

LIVErNEWS

Liver Patient Support Newsletter

Autumn 2022



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.

A&E	Accident and Emergency	LFT	Liver Function Test
AIH	Auto Immune Hepatitis	LFT	Lateral Flow Test
ALD	Alcoholic Liver Disease	LSM	Liver Stiffness Measurement
ALF	Acute Liver Failure		
APEX	Advising on the Patient Experience	MRC	Medical Research Council
ARDS	Acute Respiratory Distress Syndrome	MRHA	Medicines & Healthcare products Regulatory Agency
ARI	Acute Respiratory Infection		
ARLD	Alcohol Related Liver Disease		
		MRI	Magnetic Resonance Imaging
BP	Blood Pressure	NAFLD	Non-Alcoholic Fatty Liver Disease
		NASH	Non-Alcoholic Steatohepatitis
CCG	Clinical Commissioning Group	NFIB	National Fraud Intelligence Bureau
CHB	Chronic Hepatitis B	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		
		PALS	Patient Advice and Liaison Services
GIT	Gastrointestinal Tract	PBC	Primary Biliary Cholangitis
GP	General Practitioner (doctor)	PHE	Public Health England
		PPE	Personal Protective Equipment
HAV	Hepatitis A Virus	PPI/E	Patient and Public Involvement/Engagement
HCC	Hepatocellular carcinoma	PSC	Primary Sclerosing Cholangitis
HCQ	Hydroxychloroquine		
HCRG	Hepatobiliary Clinical Reference Group		
HCV	Hepatitis C Virus	RAT	Rapid Antigen Test
HDU	High Dependency Unit	RFT	Rapid Flow Test
HE	Hepatic Encephalopathy		
HEV	Hepatitis E Virus	TED	technology, entertainment, design
HIV	Human immunodeficiency virus	TX	Transplant
HPB	Hepato-Pancreato-Biliary	T2DM	Type 2 Diabetes
HRCT	High-Resolution CT		
		UIOLI	Us It Or Lose It
ICP	Integrated Care Plan	URSO	Ursodeoxycholic acid
ICS	Integrated Care Scheme		
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

Patron: George Maguire

President: Professor OFW James MA BM BCh FRCP FAMSci,

Chairman: JE Bedlington MBE MSc MIFE MILM

Medical Advisors: Professor Quentin M Anstee BSc(Hons), MB BS, PhD, MRCP(UK), FRCP,

Professor David Jones OBE MA BM BCh PhD FRCP,

Professor Derek Manas FRCS BSc MBBCh Mmed (UCT) FRCSEd FCS (SA),

Professor Fiona Oakley PhD BSc, Dr Anand V Reddy MD, FRCP,

Professor Helen Reeves BM BS BMedSci FRCP PhD, Mr Colin Wilson MBBs FRCS PhD

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Contact Numbers - inside back cover

Helpline Numbers - on back cover

Circulation 2,500 print, 300 email + Social Media

Please feel free to detach, copy, photograph or scan any pages and share.

LIVERNORTH National Liver Patient Support

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Run entirely by unpaid volunteers

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LIVERNORTH Governors:

John Bedlington (Chair), Joan Bedlington (Hon. treasurer), Alf Bennett, Mr Jeremy French, Marian Godwin-Clifford, Dawn Goodfellow, Nigel Goodfellow, Yvonne Gray, Fiona Hale, Debbie Lovell, Sarah Murphy (Hon. secretary), Sian O'Dea, Peggy Oliver, Linda Turnbull.

Chairman - John Bedlington

It's Autumn already (how did that happen?) and we've had a heatwave, floods, a PM's resignation and a resurgence of covid since I last wrote in this column. Another thing that happened is that I've had covid along with my wife Joan. It was possibly picked up at the (brilliant) Tattoo in Edinburgh as the place was heaving with people. Joining a queue of 9,000 to gain entry wasn't the best place to isolate from others so that could be where we were smitten. As it was, we are both fully jabbed so the effects were minimal with a persistent cough and fatigue being the main symptoms. It seems that there are very few people who have avoided it altogether and if you are one of them, well done - keep on doing whatever you are doing because this thing hasn't gone away yet (and who knows if it ever will?). The Ukraine situation seems no nearer a solution but the effects of the war are being felt all over the world. Fuel prices have shot up and food supplies, grain based in particular, are more expensive. As a charity we've been hit like all charities by not being able to hold meetings in public and, for the third year running, no Autumn Fair, Christmas Dinner or Carol Service. Financially, we've survived and are still able to fund research, support patients and families. You can read about some of our work inside and please look out for our runners in this year's Great North Run on 11th Sept which is back on track with the full route ending in South Shields again.

When the government announced the lifting of all domestic covid restrictions in June I got in touch with Infection Control

at the Newcastle Hospitals who advised us that it would be appropriate to re-stock all of our notice boards and leaflet dispensers. Those of you who still attended clinics during the lock down will know our boards have been empty as they were stripped of anything that could carry a virus (paper). So... every one of our 23 leaflets has had to be re-printed and every one of our 19 outlets is being re-stocked by our governors in their own time. Alan Rochelle has been printing, folding and distributing leaflets for the last two months non-stop. If your board isn't stocked yet, it will be soon but please email us if it seems to be taking longer than expected. Also, if you would like a LIVERNORTH board for your clinic or hospital, please let us know and we will make the arrangements.

Whilst on the subject of leaflets, our No 20 booklet, Liver Cirrhosis Self Management Toolkit is proving to be very popular and is really helping people, with the collaboration of their clinicians, to manage their cirrhosis. It is now distributed in many Hepatology Clinics throughout the country and if you would like a supply for your own clinic/surgery please get in touch. It does have to be completed and monitored by a clinician but it seems to be having some really beneficial results.

There are some interesting articles in this issue and I would like to thank the contributors, particularly Alf Bennett who has produced some wonderful thought provoking bits and pieces for you - enjoy!

Best wishes everyone and TAKE CARE.

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 livenorth into the search bar. When it loads, click on 'videos', and you will see the 30+ talks and videos that are currently available.



scan here
for link.

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	Mr Aimen Amer	A King's Fellow Returns
March	2022	Mr Colin Wilson	The Geordie Hospital TV series.
May	2022	Prof David Jones	PBC - Is The Fog About to Clear?

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

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

PRIMARY BILIARY CHOLANGITIS – Is the Fog Beginning to Clear?

Talk by Professor David Jones.

These are brief notes from the talk given by Professor Jones in May on the Newcastle approach to PBC. For any patient with PBC or their carer, this must be the “Go To” information source for the latest on the updates on the disease and possible developments. The full talk which is available on YouTube is thoroughly recommended to get a real insight of PBC and its treatment.



The main points covered were:

- The difficulty in getting fatigue accepted as a symptom of PBC.
- A detailed look at the six possible symptoms of PBC.
- What is done in practice at Newcastle for fatigue ie, TrACE which is:

Treat the treatable

Ameliorate the Ameliorable

Cope

Empathise – fatigue is real, treat it as such

- The importance of structural exercise to help fatigue
- Drugs available to help brain fog, Obeticholic Acid, Golexanolone and S Adenosyl-Methionine

Full details can be obtained by watching the talk on YouTube, see page 5 for details or copy this into a browser:

<https://www.youtube.com/watch?v=HhtwV-ZShxs&t=16s>

Alf Bennett



Our fundraising service is now run by Peoples Fundraising (formerly known as Golden Giving).

You can visit our page here:

<https://www.peoplesfundraising.com/search>
Type in 'livernorth' to see our current fundraisers and (if you wish) make a donation to our cause.

New genetic cause of liver failure identified

(Published with the kind permission of Professor John Sayer, Deputy Dean of Clinical Medicine at Newcastle University)

Scientists have identified a new disease in a ground-breaking discovery that could help patients with unexplained liver problems. There are numerous causes of liver failure, which if left untreated is life-threatening, but often patients do not get a precise diagnosis which can make their best course of treatment unclear.

Experts at Newcastle University have established the inherited condition, called TULP3-related ciliopathy that causes liver failure in children and adults. Combined with the liver failure patients often had cystic kidney disease or evidence of chronic kidney disease.

Faulty gene causes liver fibrosis

Research, published in the American Journal of Human Genetics, has revealed that a faulty gene is the trigger for increased fibrosis in the liver and also the kidney, often resulting in the need for a liver transplant.

Professor John Sayer, Deputy Dean of Clinical Medicine at Newcastle University, said: "Our finding has huge implications for the better diagnosis and management of liver disease. What we are now able to do is give some patients a precise diagnosis, which allows their treatment to be tailored to their needs for the best possible outcome."

In the study, experts reviewed clinical symptoms, examined liver biopsies and genetic sequencing from scores of patients, where a total of 15 from eight families were identified as having a new disease.

Urine samples and skin biopsy samples from these patients were used to grow cells in a laboratory and then

investigated to determine the precise defect causing TULP3-related ciliopathy.



Over half the patients in the study had a liver or kidney transplant as their condition had deteriorated significantly. In these patients the original cause for their organ failure was unknown until the study.

Professor Sayer, who is a consultant nephrologist at Newcastle upon Tyne Hospitals NHS Foundation Trust, said: “We were surprised at how many patients we were able to identify with TULP3-related ciliopathy and this would suggest that the condition is prevalent within those with liver and kidney failure. We hope to provide a proper diagnosis for many more families in the future. This work is a reminder that it is always worth investigating the underlying reasons for liver failure to get to the bottom of the condition. Finding a genetic cause of liver failure has huge implications for other family members”

The work, co-funded by Kidney Research UK and the Northern Counties Kidney Research Fund, was possible through the Genomics England 100,000 Genomes project, where Professor Sayer has been instrumental in the local success of this project.

The Newcastle experts will now work at cell lines taken from patients to study more in detail the disease process and to test potential treatments for TULP3-related ciliopathy.

Patient case study

Liver transplant patient Linda Turnbull is leading a full and active life since she received her new organ almost 30 years ago.

The barrister, from Stocksfield, Northumberland, is part of the Newcastle University study and was one of the 15 patients identified as having the new condition, TULP3-related ciliopathy.

Linda, who is in her 60s, was always an unwell child and things became worse when she started vomiting blood where, at the age of 11, tests diagnosed her with liver failure. She was treated successfully, but gradually her liver failed completely resulting in the need for a transplant in 1994. More recently she was noted to also have kidney failure.

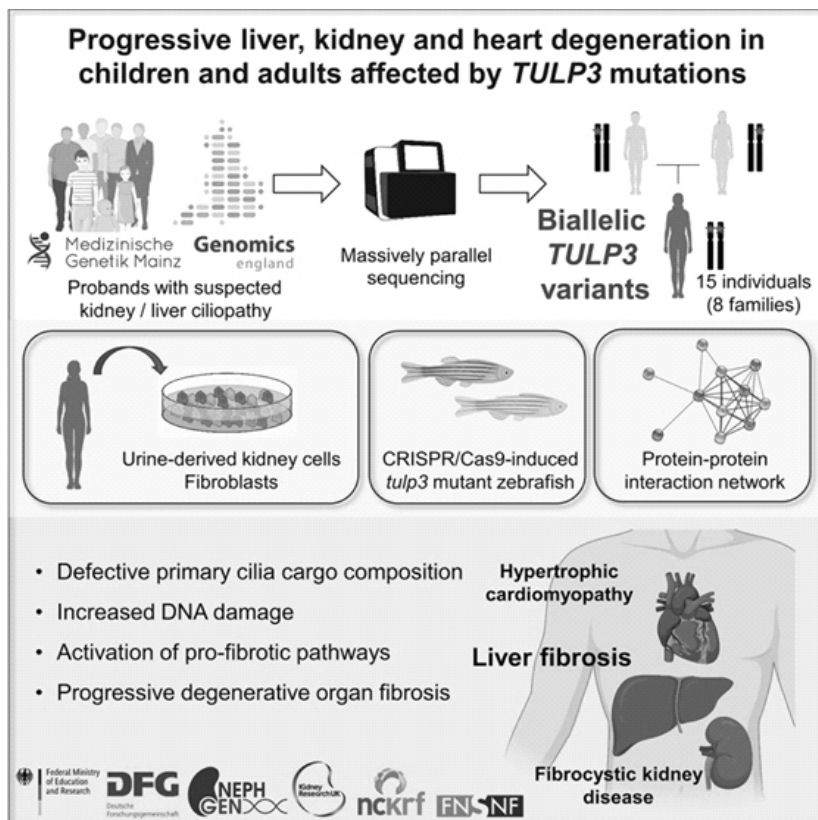


Linda provided urine samples for the study so her cells could be grown in the laboratory for the new disease to be understood more.

Her involvement has helped patients locally, nationally and internationally. She said: "It is brilliant to finally have an answer to my life-long questions: 'why has this happened to me? how do I have this condition?' It's fantastic that this research has been led in Newcastle and it means that people in the future will have answers as to what their condition is and how best to treat it."

Linda has been a strong advocate for liver patients and helped set up Liver North, a national liver patient support group, where she remains a governor for this charity.

Visual abstract of the work published in the American Journal of Human Genetics:



Vaccination – an interesting history

Apart from COVID, if there is one word that has taken over the English language in recent times it must be vaccination. But what is its origin and what impact has it had on the human race? Today, we know that vaccination is the introduction of a biological preparation called a vaccine that gives active acquired immunity to a particular infectious disease. Vaccines typically contain an agent that resembles a disease-causing microorganism. It is often made from weakened, live, or killed forms of the microbe, its toxins, or its surface proteins.

The first example of what today we would call vaccination appears to come from China. In the 15th century, the Chinese recognised that people who had contracted smallpox once were immune to reinfection. As a result, they came up with the idea of drying out scabs from individuals who had suffered only a mild case. These were ground into a powder which was then blown up the nostril (left if you were a girl and right if a boy). Can you imagine getting this technique through the regulatory bodies of today. Smallpox was a deadly contagious disease throughout human history. Some estimates record that it caused the deaths of between 20-60% of infected adults and up to 80% of infected children.

Some of the early treatments for smallpox were bizarre. In the middle part of the 17th century a prescribed treatment involved blood letting combined with purging followed by complete bed rest in a room with all windows open and the bed clothes no higher than the waist and finally the consumption of twelve bottles of beer per day.

The basis for vaccination began in 1796 when Edward Jenner an English doctor noticed that milkmaids who had contracted cowpox, which was a milder form of the disease were protected from smallpox. Jenner reasoned that the exposure to cowpox had given protection from smallpox. To test his theory, he took material from a cowpox sore on the hand of milkmaid called Sarah Nelmes and inoculated it with a sharp piece of wood into the arm of James Phipps, the 9-year-old son of his gardener. Months later he exposed the boy to smallpox, but he never developed the disease. After more successful experiments he published his results in 1801. Following this, vaccination as we know it today became common practice against smallpox. However, the science of what was the actual cause of an infection came about almost a hundred years later. It was Louis Pasteur who linked the presence of microorganisms with disease. He linked the presence of specific bacteria with the disease anthrax which is an infectious disease of both people and animals. Following this, using a weakened form of the bacteria as an inoculating agent he produced a vaccine against anthrax. It was Pasteur who called the process vaccination in honour of Jenner's work on smallpox derived from the word vacca,

the Latin for cow. Pasteur was also responsible for developing the rabies vaccine. As a postscript, almost two centuries after Jenner hoped that vaccination would annihilate smallpox, the World Health Organisation officially declared the world free of the disease on 8th of May 1980. When smallpox was finally eradicated, it had already killed over 300 million people worldwide in the 20th century.

The early smallpox vaccinations were only the beginning of the incredible vaccine developments in the 200 years since Jenner's work. Today, vaccines are available for a wide range of diseases. Any research will show the top vaccine preventable diseases in Europe today; they include, measles, whooping cough, flu, polio, pneumococcal disease, tetanus, hepatitis B and mumps. Those travelling to certain parts of the world will be aware of the requirement for vaccinations against other diseases such as yellow fever, cholera or typhoid. In fact, sections of the NHS website pages on specific countries are dedicated to providing this advice.

A look at the NHS website on the NHS vaccination schedule, provides details for babies under 1 year old, children aged 1 to 15, adults, pregnant women and extra vaccines for at-risk people. As would be expected vaccinations are front loaded (preventative), with babies receiving vaccinations at 8, 12 and 18 weeks. Each occasion involves a 6-in-1 vaccine covering diphtheria, hepatitis B, Hib (haemophilus influenza type b), polio, tetanus and whooping cough.

In 200 years, we have certainly come a long way since Jenner used the material from cowpox sores to vaccinate against smallpox. The initial production of a vaccine against smallpox must surely rate as one of the most important medical interventions of all time.

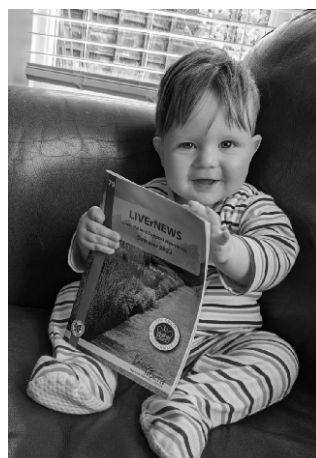
Alf Bennett

Our Youngest Reader?

Introducing Kuba our youngest reader who is not yet one year old:

Clearly Kuba is enjoying reading the Summer issue of LIVErNEWS - if his smile is anything to go by, I suspect he has gone straight to Helen's howlers...like many of our readers.

Let's hope that our newsletter continues to bring a smile to our reader's faces.



THE LAST DODO by Alf Bennett

We have all heard the expression, "dead as a Dodo" which refers to the extinct flightless bird, brought to many peoples' attention through Alice in Wonderland. Its story is quite remarkable. This incredible bird evolved in isolation on the island of Mauritius in the Indian Ocean. Its appearance is evidenced by a few drawings and paintings as well as written accounts from the 17th century. At maturity it was a metre tall and could weigh between 23 and 39 pounds. It had brownish/grey plumage, a grey naked head, yellow feet and a small tuft of tail feathers. So it had quite an appearance.

Records show that it was first seen by Dutch sailors in 1598, yet it was last sighted only 64 years later in 1662. A live specimen was even brought to London in 1638 and put on display. Accounts tell of how people were amazed by how it used to pick up and swallow large stones which were used to grind up food in its gizzard.

Hunting and disturbance of its habitat by humans shows how we can dramatically impact on life. The end result in this case was the extinction of

this large, single species in less than a century of contact with Man. It's a story that has always intrigued me so when I had the opportunity to go to Mauritius a few years ago, I researched to see if there were any museum specimens or exhibitions that I could visit. I found out that the Natural History Museum of Mauritius in the Capital, Port Arthur had a Dodo Exhibition, but there were no further details of what you could

expect to see. The museum turned out to be very oldie worldie, with few visitors and some good exhibits, even a skeleton of the Elephant Bird. The now extinct huge bird from Madagascar made famous by the BBC programme on David Attenborough's Egg. Unfortunately, the Dodo exhibition only consisted of a life size model, two



plaster of casts of a beak and the first part of its limb plus the story of its extinction. It was surprising that in the country of its evolution there was so little in the way of specimens. So began my hunt for the Dodo, surely somewhere in the world there must be an example of an original bird. Was the last Dodo specimen out there?

As so often is the case in such quests, the story is stranger than fiction. Apparently, only one full specimen survived into the 18th Century. In 1755, the last stuffed complete Dodo was thrown on a bonfire by the director of the Ashmolean Museum in Oxford because he thought it was getting a bit musty. A museum employee attempted to pull the Dodo from the fire but only succeeded in saving a scorched head and part of a foot. The plaster casts which I saw in Mauritius were taken from these specimens. They are all that remains of the last Dodo, which you can now see in the Natural History museum in Oxford, together with a model of a Dodo.

What a sad ending for a remarkable bird.

Just to complete the story. Just before leaving the museum in Mauritius, I visited the tiny shop and asked if they had any souvenirs of the Dodo. To my surprise, I was told they had a wooden carved model, which was produced out of a cupboard. I bought this without hesitation and on receiving the now wrapped item, I was told, "you are fortunate because that is the last one we have left". So maybe, there is a "last Dodo". It is now a treasured possession (see picture)

Update on the Nest Box Diary of 2020.

In the Autumn Newsletter of 2020, I wrote an article on the success of two nest boxes, one with great tits and the other occupied by blue tits. The key to success is that the eggs are laid and brooded so that they hatch at a time when there is a plentiful supply of food. The same nest boxes were taken over by great tits and blue tits in 2021 and 2022, but the success outcomes were dramatically different.

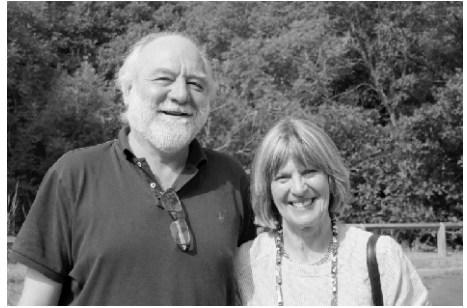
2021- Both pairs got their timings wrong. The blue tits nested at the normal time, but only appeared to feed what young they had intermittently for five days. At the end of this time they then deserted the nest. On cleaning out the nest box in the autumn three very small dead nestlings were found. It appears that this had been a nationwide problem, there was simply very limited food available to feed the chicks. The great tits were more successful but due to the lack of caterpillars, insects and spiders they only managed to rear three youngsters.

2022 - What a difference a year makes. 2022 was the most successful year. The great tits fledged by May 25th, which is the earliest I have seen and they raised 8 youngsters. While the blue tits fledged 8 days later with 10 youngsters. It was remarkable to see how hard both pairs worked to feed their young. In one, ten minute period I observed the blue tits make 48 visits to the box with mouthfuls of aphids or large juicy caterpillars. It was wonderful to see the recovery of nature. I can only hope that they get their timings right next year.

Alf Bennett

Dr Mark Hudson - our tribute

On 20th July Joan and I had the pleasure of meeting with Dr Mark Hudson and his lovely wife Sue to express our appreciation for everything he has done for liver patients during his long career at the Newcastle Hospitals.



Mark qualified from Aberdeen University in 1992 and trained at King's College Hospital Liver Failure Unit, The Royal Free Hospital and Aberdeen Hospitals, as well as in Newcastle where he was appointed as a Consultant Hepatologist and Gastroenterologist in 1995 until his retirement earlier this year.

We had already discussed with LIVERNORTH governors the best way to express our appreciation on behalf of the countless patients Mark has helped over the years and we decided to meet with him and present him with a small token to show our gratitude. As it was, Mark came to us at Beamish and we had a lovely chat over a coffee which only went to reinforce our opinion that he will be sadly missed by his patients and that he is a caring, kind and compassionate person who will be warmly remembered by everyone who knew him, worked with him or came in contact with him.



Our small gifts of engraved glasses and coasters were very warmly received and he sent us the note below:

Letters

Dear John & Joan

Thank you for your kind hospitality this afternoon. The gifts are very appropriate and a lovely memory. The engraving must have taken John an age !!

Keep well and please let the patient group know how important they were to me

Kindest Regards, Mark

What lovely gifts for a lovely man and outstanding doctor. What a huge miss he is going to be.

Kindest regards,

YG

How lovely!

There is no doubt Mark meant (and still does) an awful lot to many people. He was always such a wonderful person. No doubt there are many people with special memories of him.

Thanks

DL

Good morning Joan,

The Newcastle upon Tyne Hospitals Substance Misuse Team has expanded in recent months. We now offer support and advice to patients with a diagnosis of cirrhosis. This is face to face during admission as well as clinic and telephone follow upon discharge. Patients are counselled about managing their condition using the Liver Cirrhosis self management toolkit. We are finding that many patients are unable to monitor their weight when they leave hospital as they do not have/ cannot afford a set of scales. To date we have had contact with more than 70 patients who have presented to hospital with decompensated cirrhosis. We expect these numbers to increase and feel that it would be good practice to offer a set of scales on discharge to allow patients the opportunity to monitor their weight closely.

Further to our conversation earlier I wonder if you would consider a request to fund 20 sets of weighing scales for us to offer patients who would otherwise be unable to afford them?

Many thanks,
Sam Ord, Nurse Specialist Substance Misuse, Freeman Hospital

Good morning Joan,

Thank you so much for agreeing to our funding request for 20 sets of weighing scales. The last installment of the order was delivered yesterday and we have already identified the first individuals to benefit from them. Your advice and support made the whole process very easy and our team are delighted to have another tool to help patients manage their condition.

Thanks again,
Sam



Dear John

It was great to talk with you today. You have helped me more than what I have got from this end.

Thank you so much for sending me the leaflets promptly.

If I have any concerns or need advice, I hope you will not mind me calling you.

Thank you

CK

To all PBC Members

I hope you are all well or the best you can be.

Enjoy the sunshine while it lasts.

My regards to everyone.

Best wishes for the coming months.

JC

County Durham

Research: Your opinion matters and is needed.

Patient & Public Involvement/Engagement (PPI/E) in research is considered to be a positive indication of good research practice. PPI/E helps to ensure that the research topic is relevant and that the research project or study is well designed.

Researchers regularly ask LIVERNORTH for the opinions of our supporters. There are several ways in which you can help:

- Review Plain English Summaries (Lay Summaries)
- Review Patient Information Sheets & Informed Consent Forms
- Join a Focus Group discussion
- Become a lay co-applicant in a research study:
(<https://www.rdsresources.org.uk>)
(https://www.youtube.com/watch?v=iY771_a_L1Q)
(These links help in understanding the role of the lay applicant)

No matter how you are involved, your opinion matters. If you are interested please email me at livernorth@hotmail.com or call on 0191 3702961.

Thank you
Joan Bedlington

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.

JOIN OUR LOTTERY
AND SUPPORT OUR WORK

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

To join the 2022 lottery please complete the form on page 18.

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

£1.2 million so far given to liver disease research and funding trials of drugs, equipment and techniques. The lottery income is

used solely for prize money and for liver patient support & research.



£250 prize winners this year:

****BD of Bourton on the Water with number 55****

****RM of Ash, Surrey with number 22****

drawn on 25/5/22

-oOo-

****CM of Whickham with number 12****

****JH of Darras Hall with number 89****

drawn on 18/8/22

-oOo-

**3 more £250 draws to come this year
plus the Jackpot £2500 draw**

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

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

Memories from Joyce Widdis [A Proud 'Geordie' now living in Kent]

Looking back, I didn't realise how a lot of sayings in our house when I was a bairn were animal, insect and bird related:

The cat that got the cream.

She thinks she's the cats whiskers.

I'm gonna see a man about a dog.

'Eee, what we gonna call it dad?'

Like a bear with a sore heed.

Swims like a fish.

They were gannin' at a snails pace.

She thinks she's the bees knees (I've never seen a bees knees!)

Like a dog with two tails.

Timid as a mouse.

Teeth like a rabbit (or tombstones)

Has the cat got your tongue?

'Wor Joycey can tark the hind leg off a donkey'.

(I was constantly told this one, can't think why!)

Stubborn as a mule.

Like a red rag to a bull.

Following like sheep.

'and no monkey business'.

Like a rat up a drainpipe.

As slow as a tortoise.

Someone bandy legged, 'Whey, he couldn't stop a pig in a passage' (hope it wasn't the back passage!)

Like a fish out of water (probably one that was won at the shows or from the Ragman for your rags)..

'You're like a plague of locusts' (always said at teatime).

Up with the larks.

'You can talk until the cows come home, it won't make any difference'.

Like locking the stable door once the horse had bolted.

Like a cat with nine lives.

As thick as bull's lugs.

He was as bald as a badger.

'Who's SHE, the cats mother'?

'Tell tale tit, your tongue will be split and all the little dickie birds will have a little bit'.

You can take a horse to water but you can't make it drink.

Like bees around a honey pot.

Fit as a flea.

Blind as a bat.

Eyes like a hawk.

Sly as a fox.

As busy as a bee..

... and finally, a strange one this, Why keep a dog and bark yourself?

Helens Howlers

Most of the funnies you see in these pages are sent from friends and colleagues (like Billy Venus) or are freely circulating via the internet. I am constantly on the look out for

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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!

I had the toughest time of my life: First, I got angina pectoris and then arteriosclerosis. Just as I was recovering from those, I got tuberculosis, double pneumonia and phthisis. Appendicitis was followed by tonsillectomy. I completely lost my memory for a while. I know I had diabetes and acute ingestion, besides gastritis and rheumatism. I don't know how I pulled through it. It was the hardest spelling test I've ever had.

I took the wife's family out for tea and biscuits. They weren't too happy about having to give blood though.

Zoologist traces pet frogs ancestry and said it's part Irish, part English and a tad Pole...

I love it when I take the wife in the car anywhere. Get a free driving lesson every time.

I hate it when people try to act intelligent and talk about Mozart when they have never even seen one of his paintings.

Welcome to the Assumption Club, I think we all know why we're here?

Its been announced that 600 rare hares have escaped from a breeding program in the local area. The RSPCA stated the public have nothing to worry about, and that they are actively combing the area.

Don't let Sean Connery teach your dog to 'sit'.

53 years ago the Apollo mission landed on the moon. May their names live on forever: Neil Armstrong, Buzz Aldrin, & the other guy.

My wife and I decided never to go to bed angry with each other. We've been awake since Thursday.

I've just come out of Sainsbury's and there was a woman crying her eyes out. She'd lost all her holiday money she had been saving for months. I felt so sorry for her and am sure you would have done the same - I gave her £50. I don't usually do that kind of thing but I'd just found £800 in the car park!

I called the RSPCA today and said, "I've just found a suitcase in the woods containing a fox and four cubs." "That's terrible," she replied. "Are they moving?" "I'm not sure, to be honest," I said, "But that would explain the suitcase."

I'm planning a camping holiday but, I have to say, I'm far from impressed with my travel insurance. It turns out if someone steals my tent in the night, I'll no longer be covered.

I love watching programmes about lakes and rivers on the Internet. Anything water related really. I'm actually watching a live stream right now.

In the spirit of Wimbledon fortnight I bought a punnet of strawberries and looked to the internet for the best way to serve them? It suggested that I have the strawberries, dust with icing sugar, and pile cream on top. A word to the wise - pile cream is very expensive and tastes disgusting.

I was sitting drinking coffee in my slippers this morning and it got me thinking 'I really need to wash some cups'.

Bad news, the inventor of Chinese Whispers has died. May he rest in peace.

Filled my car up last week, cost £110, but drove off without paying. Today I was in court, got fined £75. I'll be back

with more money saving tips later...

Whilst driving along the other day I saw Irish pop legend Van Morrison in my rear view mirror. What a fool I felt when I remembered things appear reversed in mirrors. It was actually a Morrison's Van.

10 men and 1 woman were hanging on a rope under a helicopter. The rope was not strong enough to carry them all, so they decided that one had to leave otherwise they were all going to fall. They weren't able to choose that person until the woman gave a very touching speech. She said that she would voluntarily let go of the rope because, as a woman, she was used to giving up everything for her husband and kids or for men in general and was used to always making sacrifices with little in return. As soon as she finished her speech, all the men started clapping...

A truck loaded with thousands of copies of Roget's Thesaurus crashed yesterday losing its entire load. Witnesses were stunned, startled, aghast, taken aback, stupefied, confused, shocked, rattled, paralyzed, dazed, bewildered, mixed up, surprised, awed, dumbfounded, nonplussed, flabbergasted, astounded, amazed, confounded, astonished, overwhelmed, horrified, numbed, speechless and perplexed.

Just found out that the company that

produces yardsticks won't be making them any longer.

I took my 8 year old daughter to the office 'Take Your Kid To Work Day' but when we walked into the office she started to cry. As concerned staff started to gather round I asked her what was wrong and she said "Daddy where are all the clowns you said you worked with?"

Today I'm doing nothing because I started doing it yesterday and I wasn't finished. I'm no quitter!

I once used to date an archaeologist but I had to break up with her. She just kept digging up the past...well actually she was dating me. She offered me a job. My career is now in ruins.

A big number of jobs going at Greggs with lots of roles to be filled.

I accidentally swallowed a bottle of invisible ink .I'm at the doctors now waiting to be seen.

Friend: I thought you were dieting?

Me: I am

Friend: You just had 3 donuts

Me : But I wanted 4. See dieting

Me: My memory is so bad.

Friend: How bad is it?

Me: How bad is what?

little known fact...Phil Spectre the musician had a brother called Crispin,

he worked at the Walkers crisps factory.. not a lot of people knew that...

Beware of a new Amazon scam, my husband ordered me some expensive jewellery, but motor cycle parts arrived instead. Thankfully they fit his bike.

I had a vasectomy because I didn't want any kids but when I got home they were still there.

I hate it when you're in the bathroom and you notice there is no toilet paper left. Then you have to walk with your trousers round your ankles to get another roll. Anyway, I'm nearly at the corner shop now.

My partner and I are on an economy drive now only eating Ordinary K for breakfast...

We're diluting our water to make it go further...

I'm stuck on a crossword. Anybody remember the name of the Ship. In 'Mutiny on the Bounty?

Just bought some memory foam insoles. Wonderful I can now walk into another room and still remember why I went in there.

My Dad always used to tell people "laughter is the best medicine..." Lovely bloke, terrible pharmacist.

That's it for now folks - enjoy!

Things to Ponder:

What if my dog only brings the ball back because he thinks I like throwing it?

If the poison expiration date is past does it mean it's less or more poisonous?

Which letter in Scent is silent...is it the S or the C?

Do twins ever realise that one of them is unplanned?

Why is W pronounced 'double U' instead of 'double V'?

What if oxygen is killing you and it just takes 75 to 100 years to work?

Every time you clean, you make something else dirty.

100 years everyone had a horse, only the rich had a car. Today everyone has cars and only the rich have horses.

If you replace the 'W' with a 'T' in 'What, Where and When', you would have the answer to each one.

If you rip a hole in a net, you have fewer holes than you started with.

Something to think about...

A wise teacher once brought balloons to school, told her pupils to blow them up and write their name on one. After the children tossed their balloons into the hall, the teacher moved through the hall mixing them all up.

The kids were given five minutes to find the balloon with their name on it, but though they searched frantically, no one found their own balloon.

Then the teacher told them to take the balloon closest to them and give it to the person whose name was on it. In less than two minutes, everyone was holding their own balloon.

The teacher said to the children, "These balloons are like happiness. We won't find it when we're only searching for our own. But if we care about someone else's happiness... it will ultimately help us find our own."



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.

POP GROUPS – What's in a Name? by Alf Bennett

Most members of musical groups are clear about how their name came about. Some of the examples are too risqué to be presented here. However, here are some less controversial examples which include the year the band was formed.

Boney M (1975) – Named after an Aboriginal television detective.

Pet Shop Boys (1981) – Named by it's members for friends who worked in an Ealing Pet Shop.

Bread (1968) – Chosen after they were stuck behind a Wonder Bread wagon in a traffic jam.

Here are some other derivations, see if you can match them with the list of groups provided. Answers are given at the end.

A – American group (1953) who took their name from the slang word for a gramophone record.

B – Named after a John Wayne film.

C – From the famous agriculturist, author of Horse Hoeing Husbandry.

D – From the slang name for excellent performers.

E – From the financial plight of the group when it started.

F – The initials of its members Christian names.

G – From the caption beside a Madonna poster.

Groups:-

Dire Straits
Take That
The Searchers
Righteous Brothers
ABBA
Jethro Tull
The Platters

Many groups also changed their names before they tasted success. You can see from some of the examples given below what their first name was. In all cases I think it was a change for the better.

Gerry and the Pacemakers – Mars Bars

Simon and Garfunkel – Tom and Jerry

Simply Red – Frantic Elevators

Supremes – Primettes

The Who – High Numbers
You just can't imagine," You will never walk alone" sung by the Mars Bars or" Bridge over troubled water" by Tom and Jerry. Some strange thought processes must have been gone through when bands chose particular names.

ANSWERS

- A. The Platters
- B. The Searchers
- C. Jethro Tull
- D. Righteous Brothers
- E. Dire Straits
- F. ABBA
- G. Take That

THE PUB QUIZ OR, IF YOU PREFER THE BARISTA CAFÉ QUIZ

NUMBER 1. - Alf Bennett

1. In which English county is Chesil Beach?
2. Bottle nose, spinner and white-beaked are species of which aquatic animal?
3. Which disease was formally called consumption.?
4. Which Australian state capital is named after a woman?
5. The spice saffron is obtained from the flowers of which plant?
6. Peter Mandelson was MP for which North East town from 1992 to 2004?
7. At the foot of the gravestone of the Unknown Warrior is inscribed, "They buried him among kings because he had done good toward God and His house". Now, can you say where he is buried?
8. Which island is known as the George Cross Island?
9. What nickname was given to American prisoner Robert Stroud due to his ornithological hobby while in prison.
10. What is Hansard?
11. What is the common name of the popular garden plant known as Heartsease?
12. What famous mausoleum is to be found at Agra?
13. In pre-decimal money, how many shillings were in a guinea?
14. Which is the largest loch in Scotland?
15. Who was the first President of the United States of America?
16. What is the capital of the Isle of Man called?
17. Here is the first line of a poem. "I wandered lonely as a cloud". What is it called and who wrote it?
18. Can you give another name for the Royal Botanic Gardens in London?
19. This year who broke all records to become the oldest woman to have a UK number one single?
20. The following are varieties of which vegetable, Durham Early, Hispy and Greyhound?

ANSWERS

- | | |
|--|--|
| 1. Dorset | 11. Pansy. |
| 2. Dolphin. | 12. Taj Mahal. |
| 3. TB or Tuberculosis. | 13. 21. |
| 4. Adelaide. | 14. Loch Lomond. |
| 5. Crocus. | 15. George Washington in 1789. |
| 6. Hartlepool. | 16. Douglas. |
| 7. Westminster Abbey. | 17. Daffodils by William Wordsworth. |
| 8. Malta. | 18. Kew Gardens |
| 9. The Bird Man of Alcatraz. | 19. Kate Bush, with |
| 10. The printed, official reports of | "Running up that Hill" |
| everything that is said in Parliament. The | 20. They are all varieties of Cabbage. |
| reports used to be printed by a man called | |
| Hansard; hence the name. | |

MEDICAL QUIZ - Alf Bennett

1. Where would you find the Malleus, Incus and Stapes in the Human Body?
2. What is the Hallux?
3. What do we call mother's first breast product after birth before milk flow begins which contains antibodies?
4. What is the red blood pigment which carries oxygen around the body?
5. What is commonly called "kissing disease"?
6. What is Myopia?
7. In children, how many teeth are there in a normal set of milk teeth?
8. What is the hardest substance found in the body?
9. How many pairs of ribs do we have?
10. What is the common name of the condition Prepatellar Bursitis?

Answers

1. In the ear, they are the tiny ear bones or ossicles which are commonly called the hammer, anvil and stirrup because of their shape. They transfer vibrations of the eardrum caused by sound waves into the fluid of the inner ear.
2. Big toe, which is made up of 2 bones or phalanges.
3. Colostrum. This is nutrient dense and high in antibodies to build up a new baby's immune system
4. Haemoglobin which is found in your red blood cells.
5. Glandular fever. A viral disease which mostly affects teenagers and young adults.
6. Shortightedness or Nearsightedness. A common vision condition in which you can see objects near to you clearly, but objects away are blurry.
7. 20. Made up of 8 incisors, 4 canines and 8 pre molars. Adults in addition have a further 12 molars, making a total of 32. Milk teeth are also called primary or deciduous.
8. Tooth Enamel. It is the outside layer of a tooth and is made up almost entirely of minerals which protect the underlying tissues.
9. The majority of people have 12 pairs
10. Housemaid's knee. A condition which occurs as a result of constant kneeling resulting in inflammation of a small fluid sac at the front of the knee cap or patellar.

Want more like these? fewer? easier? harder? let Alf know either by email to info@livernorth.org.uk or via our social media facebook chat & messenger (Ed)

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

UIOLI Autumn 2022

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. Just fill in the missing numbers in every square, row & column using 1 to 9 without repeating any. 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

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

Easy SUDOKU

Medium SUDOKU

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

SU DOKU

'Single Digit' (Japanese)
As featured in the Times
Monday to Saturday

©Puzzles by Pappocom

www.sudoku.com

Last issue (No 79) SUDOKU solutions:
Easy

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

Medium

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

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.



Information Leaflets Available:

1. **Liver Patient Support**
2. **Accommodation for patients & families**
3. **Autoimmune Hepatitis**
4. **Alcoholic Liver Disease**
5. **Looking 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**
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**
23. **Our Livers, Our Lives (reflections of liver disease)****

* only from your healthcare professional - email for more information

** online only via ISSUU or website (details below)

Scan the QR
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

Royal Victoria Hospital

Liver Support Group, Belfast

Contact : Kay Duffy (Founder)

07737 718493

www.rvhlivingsupportgroup.org

rvhlsq@gmail.com

South West Liver Buddies

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

Wilson's Disease Support Group – UK

Val Wheeler - 01223 364982

val@wilsonsdisease.org.uk

www.wilsonsdisease.org.uk

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
- Message us (<https://www.facebook.com/livernorth/>)
- Scan our website QR code here with your mobile phone ↴



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UK based research applications invited -
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