How small chunks of exercise across your day could be better than one long gym session.

Change Your Mealtimes: Why changing when you eat can boost metabolism, help you lose weight and improve sleep.

Play Video Games: How video games can make your mind sharper, faster and even improve your eyesight.

Sing: How belting out tunes gives a natural high and helps reduce inflammation. With Sindhu Vee.

Get Some Houseplants: Why houseplants may help your productivity, brain power and improve the air you breathe.

Think Yourself Stronger: How to increase your strength –without moving a muscle.

Drink Water: How a simple glass of water with every meal could boost your brainpower and energy levels.

Stand Up: Why standing up could be the best thing you can do, for your body, mood and metabolism.

Michael Mosley is perhaps best known as a presenter of television and radio programmes about health and wellbeing. He is also a journalist, author and executive producer. Before working in the media Michael trained as a doctor.

Sian O'Dea

Anthony Simpson died aged 31 just two years after his liver transplant at the Freeman and his friends walked over 20 miles at Kielder on 12th June.

The total raised was £7,761.62 with another £5,000 match funded by an altruistic donor. Our gratitude goes to everyone who participated, supported and contributed to this amazing fundraising event. The total raised reflects the love and high regard in which Anthony was held. Our thoughts continue to be with his family and friends.



Registered Charity No. 1087226 
Liver
NORTH
LIVER PATIENT SUPPORT

In memory of
Anthony Simpson
1990 - 2021

KIELDER WALKING CHALLENGE

Anthony's friends are raising
money for **LIVERnorth**
in his memory by
taking on a 20+ mile
challenge around Kielder
on June 12th 2021



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TEL & FAX 0191 3702961 www.livenorth.org.uk
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THEY FOLLOWED THE COAL

Just at the start of the Covid pandemic I decided to learn about my Ancestors. I had several reasons to do this. To help with the search I did a DNA test and used Ancestry to start. When I got the results, it turns out I'm a true Brit, in that my links are Scottish, English, Irish and Welsh in that order.

So along with the results I got a list of those who link to me and my DNA. Originally the closest being second cousins. Since then, I have a closer second cousin in that they are closer in DNA matches. This started my research along different lines in my family. Lockdown gave me time and my interest and curiosity of these new cousins I didn't know. I was well and truly hooked spending hours, leading to days and weeks as I started to build up family lines. So, I'm going to share just one small section of my mother's family, her father John Green and the Green family.

John born 1892, was coal miner he and his siblings were all born in Silksworth, which was then part of County Durham. I and others in our family believed the roots of the family were in this county. However, I was soon to find that wasn't the case, his father Job was born in Wales. His grandfather William was born in Somerset, and this is the root of my link to the Green family and its origins. In addition to the Richardson and Wilcox families. Somerset churches have been very good at retaining records of baptisms, marriages, and deaths. From the results of my DNA, it clearly showed a hot spot in the North Somerset area, which became clearer in my search. My knowledge of the county has much improved, as I didn't know that North Somerset was such a large coal mining area in the past.

William Green was born 1820 in Coleford, Somerset, he was a coal miner. His mother was Amy Wilcox, his father was William both were born 1793, then his parents named George and Betty. I am still working on this side of the family. Young William married Eliza Ann



Richardson, born 1826, in Dunkerton, Somerset, they were married on March 30th, 1844, in Camerton, Somerset. On the church wedding register it shows that William could sign his own name, but Eliza signed with X.

The photograph is of the Parish church in Coleford, where William was baptised, the photograph below shows the worn-down entrance. It makes you think of the feet of the many families who passed through the door, including the Greens.

Through my searches of the 1841 census in Somerset, I found the families of the Greens, Richardson & Wilcox. William and Eliza's daughter Eliza Ann was born 1845 in Somerset. The first move I found for William and his family, was when I found the birth of their son Job who was born in 1847, Glamorgan Wales.

The 1841 Census highlights Eliza's family the Richardson's, this is so much larger. This led to 10 generations, to include Somerset and Wiltshire, back to 1540 and further possibilities. Still working on these.

From there William and his family next appear in the 1851 Census in Monmouthshire Wales, William listed as a miner, still following the coal mines and



work. On this record is William, daughter Eliza, son Job, and William's brother Joseph and his wife Sarah. Sadly, it appeared that Eliza had died, and one assumes, the family members were there to help.

Then the 1861 census saw another move to the Durham mines, living at Gilesgate, Durham, with a new wife Ann, who came from nearby Rainton, Eliza and Job.

The 1871 Census saw a move to Ryhope, this time with Ann and Job who is now 22, both men were coal miners. Eliza by this time would be 24, and no longer at home.

The next Census 1881 shows a big change, William now age 66 has got out of the mines and he and his wife are listed as Grocer and provisions shopkeeper in Silksworth. William died in 1889, as for the young Eliza Ann, she married a miner named Boyd, and had a daughter named Eliza Ann and a son named William Green Boyd. There is more work to do on this Eliza Ann.

In the 1891 Census Ann is listed as widow living on her own means while granddaughter Eliza Ann was living in Ryhope. Also in this Census is the son Job living in Silksworth at 43, still a miner living with his wife Mary Ann and 6 children living at home, all born in Silksworth, they had 8 children in total. His son William age 13 listed as a draper's assistant. The 1901 Census lists Mary Ann as a widow with 5 children now at home, daughter Mary a dressmaker, age 19, son Job (carrying on the name) at 15 a coal miner and the last one listed is my Grandfather John aged 10 as a scholar.

To conclude, William, was my great, great grandfather, Job who was born in Wales was my great grandfather. My grandfather John married Elizabeth Allison and had 3 daughters and one son, naming his son Job, of our current surviving family no one knew why he was so named, assuming it was a biblical choice. My grandfather John was a miner at both Silksworth and Ryhope, in his later working years he looked after the pit ponies. It goes to show, that people did move around, mostly for work and in this case moved to mining areas, i.e. they followed the coal.

Since finding this information and further fact finding, I visited Somerset & Wiltshire in September this year, visiting 6 villages and churches with family links. While I could not find a gravestone with any of the direct family in my tree, I did see gravestones with the name of Green, in Coleford, which I'm still researching for links. I also found the Swansborough family, which was the maiden name of Eliza's mother, this family is part of the Richardson's. The family links in Somerset were in 6 small villages measuring an area on the map of 8 x 2.5 miles. Some moved from and married in All Canning, Wiltshire, with another family link of the name Chandler. I also visited this village and was informed by the local Innkeeper that there were still Swansboroughs in the village and that there was a Lane named after the Chandlers. I have continued and found more back to 1590, i.e. my 10th great grandparents, but still need to continue with missing partners, deaths, and dates to make sure of the information. Future searches might link these!

I am still working on various branches in the family. On my maternal Grandmother's family, her grandparents were named Bell, they were farmers. That's another story, the true tale of my great, great, Grandfather, who left the village pub at closing time, fell in the village pond, and died. I have also worked on my Paternal family, my great grandparents originated in Ireland, moving to Glasgow. On both sides I have links back to late 1590 - 1600s some early émigrés to America and Australia. This is not just a story, but a fascinating fact-finding tour about the ancestors I didn't know but about whom I am beginning to find out.

Liz Bennett

Ian's Story: "My journey through to liver transplant and onwards"

BY IAN PARKER

I was born in 1950 and had a very healthy upbringing, living in a clearing in a forest, as my father was a head forester with the Forestry Commission. I also was an active sportsman through school, university and a long career as a chartered surveyor. This involved 30 years of football and cricket rolled into more sedate golf in my mid-40s through to the present day.

On reflection, the stamina and fitness issues were to be of great assistance to me when needed on my journey through liver cancer and a transplant operation.

[READ MORE ABOUT IAN'S STORY HERE](#)

Visits to a GP were a rarity as was any illness during the first 60 years of my life and it was just tests after reaching that threshold, that told a story that all may not be right, even though I felt healthy despite being overweight and perhaps tending to over indulge in terms of alcohol consumption.

GP blood tests did identify Gamma GT levels were high. I was referred to a specialist at the QE Hospital, Gateshead where I had regular meetings as well as CT and Ultrasound scans. The specialist could not understand why I appeared so healthy after examining the scans and referred me to the Hepatology unit at the Freeman Hospital.

I can remember vividly the first meeting with a leading hepatology consultant in October 2015, which happened to be the day after a celebration set up by work colleagues to celebrate my 65th birthday. Looking back this may have been a godsend, as I was told if I wanted help, then I must stop drinking immediately. I can say that I responded to that prompt and have now passed 5 years+ without any alcohol consumption.

I underwent a series of consultations, MRI and CT scans. I built up a good understanding with my consultant who realised that I was very nervous about having a full liver transplant, rather we would try and eradicate the identified cancer tumours, which were relatively small at that time. We followed through this route perhaps against the wishes of the multi-disciplinary group, who were keen to proceed by way of an early transplant.

A full 3day assessment programme had identified that I was very fit and capable of undertaking major surgery. Despite this my favoured route backed by my consultant was to deal with the small HCC tumours by way of initially a TACE procedure in November 2015 and a follow up by an Ablation procedure in November 17 to remove a smaller recurrence. Regular scans confirmed the success of these procedures but other small HCCs were identified, resulting in a further Ablation procedure in December 2018 to deal with an HCC.

Whilst this monitor and treat process had served me well for 3 years, I was advised that there was a strong likelihood of recurrence and the only way to a complete recovery would be via a full transplant. I took the advice of my consultant, went through a full re - assessment programme and was placed on the transplant waiting list in March 2019. I continued to be monitored whilst on the list and was eventually called to attend for a



transplant on September 9th 2019.

I can recall receiving that phone call from the transplant co-ordinator at 1am and heading off to the Freeman with some confidence. It did however turn out to be a long day waiting for the green light and the liver to arrive and be prepared. I did have some concerns after being told of the risks involved and the limited success of this surgery.

This concern was shared by my youngest daughter, I was however re-assured by the supervising nurse who managed to convince me that all would be ok and that I had to be told the risks prior to giving final consent.

The next two weeks are a bit of a blur, but I can vividly remember today some of the most frightening nightmares whilst I now appreciate occurred whilst I was in a state of delirium. It is perhaps best to have the next 2 weeks described from a letter sent after my discharge after a successful transplant.

“Mr Parker was admitted for a liver transplant on 10th September 2019. Whilst the operation went well, he became delirious on ITU and there was some concern about the blood supply to the new liver. After a few days his bloods had worsened and a liver biopsy confirmed he was rejecting his new liver despite immunosuppression. Therefore, he was relisted for transplant on 19th September and was extremely fortunate that a new liver became available almost immediately, and he was re-transplanted on 20/09/2019.”

“Thankfully, this second transplant took better than the first and he slowly began to recover and his delirium began to settle. A few days after his second transplant he was noted to have a rise in his bilirubin and subsequent imaging queried if there was a small bile leak from his biliary anastomosis. Subsequent ERCP did not show any leak but did some narrowing at the site of the anastomosis and a plastic stent was inserted with good effect.”

The next couple of weeks in ITU would best be described by my wife and daughters who were most grateful for the wonderful attention and caring by the specialist staff who put up with managing me whilst in that state of delirium. More humorous stories are regularly recalled by my daughters who know “I was away with the mixer for a while” and cannot re-buff any of their recollections!

Thanks must also go to the surgeons, doctors, sisters and nurses who looked after me so attentively in ITU and when I moved on to ward 38 who tended my surgical wounds and looked after me as I gained strength up until my release to go home, some 5.4 weeks after my arrival date.

One highlight to recall was my daughters hatching me a wonderful surprise, this was by taking me to the entrance to see my much loved (rescued lurcher), Honey who proceeded to drag my eldest daughter across the car park to greet me after a five week separation. A fantastic video records the actual re-union.

(Ian with daughters Kate & Louise after the Great North Run - see next page)



GREAT NORTH RUN 2021

Almost all of the sponsorship money is in now for the 2021 GNR and I just wanted to update you on the success of the event.

The runners: Brendan O'Dea, Helen Hrisos, Louise Parker, Michelle Smith, Paul Purdy, Sophie Topping, John & Luke Myhill (Luke ran in the Great North Junior Run, John in the GNR) and Anastasia Crawford raised a magnificent total of £5425 (including Gift Aid).

Each entrant was sent a certificate and written to individually. Our costs were around £100 per person and these places were carried over without charge from 2020.

Everyone was provided with a free entry place and a technical running shirt with our logo and their name on it. One runner cancelled due to injury at a late stage and unfortunately it was too late to transfer her token to another runner.

Lee Morris ran in the Sheffield Half Marathon raising £448.75 for LIVERNORTH. He said we were "...a great support to my Auntie Hilda after her liver transplant. Sheffield Half Marathon is a fantastic event with 850ft of elevation..."

Many thanks to all the runners for the effort they put in to their training, preparation and running. Also, thanks go to their kind sponsors for their generosity and support.

KATE & LOUISE (Ian Parker's daughters) both ran in the Great North Run for LIVERNORTH and this is from them:

Autumn 2019, our Dad was incredibly lucky to receive a liver transplant after living with liver cancer, he actually received two liver transplants, sadly the first transplant failed, I still remember that call, he was then added back onto the waiting list, he wasn't added to the top as he wasn't classed as urgent, it just so happened that very same day that we were told that his body was rejecting his liver, that a liver compatible for him became available, a miracle, we are forever grateful to those donors and we often think of them & their families.

We spent a lot of time at the Freeman Hospital, this is how we first heard of LN by reading some of their leaflets.

We struggle asking for spondooly, I know we all support charities close to our heart and after the year we've had, money is tight, if you are able to donate, we would be super grateful but even just sharing information about LIVERNorth would be fantastic, please.

Thank you. Take Care.
Kate & Louise



LIVErNORTH Charities Account for year ended 31.03.2021			
INCOME		EXPENDITURE	
Donations - Charity Draw	£1,757.00	Telephone Charges	£604.69
Autumn Fair	£0.00	Christmas Gifts - inpatients	£284.00
Charity Draw	£4,210.00	Computer Related Expenses	£5,641.30
Grant Repaid	£3,933.30	Costco Card	£117.60
Collecting Cans	£0.00	Charity Daw	£1,197.98
Donations - Autumn Fair	£0.00	Education	£0.00
Donations - Masks	£4,832.78	Equipment	£19.90
Donations - Flat	£430.00	Fair	£0.00
Donations - General	£3,620.90	Flat	£157.50
Donations - Golden Giving	£633.50	Great North Run	£0.00
Costco	£36.80	Internet	£0.00
Gift Aid	£1,597.34	Insurance	£237.64
Great North Run	£0.00	Leaflets	£1,683.39
Bequests	£3,725.14	Lotteries Registration	£20.00
In Memoriam	£7,164.93	Newsletter	£11,389.61
Lottery	£940.00	Lottery	£4,500.00
Pens, Badges & Key Fobs	£102.00	Pens, Badges & Fobs etc	£0.00
Postage	£51.45	Postage	£1,046.24
Repaid Cheques	£0.00	Research Grants	£0.00
Account Transfer	£0.00	Stationery	£145.12
Sponsorship	£3,301.00	Golden Giving	£131.55
Donations - PBC DVD	£10.00	PBC DVD Copies	£0.00
		Account Transfer	£0.00
		Returned Unpaid Chqs	£0.00
		Video Conferencing	£143.88
Total Credits	£36,346.14	Total Debits	£27,320.40
Balance B/Fwd	£1,015.85	Balance C/Fwd	£10,041.59
	£37,361.99		£37,361.99

LIVErNORTH General Account for year ended 31.03.2021			
INCOME		EXPENDITURE	
Christmas Dinner	£0.00	Christmas Dinner	£0.00
Christmas Dinner Tombola	£0.00	Christmas Dinner Tombola	£0.00
Donations	£0.00	Gifts	£100.98
Raffles	£0.00	Refreshments	£0.00
Refreshments	£0.00	Misc 1	£0.00
Xfr	£0.00		
Total Credits	£0.00	Total Debits	£100.98
Balance B/Fwd	£524.38	Balance C/Fwd	£423.40
	£524.38		£524.38
LIVErNORTH Capital Reserve Account for year ended 31.03.2021			
INCOME		EXPENDITURE	
Interest	£60.04	Account Transfer	£0.00
Total Credits	£60.04	Total Debits	£0.00
Balance B/Fwd	£147,533.57	Balance C/Fwd	£147,593.61
	£147,593.61		£147,593.61
LIVErNORTH Clubs and Societies Reserve Account for year ended 31.03.2021			
INCOME		EXPENDITURE	
Donations	£706.00	Account Transfer	£70.00
Lottery	£7,939.00		
Interest	£3.63		
Total Credits	£8,648.63	Total Debits	£70.00
Balance B/Fwd	£6,113.73	Balance C/Fwd	£14,692.36
	£14,762.36		£14,762.36



Yes I donate
ORGAN DONATION

Take time to talk about organ donation

Many people don't realise that their family's support is needed for organ donation to go ahead.



Dear Joan,

I am enclosing a cheque for the raffle tickets and a donation to help with running costs.

I look forward to the LIVErNEWS arriving, as I don't have a computer. I hope that you and John are both keeping well.

Yours faithfully

AM

County Durham

Dear Joan,

We enclose a cheque for the Charity Draw tickets together with a donation to LIVErNORTH.

We always look forward to receiving our copy of LIVErNEWS and keeping up with the news, thank you.

Kind regards and best wishes to you both and LIVErNORTH.

S&JR

Cumbria

Dear LIVErNORTH,

May I apologise for having to return these tickets. I do wish the best to all and may you have a wonderful Christmas and a very happy and prosperous New Year 2022 and every success in the superb raffle.

Kindest regards

AG

Stockton

Dear John and Joan,

I was delighted to receive the M&S voucher from your 2021 Charity Draw.

Thank you so much for sending the prize to me.

Wishing you a very Happy Christmas,

LK

Northumberland

Dear Joan,

Many thanks for enclosing the Charity Draw Tickets with the latest newsletter. I loved reading the interview with Fiona Hale by Laura. It brought back many memories of Tilly and my chats with her when I was first diagnosed. So lovely that Fiona is able to continue supporting LIVErNORTH. Wishing you every success with the fundraising.

Kindest wishes and many thanks for everything you do.

TG

Notts.



LIVERNORTH LOTTERY

(FORMERLY THE NUMBERS CLUB)

Registered under the GAMBLING ACT 2005 with the city of Newcastle upon Tyne

£250 winning numbers in 2021:

NE	from Watford	No 90	drawn online on 14/4/2021
JH	from Cramlington	No 30	drawn online on 16/6/2021
JR	from West Yorkshire	No 108	drawn online on 15/7/2021
JD	from Gt Lumley	No 101	drawn online on 8/9/2021
MED	from Sunderland	No 54	drawn online on 1/12/2021
SO	from Northumberland	No 93	drawn online on 1/12/2021

(One more £250 prize to be drawn in 2022)

£2500 JACKPOT winner 2021:

GB	from Newbiggin	No 84	drawn online on 1/12/2021
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**All numbers drawn online during Zoom meetings with
LIVERNORTH governors until further notice.**

Every penny raised goes to liver patient support - we have NO paid employees

To join the 2021 lottery please complete the form on the next page.

*If you use online banking and would prefer to set up your own standing order
please email: info@livenorth.org.uk or phone 0191 3702961*

LIVERNORTH Lottery application form



Your contact details

Name

Address

Postcode

Daytime telephone

E-mail

Preferred payment method

☐

I confirm that I am over 16

☐

Standing order (please complete the form below)

☐

Cheque (please enclose a minimum of 1 quarterly payment of £13)

Standing order form

Please pay to Nat West Bank, 2 Tavern Street, Ipswich, Suffolk IP1 3BD

Account: LIVERNORTH Charities Account **Account no:** 71298290 **Sort code:** 53-61-24

Your bank/building society's details

Bank/building society name

Bank/building society address

Postcode

Account name

Account No

Sort code

Amount to be paid until further notice

☐

£52
annually

☐

£13
quarterly on 1st Jan, 1st Apr, 1st Jul & 1st Oct

Preferred first payment date (or ASAP)

Signature

Date

Please return the completed form to freepost LIVERNORTH

KEEP THIS PAGE FOR REFERENCE



999 Is the phone number for an EMERGENCY

999 is the official emergency number for the United Kingdom, but calls are also accepted on the European Union emergency number, 112. All calls are answered by 999 operators, and are always free.

In the United Kingdom there are four emergency services which maintain full-time emergency control centres (ECC), to which 999 emergency calls may be directly routed by emergency operators in telephone company operator assistance centres (OAC). These services, listed in the order of percentage of calls received, are as follows:

- Police
- Ambulance
- Fire
- HM Coastguard

Other emergency services may also be reached through the 999 system, but do not maintain permanent emergency control centres. All of these emergency services are summoned through the ECC of one of the four principal services listed above:

- Lifeboat
- Mountain rescue
- Cave rescue
- Mine rescue
- Bomb disposal

Calling 999 from a landline automatically gives the police information about your location.

The Gas Emergency phone number: 0800 111 999

If you smell gas, think you have a gas leak, or are worried that fumes containing carbon monoxide are escaping from a gas appliance, please call the free Gas Emergency Services emergency line immediately.

The Electrical Emergency phone number is 105

In the event of an electrical emergency or power outage please call 105 from your mobile or landline and the telephone service will automatically direct you to the network distributor's emergency number for your area. 105 is a free service, available from most landlines and mobile phones in England, Scotland and Wales.

Urgent care dial 111

You should call NHS 111 if:

- You need medical help fast but it's not a life-threatening emergency
- You don't know who to call for medical help or you don't have a GP to call
- You think you need to go to A&E or another NHS urgent care service but are not sure which one is most appropriate or closest
- You require health advice or reassurance about what to do next
- You have medication enquiries

Helens Howlers

Most of the funnies you see in these pages are sent from friends and colleagues or are 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're feeling a bit low - read on... As they say, laughter is the best medicine!

Thanks for this issue go to my many facebook friends, LIVERNORTH colleagues and 'the internet'.



WARNING - SOME JOKES UNSUITABLE FOR CHILDREN - YOU HAVE BEEN TOLD!

Whenever my wife is upset, I let her colour in my tattoos...She just needs a shoulder to crayon.

Brilliant! I've joined the golf club and I can see my GP any day now without an appointment.

Sometimes you meet someone and you know from that first moment that you want to spend your whole life without them.

Did you know that hospitals are now decreeing what injuries can park where. I went today with a leg injury and parked in the only space that was available and this parking attendant came running over and said, "You can't park there, that's for bad shoulders only."

I'll tell you what; people think that cloning is easy, but bringing back that furry, extinct elephant would be a mammoth task...

After 15 years of being a manager of a shop selling ladders, I'll be stepping down tomorrow.

A young lad walks into the toilets at Heathrow Airport. Standing by the sink is a Royal Marine, in his Number 1's. The little lad, all agog, takes a moment and then says; "Wow! Are you a Royal Marine?!" "Sure am" came the reply, "Here, would you

like to try my beret on?"

"Oh yes please" he replies, and taking the beret he places it on his head and gazes into the mirror.

Just then, the door opens, and through a shining beam of light, in walks a man. But this was not just a man, he was more than a man. He was a Matelot!

The little boy turns and walks up to the Matelot. As he approached he could see his reflection in his steaming boots. His little eyes widened as he took in the width of his chest, and the steely look in his eye. He tried to speak, but he couldn't. Finally, he took a deep breath and said, "Excuse me Sir, Are you a Matelot?!"

The Matelot replied in a thunderous tone, "Well yes lad, and proud. Would you like to shine my boots?"

"Oh No" Replied the little boy, "I'm not really a Royal Marine, I'm just wearing his beret..!"

I eventually got to the petrol pumps, Got quite emotional, started filling up...

Just to give you all a heads up, if anyone needs petrol and can't get any, my mate Jerry can.

Can anyone remember that programme before Frasier? Had him in it though. About a bar in Boston? Any help appreciated, cheers!

Human cannonball required for circus. Must be willing to travel!

I am anti Vax and I don't care what you think. I am absolutely sick and tired of seeing people that are anti Vax getting ridiculed and bullied on Facebook because of their choice. YOU need to understand WE have good reason to feel this way and that by simply attacking us or belittling us WILL NOT change our minds. We will not be silenced. I for one will never have another one again. No chance in hell, I don't care what you say to try and convince me, I've fallen for that trap too many times before. They are absolutely the worst brand of vacuum cleaner ever. It's Dyson all the way for me!

When I was at school I was told I'd never be any good at poetry on account of my dyslexia. I proved them ALL wrong! So far I've made three jugs and a vase.

I've just read that taking your bike to work everyday is good for the environment, so I thought why not, it's not like I'm using the roof rack for anything else!

It's nice to see my wife wake up this morning with a huge smile on her face, I love Felt Tip pens.

I'll not sleep until I find a cure for my insomnia.

I went to the butcher's this afternoon and asked for some tripe, he went through the back, and came back with a box set of Love Island ? He's a real character.

National association of retired shoemakers reunion, ended in disappointment.

Organisers said it was a load of old cobblers...

A blonde woman goes to the vet with her goldfish.. "I think it's got epilepsy," she tells the vet. The vet takes a look and says, "It seems calm enough to me." The blonde woman says, "Wait, I haven't taken it out of the bowl yet."

I've just turned down a job offer of raising young goats, seriously I'm not kidding!

Just to let you know, even if a bear wears socks and shoes, he still has bear feet!

I fell into Saltwell Park lake yesterday, thankfully two couples were walking by, Mr and Mrs Smith and Mr and Mrs Ball, so glad I was pulled out by the Smiths.

Getting into deep trouble with the wife. She has been saying that I never buy her flowers. Honestly, I had no idea she even sold flowers!

Many many years ago I was in a spot of trouble when this good fairy came along and helped me out and I always said I would pay her back. A long time later I received a windfall and set off to find that fairy. I travelled through Europe and the Middle East some of Asia and finally in the middle of Africa I found her and gave her some money.
It was a long way to tip a fairy...

A local man met Elkie Brooks when she was out walking her dog. He asked if he could guess the name of the dog and she said 'Go ahead but you'd be a fool if you think it's Rover'.

Today I bought myself some sensible walking

boots, a new ordinance survey map, a nice hand carved walking stick & a rucksack. Then I went up to the Peak District, walked for about 5 miles stopped, sat on a stone wall, had a flask of coffee, Then I walked another 5 miles, had a biscuit & then I... ..oh, Sorry, I'm rambling!!

I am thinking of taking up some DIY, so I'm going to the library to see if they have any books on shelves.

£7 to visit Santa's Grotto today, what a rip-off. I queued for 3 hours just to spend 2 minutes on Santa's knee and a crap present. I'm glad I didn't bother taking the bairn.

I'm fuming. I nearly got knocked off my bike earlier by a council salt lorry! 'You tosser!' I shouted at him through gritted teeth.....

I met this overweight monk the other day, and he gave me a serious lecture on the meaning of life. He was a deep, fat, friar.

A photographer was killed when a huge lump of cheddar landed on him. To be fair, the people being photographed did try to warn him.

I had a snail walking very slowly. I thought that carrying a heavy house is going to slow him down so I removed it. But it did not improve, if anything it made him more sluggish.

I put my snail in a fast car with S-for-Snail painted all over it and now everyone says "Wow look at that 'S' car go!"

My wife and I met on a website for dolphin impersonators... We clicked straight away!

I joined a Ukranian dating site and now I've got a chick in Kiev.

For those who don't want ALEXA listening in on your conversation, they're making a male version- it doesn't listen to anything.

Hermes has asked if they can help with the fuel shortage. So far, they have lost 6 tankers, 2 can't find the petrol station, 1 took a picture of the petrol station and drove off and said no answer.

When women reach a certain age they start to collect cats. This is known as the "Many Paws".

My wife just stopped and said, "You weren't even listening were you?" I thought to myself..."That's a pretty strange way to start off a conversation."

A man dug a 12ft deep hole without realising his metal detector was picking up the steel toe safety boots!

Doctor: "Don't confuse your Google search with my 6 years at medical school."

Patient: "Don't confuse the 1 hour lecture you had on my condition with my 10+ years of living with it."

Breaking News...

A man who took an airline company to court after his luggage went missing has lost his case.

The older I get, the more I have in common with computers. We both start out with lots of memory and drive, then we become outdated, crash unexpectedly and eventually have to have our parts replaced!

Two cowboys are lost in the desert. One cowboy sees a tree that's draped in bacon. "A bacon tree! We're saved!" he says. He runs to the tree and is shot up with bullets. It wasn't a bacon tree it was a ham bush.

Based on the amount of laundry I do each week, I'm going to assume that there are people who live here that I have not met yet.

When I was a kid, my parents would always say "Excuse my French" just after a swear word... I'll never forget my first day at school when my teacher asked if any of us knew any French!

Every one in my street wears a jumper one size too small, We are a Tight Knit Community

If you are here for the yodelling contest please form an orderly, orderly, orderly queue.

Paddy was in the final of 'Millionaire' and the last question for £1 million was 'Which

bird doesn't build a nest?'. He was at a loss but had one phone a friend so he rang Murphy who answered straight away 'a cuckoo'. Paddy gave that answer and won the £1 million jackpot. He was so overjoyed he rang Murphy to tell him and said 'How did you know it was a cuckoo'. 'That's easy said Murphy - they live in clocks'.

I had been in bed for 20 minutes before I remembered I only came along to the bedroom for a pen.

THAT'S IT FOR NOW - MORE HOWLERS
NEXT ISSUE, KEEP THEM COMING!

If you can read this out loud you have a strong mind:

7H15 M3554G3 53RV35 70 PR0V3 H0W 0UR
M1ND5 C4N D0 4M4Z1NG 7H1NG5!
1MPR3551V3 7H1NG5! 1N 7H3 B3G1NN1NG 17
WA5 H4RD BU7 N0W, 0N 7H15 L1N3 Y0UR M1ND
1S R34D1NG 17 4U70M471C4LLY W17H 0U7 3V3N
7H1NK1NG 4B0U7 17, B3 PROUD! 0NLY C3R741N
P30PL3 C4N R3AD 7H15.

2021 LIVErNORTH Charity Draw Prizes

Drawn online via Zoom 1st December 2021

	Prize	Winning Number	Won By
1	£500 Cash First Prize	8379	Elsie Clayton
2	Barbour Voucher for Quilted Jacket The Barbour Foundation	778	A Kloppers
3	£100 John Lewis Voucher Wakeford - Hale Family	6173	J Healer
4	£50 M&S Voucher Alf & Liz Bennett	12577	George Steele
5	£50 Boots Voucher Alf & Liz Bennett	400	L Maughan
6	£50 Sainsburys Voucher J & J Bedlington	16212	Louise Marshall
7	£25 National Garden Gift Voucher Anon	7278	K M Young
8	£25 Boots Voucher Peggy Oliver	15012	I MacMaster
9	£20 M&S Voucher Yvonne Gray	988	M O'Neill
10	£20 M&S Voucher Yvonne Gray	11639	L Kirby
11	Toiletries Hamper Tesco North Shields	16056	J Pilkington
12	Toiletries Hamper Tesco North Shields	7142	S Hill
13	Asda Voucher Nigel & Dawn Goodfellow	13065	J Hotton

Thank you to everyone who supported our 2021 Charity Draw which, due to the pandemic, took place online on Wednesday 1st December 2021.

A zoom meeting was recorded and the winning numbers were drawn using a random number generator. This year, the amount raised through the sale of Charity Draw Tickets together with Charity Draw donations currently stands at an amazing £4986.00

Thank you again for your support.

Little Flores Holiday Cottage, Seahouses



AUCTION

To help raise fund for LIVERNORTH, one of our supporters has kindly offered the group one week in his Seahouses holiday cottage.

The cottage is centrally located close to all the amenities in Seahouses. It is a wonderful location for a relaxing holiday on the beautiful Northumberland coast. Type the link below in to your browser to see what is on offer or look up Little Flores Cottage Seahouses on Google.

<https://www.holidaycottages.co.uk/cottage/59129-little-flores-cottage>

The agent describes the accommodation as:

- Traditional stone cottage for romantic getaways for two
- Refurbished for the 2020 season
- Located in a quiet corner at the heart of Seahouses village
- A short walk from the harbour, shops, restaurants and cafes
- Boat trips to the Farne Islands available locally
- Excellent walks along the coastal paths and beaches
- Close to Bamburgh beach and castle
- Ideally situated for relaxing and exploring Northumberland and the Scottish Borders

The normal rent for this cottage is from £381 in low season to £725 in high season. We are offering one week of your choice (if available) by Auction. Your bid has to be by email or letter (address: freepost LIVERNORTH). Each bid must give your name, address and phone number and state how much you want to bid.

Family Quiz Winter 2021.

1. Name the four Beatles, the hugely successful pop group in the 1960s.
2. What do Matt Redman, Daniel Schutte, Stuart Townend and Paul Oakley have in common ?
3. The TV series Call the Midwife was based on books by which author ?
4. L.S Lowry was famous for depicting industrial scenes in districts of NW England in his pictures . What do his initials stand for?
5. How many muscles does a cats outer ear have?
6. What is an Ailurophile?
7. When is the national day of France? (Can you give the date of the first one?)
8. Who was the manager of the England team which won the World Cup in 1966?
9. When was the National Trust founded?
10. What is the name of the farmhouse (NT) in Cumbria where Beatrix Potter lived ? And for an extra point, when did it come into the Trust's care ?
11. When did the National Health Service come into being?
12. Who was the Minister of Health then?
13. What is a baby hedgehog called, and what is the name for a group of hedgehogs?
14. Who was the earliest composer- Beethoven, Bach or Mozart?
15. Can you name one of the four major gardens run by the Royal Horticultural Society(RHS) in England?
16. What plant is sometimes known as the Butterfly plant?
17. Where is the National Botanic Gardens of Wales, and when did it open?
18. The North East of England has 2 World Heritage sites. Where are they?
19. What is the highest point in Northumberland?
20. What was the original name of St Mary's Island, near Whitley Bay?
21. During WW2, what were the main types of Air Raid shelters you would be likely to see at domestic homes.
22. Who is missing from this line-up? Graham Chapman, John Cleese, Terry Gilliam, Tony Jones, and Eric Idle?
23. When was the famous instrumental "Take 5" by Dave Brubeck first played to a live audience? 1959, 1964, or 1969 ?

With thanks to anon for this excellent Quiz found on the internet!

Answers to the Family Quiz Winter 2021 (read in a mirror!)

- 1. Դեյվիդ Բեյկոն
- 2. Բեյկոն Դեյվիդ
- 3. Բեյկոն Դեյվիդ
- 4. Բեյկոն Դեյվիդ
- 5. Բեյկոն Դեյվիդ
- 6. Բեյկոն Դեյվիդ
- 7. Բեյկոն Դեյվիդ
- 8. Բեյկոն Դեյվիդ
- 9. Բեյկոն Դեյվիդ
- 10. Բեյկոն Դեյվիդ
- 11. Բեյկոն Դեյվիդ
- 12. Բեյկոն Դեյվիդ
- 13. Բեյկոն Դեյվիդ
- 14. Բեյկոն Դեյվիդ
- 15. Բեյկոն Դեյվիդ
- 16. Բեյկոն Դեյվիդ
- 17. Բեյկոն Դեյվիդ
- 18. Բեյկոն Դեյվիդ
- 19. Բեյկոն Դեյվիդ
- 20. Բեյկոն Դեյվիդ

Solution to the Autumn 2021 SUDOKU in Issue 76

Easy SUDOKU

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

Medium SUDOKU

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

UIOLI Winter 2021

UOILI

SUDOKU... With the kind permission of the creator (Wayne Gould of Pappocom).

You don't need to do any arithmetic or be good at maths - all it takes is logic so please have a go - it will help to keep your brain active. There is strict copyright so they may not be redistributed in any way whatsoever although you can of course photocopy the page if you don't want to spoil your copy of LIVERNEWS. Good Luck!

HAVE A GO - YOU MIGHT LIKE IT

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

Easy SUDOKU

Medium SUDOKU

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

SU DOKU

As featured in the Times
Monday to Saturday

©Puzzles by Pappocom

www.sudoku.com

How to play:

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

You will know if you have got it right because you will have all the numbers in the right places and only one of each in any row, column or box.

If you want some tips on getting started, have a look at the website www.sudoku.com

The correct solutions will be published in our next issue.

PS - want a difficult one, two easy ones, two medium or what? Let us know please

A CAPITAL QUIZ 2021 - *with the kind permission of Lynne Walker*

Find the 100 capital cities from the following clues.

1. Saxifrage red flower and real ale Pride _____
2. Do our sprouts come from here? _____
3. Where to find the statue of the Little Mermaid _____
4. City of the River Liffy _____
5. Home to Mme Ramotswe in books by Alexandre McCall Smith _____
6. Jesus entered this city riding on a donkey _____
7. There's a one-eyed yellow idol to the north of this city _____
8. A type of cigar made in Cuba _____
9. A boot made for muddy weather _____
10. Location of the Rift in 'Torchwood & Dr Who' _____
11. A capital city in Mosquitos _____
12. Home to Arthur's Seat and the Royal Mile _____
13. SPEARING O _____
14. From Iran go on to Iraq and you'll find it there _____
15. A type of hemp used to make rope, matting, strong paper _____
16. The sloop John B roamed around this town _____
17. Leaders of a noisy kestrel attacks rare auks _____
18. Film starring Ralf Fiennes. The Grand Hotel _____
19. Do people wear sleeveless coats here? _____
20. The way we ski every day in here _____
21. Situated at the confluence of the Mekong, the Bassac & Tonle Sap rivers _____
22. Star of 'Malcolm X' and 'Crimson Tide' Denzel _____
23. Lofty hostelry _____
24. The home of El Dorado Rum _____
25. HASTEN _____
26. The 2008 Olympic Games were held here _____
27. Char are fish that hide the answer _____
28. Band that had a hit with 'Take My Breath Away' _____
29. Saul was on the road persecuting Christians here when he met Jesus _____
30. It's name is derived from the Algonquin word for 'Trade' _____
31. Formerly called Lorenzo Marques _____
32. The African Union headquarters are located here _____
33. Johann Strauss waltz 'Tales from the Woods' _____
34. South American capital obtained in a feather scarf _____
35. A brimmed straw hat of Equadorian origin _____
36. Setting for the 1954 film 'Three Coins in a Fountain' _____
37. The historic Charles Bridge crosses the Vltava river here _____
38. In Central America veto hold the Spanish floor washer _____
39. UNITS _____
40. Asian leading dealers have azure kaftans again _____
41. And this capital sounds the same but is in Africa _____
42. Whambam manages to give you the answer _____
43. A south eastern English county follows a very brief moustache in Asia _____
44. Max Bygraves said about tulips from here _____
45. Musical about the life of American founding father, Alexander _____
46. Tennis player Victoria Azarenka was born in this city _____
47. 1,000 east 11 100 0 metropolis _____
48. Major General Gordon lost his life in the siege of this city _____
49. Venue for the first World Cup in 1930 _____

50. Kenny Ball 1962 hit made it to number 2: Midnight in _____
51. A small green citrus fruit changes its last letter for a small article _____
52. A sudoku waits for the answer in this city _____
53. Did he come to Grenada to fight dragons? _____
54. Clean your car inside and out with half a tank _____
55. RIDHAY _____
56. Home of the Royal Swedish Ballet _____
57. Armed conflict tool _____
58. Type of nut 'in absentia' _____
59. Socialite Miss Hylton _____
60. Venue for the 2020 Summer Olympic Games _____
61. Capital with the same name as the English town at the mouth of the river Plym _____
62. Famously has a bear pit and a bear on its coat of arms _____
63. Through a noise you will find the answer _____
64. Not female _____
65. Where you can visit the Prado Art Museum _____
66. Henry Morton sent by the New York Herald to find Dr. Livingstone _____
67. There's no charge for anything in this African city _____
68. -// - and the same again in French _____
69. Breeze followed by a garden tool and ending with a kopek _____
70. American director of 'Lost in Translation', daughter of Frank Coppola _____
71. A family of grape that include varieties ranging in colour from white to near black _____
72. The Carnation Revolution took place here on 25th April 1974 _____
73. Hosted the Eurovision Song Contest in 2007 _____
74. Catching a crab at the marina contains this capital _____
75. Comodoro Arturo Merino Benitez Airport serves this city _____
76. HEARTEN _____
77. Monarch's heavy weight _____
78. Song by Murray Head 'One Night in' _____
79. Vehicle precedes Advisory Conciliation & Arbitration Service _____
80. Father carries all possessions in a small sack _____
81. In action, I am eyeing this African capital _____
82. The Petronas Towers were built here _____
83. Birthplace of Edward G Robinson _____
84. Capital of Burkina Faso _____
85. Keys of the Kingdom holder at the harbour _____
86. Mrs Beckham _____
87. Black Sea city is built with no university _____
88. Taedong River capital _____
89. Dianne Warwick asks if you know the way here _____
90. Little Mother follows this Mauritian extinct bird _____
91. UK jet-powered bomber, English Electric _____
92. BAULK _____
93. Use the initials to knit a mohair pullover & lace armband _____
94. Sounds like our inner self or psyche _____
95. Little article with an auction offer followed by a short first month _____
96. Stumble on mixed oil _____
97. A Japanese sash follows a northern tune _____
98. GOALS _____
99. You can spend your Leks in this capital city _____
100. City in Los Lobos _____

Hope you enjoyed this - answers in the next issue!

Who are the South West Liver Buddies?

We are an active liver patient support group working alongside the liver team at Derriford Hospital, Plymouth, to help further develop the services offered by the South West Liver Unit (SWLU) across the region. The group exists to provide assistance and friendly encouragement alongside the medical care of NHS professionals.



South West
Liver Buddies

Members of the group are all volunteers and include: patients diagnosed with liver conditions, those undergoing treatment, those waiting for a liver transplant and transplant recipients. We also welcome patients' friends and family members who assist in their care. The South West Liver Buddies now have a website:

<https://southwestliverbuddies.org.uk/>

Follow us on Twitter

@SWliverbuddies









#SWliverbuddies

Join the South West Liver Buddies support group on Facebook

The BMA believes face coverings should be mandatory in all scenarios where 2-metre physical distancing cannot be maintained between people from different households or 'bubbles', and there are no other mitigating measures in place, such as plastic screens.



Protect others, prevent the spread – wear a face covering

  <p>For the general public a cotton mask, covering the nose, mouth and chin, is suitable. This can then be washed and reused. Ideally these should be three layers thick and of tightly woven fabric.</p>	  <p>People who are clinically extremely vulnerable should consider wearing a fluid-resistant surgical mask – these are likely to offer greater protection to the wearer.</p>	  <p>Visors are likely to offer much less protection from the wearer to others. They may be used in addition to masks by some workers to reduce occupational risk of infection to the wearer via the eyes.</p>	  <p>Masks with exhalation valves should not be used – they allow potentially infected air to be channelled out through the valve and are less effective.</p>
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**If you care at all about other people,
please wear a face mask in public places.**

Insurance Matters

members report having been able to get reasonably priced holiday cover here:

Able2travel	01483 806826
Age Co (formerly Age UK)	0345 1238008
AVIVA	0345 0308715
Bib Insurance Brokers (www.bibinsurance.co.uk)	01325 353888
Boots Travel Insurance	0333 9992683
Cigna (was FirstAssist)	01475 492119
City Bond	0333 2070506
Churchill*	0800 0326534
CNA (via Brunsdon brokers)	01452 623631
Direct Travel*	0330 8803600
Freedom ^	01223 446914
JLT Insurance	02476 851000
Leisure Care Insurance	01702 427166
Post Office	0330 1233690
RIAS*	0345 0451320
SAGA	0800 0158055
Sainsbury's	0345 3052623
Sladdin & Co Ltd. (brokers)	01422 262614
www.insurancewith.com	0333 9992679
www.miatravelinsurance.co.uk ^	0800 9993333
www.payingtoomuch.com	01243 216007
www.staysure.co.uk (Staysure UK call centre) ^	0808 1786151
https://www.world-first.co.uk/	0345 9080161
https://www.freespirittravelinsurance.com/medical-conditions/liver/	02392 419080

* not TX patients - please check with the others also.

^ specifically includes cover for declared pre-existing medical conditions.

Please help to keep this page current and useful by letting us know of your own experiences both good and bad. You can email us at info@livernorth.org.uk or drop us a line at our Freepost address above, no stamp necessary..

The latest version of this page is always available as a PDF file. Email us and ask for a copy: info@livernorth.org.uk

All our leaflets including No.16 'Travel Insurance for Liver Patients' are available to read online by scanning the QR code on the right with your smartphone.



LIVERnORTH Information Leaflets Available:

1. Liver Patient Support
2. Accommodation for patients & families
3. Autoimmune Hepatitis
4. Alcoholic Liver Disease
5. Look After Your Liver
6. Primary Biliary Cholangitis (PBC)
7. Coping With Stress
8. Primary Liver Cancer
9. You and Your Consultant
10. Primary Sclerosing Cholangitis (PSC)
11. NAFLD Lifestyle Guide
- 11a. Non Alcoholic Steatohepatitis
12. Liver Disease
13. Skin Care for Liver Patients
14. Diet and Liver Disease
- 14a. Nutrition Support in Liver Disease
15. Hepatitis C
16. Travel Insurance for Liver Patients
17. Hepatitis E
18. Fatigue in Liver Patients/A Patient's Journey
19. Understanding Healthcare Tests
20. Liver Cirrhosis Self Management Toolkit*
21. Exercise & Osteoporosis in Liver Patients
22. Hepatic Encephalopathy
24. COVID-19 Self Help Toolkit

* only from your healthcare professional - email for more information

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code below
to read the
leaflets online**

**How to get information leaflets:**

1. **ISSUU:** <https://issuu.com/search?q=livernorth>
2. **Website:** <http://www.livernorth.org.uk/pages/factsheet.htm>
3. **Email us:** info@livernorth.org.uk
4. **Phone/FAX:** 0191 3702961
5. **Facebook pm us:** <https://www.facebook.com/livernorth/>
6. **Write to us:** Freepost LIVERNORTH

CONTACT NUMBERS

LIVERnORTH

National Liver Patient Support

freepost LIVERnORTH

www.livernorth.org.uk

tel: 0191 3702916

info@livernorth.org.uk

Addenbrookes Liver

Transplant Association (ALTA)

Gill Kitchener, secretary@alta.org.uk

info@alta.org.uk

tel: 07885 123528

British Liver Trust

tel: 01425 481320

helpline@britishlivertrust.org.uk

www.britishlivertrust.org.uk

Gift of Life

Derby Liver Support Group

(for transplants and all liver disease)

Contact: Sister Gerri Casey

0133 234 0131 bleep 1926

Haemochromatosis UK

03030 401102

helpline@huk.org.uk

IPC Support

07939 871929

helpline@ipcsupport.org

or www.ipcsupport.org

Registered Charity No: 1146449

NHS

<https://www.nhs.uk/>

<https://www.nhs.uk/conditions/coronavirus-covid-19/>

Norfolk & Norwich

Liver Support Group

marjorie.dingle@hotmail.com

0300 120 0796

PSC Support

Martine Walmsley

help@psc.support.org.uk

Helpline 01235 25 35 45

www.pscsupport.org.uk

Wilson's Disease Support Group – UK

Val Wheater - 01223 364982

val@wilsonsdisease.org.uk

www.wilsonsdisease.org.uk

We can always make space here for your support group contact details. Email us for more information. If you are already listed here, please let us know of any changes to your contact details.

HELPLINE

If you are worried about liver disease and would like to talk to someone, please telephone one of our helpline numbers below

JOAN	0191 3702961
ANN	0191 4131827
SUSAN	01207 271707
ALAN	0191 4821802
MARGARET	0191 2622550
SUE	01642 706302
KATHRYN	01207 505231

Get free Liver Patient and Carer Support Leaflets:

- Download from our website (www.livernorth.org.uk)
- Read online (<https://issuu.com/livernorth/docs>)
- Email us (info@livernorth.org.uk)
- Phone us (0191 3702961)
- Write to us at: freepost LIVERNORTH
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