

LIVErNEWS

Liver Patient Support Newsletter

Winter 2022

Merry
Christmas
from all at
LIVErNORTH



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	ICU	Intensive Care Unit
AIH	Auto Immune Hepatitis	ITU	Intensive Therapy Unit
ALD	Alcoholic Liver Disease	LFT	Liver Function Test
ALF	Acute Liver Failure	LFT	Lateral Flow Test
APEX	Advising on the Patient Experience	LSM	Liver Stiffness Measurement
ARDS	Acute Respiratory Distress Syndrome		
ARI	Acute Respiratory Infection	MRC	Medical Research Council
ARLD	Alcohol Related Liver Disease	MRHA	Medicines & Healthcare products Regulatory Agency
BP	Blood Pressure		
		MRI	Magnetic Resonance Imaging
CCG	Clinical Commissioning Group	NAFLD	Non-Alcoholic Fatty Liver Disease
CHB	Chronic Hepatitis B	NASH	Non-Alcoholic Steatohepatitis
CRESTA	Clinics for Research and Service in Themed Assessments	NFIB	National Fraud Intelligence Bureau
CQ	Chloroquine phosphate	NICE	National Institute for Health and Care Excellence
CQC	Care Quality Commission	NHS	National Health Service
CT	Computed Tomography	NHSBT	NHS Blood & Transplant
		NIHR	National Institute for Health Research
EHIC	European Health Insurance Card	NSAID	Non-steroidal anti-inflammatory drug
FLI	Fatty Liver Index	PALS	Patient Advice and Liaison Services
		PBC	Primary Biliary Cholangitis
GHIC	Global Health Insurance Card	PHE	Public Health England
GIT	Gastrointestinal Tract	PPE	Personal Protective Equipment
GP	General Practitioner (doctor)	PPI/E	Patient and Public Involvement/Engagement
HAV	Hepatitis A Virus	PSC	Primary Sclerosing Cholangitis
HCC	Hepatocellular carcinoma		
HCQ	Hydroxychloroquine		
HCRG	Hepatobiliary Clinical Reference Group	RAT	Rapid Antigen Test
HCV	Hepatitis C Virus	RFT	Rapid Flow 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		
ICS	Integrated Care Scheme		

(we update this glossary every issue)

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

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LIVERNORTH National Liver Patient Support

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What can I say? Everything seems to be up in the air at the same time with huge price rises, food banks, strikes and long cold dark days suddenly upon us. It's a hard winter ahead and for some it will be extremely difficult. For others, who can perhaps afford it, it's a chance to do something for those less fortunate than themselves. It never ceases to amaze me how many meals can be provided for so little money by the food banks - it's definitely value for money. On the same subject, one of our governors won a food hamper in the Christmas Draw and immediately said to donate it to a food bank. We took it to our local 'Trussell Trust' unit who were overwhelmed by her generosity. That's one family who will be getting something special this Christmas so well done! If you are feeling generous and can afford it, why not check out their website to see what they need at present. It's something to think about doing for others when times are hard.

Our last Lottery numbers of the year were drawn on 6th December during the online presentation by Mr Aiman Amer and all of the winners have been informed. The Lottery is a great way to support the group whilst at the same time giving yourself a chance to win the £2500 jackpot or one of the 7 £250 prizes. See page 25 for details. On 5th December during our committee meeting we did the draw for the Grand Christmas Charity Draw and all 13 winners from the £500 first prize onward have been informed (see page 27). Many thanks to those of you who sold or bought the tickets which were sent out with the last LIVERNEWS. Thanks also to all those who donated prizes - every donation, including the income from the Raffle, helps us achieve

our objectives of supporting UK liver patients, their carers and families or funding research into finding cures and treatment for liver disease.

Whilst talking about fundraising, thank you everyone who ran in the Great North Run for the group - you raised well over £5,000 including Gift Aid and I hope you enjoyed the day running the 'old' course. If anyone would like to run for us next year we have places so please email us to obtain a token. Those who did run (if we have your details) have all been sent our certificate of thanks. There is now, and always has been, a stigma when people say they have liver disease and the most common conclusion that people make is that it is alcohol related, and you are somehow to blame, despite this certainly not being the case. No-one wants to be an alcoholic or drug dependent so in this issue we have published a story from someone we have been talking to for some time. He is a 'recovered' alcoholic and you might get some idea of his nightmare journey on page 10. Hopefully you will enjoy reading everything in this LIVERNEWS and spread the word about our group. We are currently revising our website so look out for the new version soon. I would like to thank Mike Swan for doing our original website for us 25 years ago absolutely free of charge. It stood the test of time Mike and is a wonderful tribute to your skill - well done. Read on and enjoy folks, look after each other. Please have a peaceful Christmas and a healthy new year.

Best wishes, John

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.



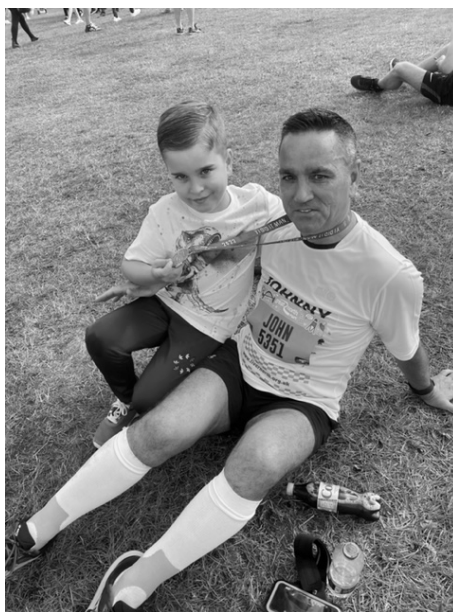
scan here
for link.

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 Aiman 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?
Dec	2022	Mr Aiman Amer	ERAS - Enhanced Recovery After Surgery.

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

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



THANK YOU

Everyone!

For:
**Completing the 2022
 Great North Run**

**Raising over £5000
 in Sponsorship**

*Your support is
 very much appreciated*



**Liver
NORTH**
Registered Charity
 No. 1087226



What a GREAT NORTH RUN! Thank you to Philip Harrison, John Myhill & Luke, Paul Purdy, Brendan O'Dea, Linda Irving, Judy Crick and Sophie Topping. Hopefully you will all have your certificate cards now? Also, a huge shout out to (and for) The HARTS team who ran for us and raised an incredible £803.75. Give us an address for your certificates please: Sophie, Orla, Lois & Alexander (any photos?)

Heading for the World Transplant Games in Perth, Australia!

Andrea Draper

I'm not wishing to boast, but I'm bursting with pride, as I recently received an email informing me that I'd been selected to represent Great Britain and Northern Ireland for the World Transplant Games in Perth, Australia, next April. Before I got the email, I thought even if I am selected I won't go as it's so expensive, but the minute I got the email, I started to look at a training regime! I'm not sure that I can describe the pride that the whole team feels when they are selected. Being able to represent your country is simply amazing; it's a shame that I needed a liver transplant to be eligible, but what a long way we have come from diagnosis to medals!



I had my transplant in March 2014 and the following year, I took part in my very first Transplant Games, which was held in Newcastle. Since then, I've only missed one and that was for a family commitment. It's hard to explain the joy of taking part as part of a team of fellow transplantees; all of us delighted that we can compete, some will achieve more than others but we can all take part. We meet fellow recipients from other parts of the UK and often Europe, we compete, socialise and support each other. There is an opening, closing and donor run (walk, if you are so inclined) which all celebrate the gift of life and include representatives of the donor family network. The annual event is simply inspiring. Every year, I try a different sport; I was encouraged to pick up tennis after 40 years of not playing. I turned up at the Games with a few coaching sessions under my belt and lots of optimism. Everyone was very kind but I didn't win! However, I did get the bug, so I joined a club and the rest, as they say, is history. This year the games took place in Leeds, which was the first games since lockdown. I came away with 4 medals and covid - not my greatest moment!

Undeterred, I donned the Great Britain and Northern Ireland kit and headed off to Radley College in Oxford to participate in the European Games. These games are self selected, but it's an opportunity to meet teams from all over Europe, France, Germany, Portugal, Greece, Hungary, Kazakhstan, to name but a few. Putting on the kit is a very special moment, winning a medal and



displaying the Union Jack is such a wonderfully proud experience. My main sports were tennis and track; there were some very serious athletes out there, in all the events. I had trained all year for the Euros, so getting covid was particularly poor timing, but we all like a challenge .

Newcastle has a very successful and incredibly friendly and supportive Transplant team but we liver transplantees are very under represented. If anyone fancies having a go, whether it's running, cycling, archery, swimming, darts, golf etc , then Just Do It! You never know, in two years time you may also be writing to say that you are representing GB&NI in the up and coming World Games!
Andrea

DID YOU KNOW No 1? Sounds better when spoken by Michael Caine.
(you have to be a certain age to understand this)

That all American States have an official:-

- a) Nickname, in some cases they may have more than one and some are rather unusual. Wyoming is known as the Equality or Cowboy State, while Connecticut is the Land of Steady Habits?
- b) Motto, again each State may have more than one. The motto of Kansas is, “to the stars through difficulties” while West Virginia has the quirky, “mountaineers are always free”
- c) State tree, these reflect the dominant or most well known in the State. In Maryland it is the White Oak and in Indiana the Tulip tree.
- d) State bird, memorable ones are the Road Runner for New Mexico and the Blue Hen Chicken in Delaware.
- e) State flower, the Forget-Me-Not for Alaska and the Violet for Rhode Island.
- f) State Capital, for those of you who are regular viewers of “Pointless” these come up on a regular basis with many pointless results. Here are two of the lesser known ones, North Dakota – Bismarck and Kentucky – Frankfort.

Surprisingly, in terms of flowers something similar occurs with English counties. In 2002 an organisation called Plantlife ran a campaign to assign a specific flower to a county or metropolitan area in the UK and the Isle of Man.

Here are some of the examples:

County Durham – Spring Gentian

Cumbria – Grass of Parnassus

Northumberland – Bloody Crane's-bill

Tyne and Wear – Monkeyflower

Yorkshire – Harebell

And not a lot of people know that!

(ANON)

Memories from Joyce Widdis (A Proud 'Geordie' now living in Kent)

TYNESIDE NEIGHBOURS...

Looking back on our childhood,
And the many things we did,
I'm remembering how we played,
I'm remembering how we lived..
You were always respectful to your
neighbours,
They all became good friends,
You knew that you could ask them,
'Do you have a cup of sugar or an egg that
you could lend?'..
When your mam went out to get her
messages,
And you were left alone,
It just seemed perfectly normal,
You didn't have a phone...
You just knew if there was a problem,
Neighbours were like your kith and kin,
'Whey come in and sit doon pet',
'Your mam will soon be in'..
We knew every family from the top to the
bottom of our street,
A really nice community, some of the nicest
people you could meet..
No one was any better than anyone else,
What we had we shared,
Neighbours were really kind back then,
They were genuine, they cared..
Me mam's neighbour and best friend Minnie
McLaughlin had THE kindest heart,
One year we couldn't afford a Christmas
tree,
So she chopped her Christmas tree in half..
Now, you rarely know your neighbours,
You don't stand chatting in the street,
But, we've all got our friendly neighbours
memories,
And they just can't be beat..
I'm really blessed I have my son and
daughter living in two houses next to me,
We can knock on each other's doors like old
times and say,
'I've run out of butter', or, 'Can I borrow
some milk for me tea?'.....
So, I look in the mirror and what do I see,

I see an old lady looking back at me.
This can't be right, this is all wrong,
I'm still in me prime, I'm still 21.
My eyesight is failing and my hearing is too,
Me feet are shrinking and me hips just grew.
I stand at the cupboard and open the door,
Haven't a clue what I came here for.
Hubby helps search for me glasses when we
are off to bed.
Then says, 'Have you ever thought of
looking on your head?'
I tried going to keep fit, got down but
couldn't get back up,
I don't want to be that dog 'Old Yeller',
I want to be a pup!
I really don't know what happened to me
pelvic floor and womb,
I'd have to go for laminate now that we've
got in our front room..
The sub titles are a must on the tele or your
constantly saying,
'What did he say?'.
You stand up too quick and you swagger and
sway...
Those days of you wearing hot pants are in
the dim and distant past.
I remember me platform shoes, I was a really
trendy lass.
You'd play your 45s records, they couldn't
get much louder,
Me dad would say if me skirts got any
shorter,
I'd have two more cheeks to powder!
My eyes were blue and my hair was thick,
Now I just look like I'm missing a trick.
My memory is fading there's always
something I've forgotten.
Hubby says I once had an hour glass figure,
now all the sand is in the bottom!
I'm not ready for elasticated trousers,
Or a pair of sensible shoes.
I'm dreaming of squeezing into size 8 loons,
And spraying on Youth Dew...

Paul's Story - This is another piece of my life I never thought I'd be reflecting on...

I'm reasonably well educated, I was a managing director of my own building company, a railway engineer, a chef, a proprietor of a butty shop, heavy plant driver, I've thought and I've learned, amongst many other diversions, away from one work environment to another. I am degree educated, have attained a NVQ level 6, amongst many qualifications. I'm a father of two children and a homeowner. I didn't have an idyllic childhood, I was a bit of a nuisance really, I still am a nuisance!

The reason I've explained my past life is because it stopped drastically on Sept 11 2016. I won a superbike championship I had always coveted, the amazing thing is I crashed in practice, was taken to hospital with a suspected broken elbow. They found no injuries on me apart from being bashed about and bruising.

I hot tailed it in a taxi to the circuit, with just a hospital gown and motorbike boots on, convinced the circuit medics I was fit to race demonstrating by push ups etc. I started 40th and finished 7th, enough to gain the title by two points.

The next day I went to my local hospital, and it transpired I had cracked 2 vertebrae (broke 1) and broke 2 ribs in my back. My elbow and upper arm, heel and my ankle were broke and 3 disks were squashed. I went home and all I could do was sit on my settee and I did that for a while, but I needed to be back at work, so I went back but the few weeks off had got me into a routine of drinking and drinking, that got earlier and earlier each day, by Xmas that year I had become embroiled with my alcoholism, I wasn't seeing the kids, my house had gone from hectic, to depressing. I was with a new partner from April 2016 and she liked a drink at night too but not in volumes like me.

My situation was closing in on me in 2017, I had become partial to going out, but I



Paul on the right in 2016 with Christian Iddon, a British superbike rider colleague

drank to obliteration, I was now getting involved with mental health, I didn't realise at the time I was imploding - in the middle of a huge break down, my medicine of choice was alcohol, I was a mess. I had drank and run into the ground a quite profitable business and at its prime employed 15 plus people. Due to drinking I lost all I had worked for.

So my medicine was increased, alcohol, I don't know how but I got through 2017, but that included a month in mental health care. In 2018 I started a new relationship, I hit the ground running with this relationship showing all my prowess as a alcoholic, only paused by hospital admissions and my lunacy in alcohol, but this was a very special lady and I knew that straight away, I tried all kinds of ways to get clean so she could have the real me, I think she knew I was in there and did everything and anything to help me, unfortunately I thought she was the one, and all she got was a pathetic alcoholic.

We got through lock down but I spoiled our time again with alcohol, but every one but me was seeing what I couldn't, I was yellow, skinny, I am normally a healthy 16.5 to 17 stone and I was under 10 stone. Friends were worried and I hibernated.

I ended up on a merry go around with mental health, physical health, 2 years ago I was road racing superbikes, now I'm emptying my copper jar for alcohol.

Tensions were very noticeable at home and I was wondering what day I wouldn't wake up on, or not as the case may be.

In August my partner, my rock, left me. I was in another place, but trusty alcohol was there to shore me up. If I told you how hard it was to get into rehab you would think I was on the sweet sherry again, an unbelievable task as not many people stay sober, but a professional and lovely lady Liz at a NHS drug and alcohol centre got me to the Chapman Barker unit, but I had to wait, that meant stopping gradually or I could suffer Delirium Tremens that can be very bad.

Now here's a bold statement: Covid saved my life, this is because I joined AA on zoom, and met two remarkable men, my sponsor Paul and a Scottish chap called Brian, both of them have a place in my heart. They did help save my life, we would talk all the time and we were support to each other. AA on zoom is a fantastic concept, maybe a nod to Covid for that. On 2nd march 2021 I went into the Chapman Barker unit, albeit on death's door as the illness had filled my stomach cavity (ascites) and migrated down my legs which duly caused ulcers that popped leaving gory holes in my feet and excreted the fluid, that was me out cold for a couple of days. The nurse looking after me said I had lost all vitals and I was the most poorly person she had ever seen in there and go out alive.

After 6 weeks I was ready to leave, I had to see the doctor before I left, this was one of the worst conversations of my life, it was worded like 'Paul has stage 3 cirrhosis, decompensated' and my outlook was very grim. 4 months if I touched a drink. I was spinning when the Dr said you need to go on a transplant list as soon as you get out of here.

Another chance meeting, I found out about LIVErNORTH, and subsequently John, who helped me communicate with Dr Mhairi Donnelly and arranged our first meeting.

Well, I like people who don't mince their words and told me of the gravity of my situation. She explained my diet and exercise but crucially I was about 80 days sober. She wanted a track record of zero alcohol for 6 months, I duly did this, and sporadically attended the Freeman Hospital, clocking days weeks and months, My abstinence wasn't easy, it was as in not touching drink but the illness can be horrible, I lost all my body hair, ballooned in size, drugs to lower, drugs to stabilise, drugs to do basically anything my body struggles with, my anxiety, my sleeplessness, my change in moods, etc etc.

Through all this I was in the care of our local mental health in the community, doing courses, attending weekly, I had major ups and downs. All the people I was involved with physically or mentally, I owe a lot to I can't of been easy, one day I felt brand new the next like I've been keel hauled.

All the medication I take, all the people I see, and forging a new career may be what kept me going, motivated, and seeing my glass (of juice) half full rather than half empty, but ultimately after spending a month in mental health at the start of 2022, through stopping a medication myself (a schoolboy error) I decided to go back to the gymnasium working myself instead of worrying myself. This to the present date is helping me focus, helps me improve my body, its ultimately improving my mental health, I try to attend every day possible.

Now if you cast back to my opening gambit, I explained about work and bike racing, this is important as after that date I did irreparable damage to my liver its because the real truth is I did drink before this happened but very mildly compared to Sept 2016 until 2nd march 2021 (my sobriety day).

Even though the liver can regenerate with certain diagnosis, but not mine, it was said

to me by a doctor in the Chapman Barker unit that I had paid a massive insult to my liver, apt I think. I can honestly say without Dr Keating (a remarkable man) and his team at Furness General hospital I would have not survived, Dr Keating gave me the impression he was sick of me, I was wrong, he just cares and to boot when he found out about my improvements wrote me a wonderful letter, and to the ward 9 staff sorry, I got the message in the end.

Because of my chance meeting and subsequently met John Bedlington, his wife Joan and other people from LIVERNORTH who helped with the reassurance. Offers of a flat if I need it, liaising, plus many conversations helping me and so John has asked me to become a telephone councillor, which is something I feel I would like to do and am duty bound - who knows, I might just help someone.

On my transplant assessment with Dr Donnelly, I stayed overnight in the Freeman in the ward I was going to stay after the surgery, it really wasn't too daunting in the hospital.

I also met a Siobhan and Peter the transplant co-ordinators, at first I thought Peter was being tough on me, and Siobhan was being inquisitive but had a caring edge, I met the Anaesthetist, Psychiatrist, and had all the physical tests and I'm pleased to say I passed all the tests. I knew it was 'dangling' because of my previous alcohol failures, but this was cards at the big table, and I needed a full house.

I stayed over the Wednesday evening, and had my tests the following day, I liked everyone I met. I think I conducted myself well and was honest, and presented myself well, on Thursday I left the hospital, I was told I'd have to wait until Monday to see if I was going on the transplant list. I was well presented, polite, accurate and honest, I've got to have been accepted? When I left I

didn't know what I was, a very strange place, does my life hang in the balance?, did I acquit myself correctly?. Well its done now calm down I told myself, just wait until Monday. I had been to see my children on the Sunday evening, I had to tell them the gravity of my illness, I did this: man up and tell the kids I was telling myself, I had previously been to my ex partners and she had been a rock all the time we were together and to this day I don't know why. I sat in my car squeezing the steering wheel and was very emotional, I've got to do this so I went to see my 16 year old daughter and my 18 year old son. My daughter was so strong, very practical, she was 'dad don't worry they will get you a new liver', I retorted you can't get them on Amazon you know, but my boy he melted and that is etched on my sole, poor not so little young man I think he had a eureka moment and realised he needs his old man.

Monday arrived no phone call and I'm developing a nervous tick, sweating going over and over in my head where I could have done wrong, do they believe I've been abstinent since my induction earlier in the year where it all went wrong. I had passed the 4 months Dr Dailey predicted I would last, well that was about 8 months prior, still yellow, and described by a nurse as radioactive, then the Alcoholic side started playing in my mind, will I be penalised for ruining my own liver? plus a hundred more variables.

Tuesday around lunch time a withheld number called, I thought bloody Tele-marketers, but it was the fantastic Siobhan (I called her something like that, her opening gambit was "you can't have a transplant" she listened to me asking myself questions and said "Paul you aren't getting a transplant because you don't need one," again confusion, elation a few tears, she said "you don't need one just yet, what have you been doing?" I told her the truth: Manuka Honey

(suggested by John) and a tea called Nutri Liver, (other brands are available).

After the news and started improving my fitness, I started to feel; you have kids, now get this done. So I have been going to the gym 6/7 times per week, eating healthily. Do the right thing by others, now I feel well. My journey up until the Chapman Barker unit was when I was 43, I'm now nearly 46.

This article has only been possible because of many a professional, some friends, Hospitals, Furness General, the Freeman, Chapman Barker, Salford Royal, Dane Garth, Abbey Road medical practice (and the NHS country wide), Unity Barrow in Furness, Liz (thank you and the staff), the community mental health team Duddon House especially Makayla, she should get a mention off the new King, she dragged me through my mental health problems. I'm not fixed but she help 100 times over. LIVERNORTH, AA on zoom (a revelation, as were the AA 12 steps) and MIND. Keith, the owner of Ironworx gym - the key to me staying mentally and physically intact. My thanks also to my ex-marine pal Mark who gave me the mantra 'we don't give in, we dig in' and all of my wonderful friends that were there for me on my journey to recovery.

I now volunteer, I sponsor, and im going to be answering a phone for LIVERNORTH. Im aiming to work in the alcohol or substance abuse and mental health sector.

I guess summarising the moral of the story is the liver is a very unique and resilient organ, I honestly didn't know how many critical roles in ones body the liver does, it's so resilient if you help it along, my liver has been suggested maybe compensating, not building my hopes up, if it was well it might be a emotional moment.

Im living now not existing and this document will be out as my pup turns 1, my kids are

great, well for teenagers, im getting somewhere near my fighting weight, you see there are if there are two lessons from my ramblings, first, cut your liver some slack, give it nutrients, give it plenty of H2O, give it a work out, a walk, just keep active watch your salts, sodium, you see I'm not writing this to be felt sorry for much the opposite, it's a story you don't want to write its, took me 3 weeks and a lot of emotions and I don't even know you, there are many other complications im not going into, but a lot of functions that we take for granted. I even have to inform my doctor if I go on holiday. My first thoughts were I'm not going to see my grandkids, ill not walk my princess down the isle. Maybe, just maybe.

During the period of writing this over the past 8 weeks I've lost my Dad, Geoffrey Croft RIP, and my sponsor Paul Molyneux RIP. I haven't drank, in fact quite the opposite (650 days sober).

All that's left is to wish you all a merry Christmas and a wonderful new year.



DETERMINED: Paul Croft (No 33) at an earlier meeting

Paul shows his mettle

FOUR Furness riders contested a drama-ridden final round of the Aintree Motorcycle Racing Club's Championships on Saturday.

Classic racer Nick Penny from Liverston's fourth and fifth places in the 250 and 350 single cylinder races on his trusty, BSA-powered GMS specials gained him third place in both championships.

Barrow's Sam Walker, still recovering from his early season spill, became plagued with suspension problems after fitting a new suspension unit. Not having sufficient track time to set it up to his liking, he still finished in the top seven in his races despite an ill-handling machine.

His father, Mike Walker, took out a 750cc Triumph Trident in the Unlimited Classic event to easily win his heat. Not having contested the championship this year and having no points, he sportingly elected to sit out the final and let the two leading competitors fight it out.

Man of the meeting was Barrow's Paul Croft, who crashed his Yamaha early in the day and was rushed off to the nearby hospital with a suspected broken arm.

When X-rays revealed it wasn't actually broken, despite protests from the doctors and medical staff he discharged himself and rushed back to the circuit where Mike Walker, Sam and the crew had repaired the damaged bike.

Paul convinced the circuit medical officer he was fit to race and, despite being battered and badly bruised, brought his R1 Yamaha home in seventh place behind race winner Mike Walker, enough to win him the Golden Era Superbike Championship.

Mike Walker took third slot in the same championship after missing a couple of rounds. There's certainly going to be some silverware heading back to Furness after the club's presentation night in January. Well done, lads.

The Active Hospitals Project

Your help is needed for this service improvement project

- Have you been an inpatient in the last six months?
- Would you be willing to take part in a virtual focus group to discuss a project called 'Active Hospitals'?

If you answered yes to both questions, then please read on for more details...

The Active Hospital project aims to:

- encourage patients to increase their physical activity levels in hospital
- support people to be more physically active on discharge through referral onto partner organisations in the community.

The project is being piloted on Ward 16 at the Freeman Hospital in Newcastle and is funded by the Newcastle Hospitals Charity.

We would like to:

- speak to people who have been treated as inpatients (preferably in Newcastle)
- seek their views about introducing physical activity conversations and interventions on the ward
- understand what support people would like to receive following discharge in relation to increasing physical activity levels
- organise a virtual focus group via Zoom in January or February 2023 (date and time to be confirmed based on volunteers' availability).

If you are interested in taking part or would like to hear more about the project, then please contact Dr Kate Hallsworth (Senior Research Physiotherapist) at kate.hallsworth@ncl.ac.uk

Thank you in advance for your time in reading this and considering taking part in this exciting piece of work.

The Doctor's Visit ! by Alf Bennett

Examples of how the Old Dutch Masters represented medical issues in the 17th Century.

Sometimes you come across something really surprising. On a recent visit to the Kelvingrove Museum in Glasgow I discovered two beautiful oil paintings both entitled, "the Doctor's Visit". The topic was certainly different from the typical Dutch landscapes, individual portraits or Still Life paintings of the time. They came from the so called Leiden school from the 1650's which was influenced by the proximity of the renowned University and it's Medical School. Further research showed that other paintings from the same period exist with exactly the same title.

The first painting was by Frans Van Mieris the Elder in 1657. It showed a doleful looking young woman who was staring into space, her head to one side. One hand was having her pulse taken by the doctor while the other hand lay across her midriff. On her knee was a well thumbed book. It was difficult to say for certain what was taking place. Fortunately, there was an accompanying explanation, I quote

"The pale woman in this painting is suffering from lovesickness – a medical condition thought to be cured by reading the Old Testament which is lying open on her lap".

Thank goodness for explanation and quite a remarkable treatment.

The second painting was by Jacob Toorenvliet in 1660. Here an elegantly dressed woman was lying in bed, while a doctor was examining a flask of urine. This again resulted in the diagnosis of Lovesickness, a malady for which apparently at the time there was no known cure.

There was obviously a lot of it about in the mid 17th Century. Both oil paintings were beautiful with incredible fine detail. They must have hung on the walls of a rich merchant, certainly an unusual topic. How things have advanced since this time and lovesickness does not appear to be an identified condition nor is there a recognised treatment on the NHS.

If you wish to view pictures of these paintings they are available on the internet.

Obituaries:

It is with great sadness that we have to announce the death of **Val Donkin**. It really goes without saying that everyone who knew Val will be devastated to hear of her passing. Val was such a special lady who was respected and admired by so many people. For many years Val supported LIVErNORTH, not only with the time and effort she put into the annual fair and the Christmas Dinner but also the wonderful way in which she was a shining example of how to live life to the full having been given 'the Gift of Life'. Val was instrumental in making the Autumn Fair and the Christmas Dinner so popular and successful. Her sewing, baking and crafting skills were beyond measure. The prizes which Val created and donated each year were coveted by everyone. Val's capacity to offer friendship and support to others was brilliant and she will be greatly missed by all those who were fortunate enough to have known her. Our sincere condolences go to Val's husband Alan and all the family. Val's nephew Stevo wrote a poem which he read at the funeral - it captures the very essence of Val.



Aunty Val by Stevo (nephew)

The Real Treat Was You...

We're all canny bairns and deserve another treat,
Lined up side by side strapped into the back seat

Off for a treat with Aunty Val, Treats the whole day through

You can choose any songs you like and where do you want to go?
We'll eat anything and everything, there'll be no saying no

To Metroland, or Laser Quasar, or the airport just to watch take offs,
Ice skating, roller blading, tonnes more cakes than bake off

Midnight feasts, fried bananas, Lurpak nearly two inch thick
She couldn't drive but would give you a lift across the country...poor Alan got some stick

Bee Gees, fancy dress, Halloweens were frightening,
Tina Turner, Simply The Best, cheese dreams, greased lightening
The fair's in town, we'll take ya 'the night, But first cheese scones and Barry White
We'll play Bow-Legged Chicken, drop the coin into the glass beneath ya,
We'll pass down ghost stories and songs from wor Les and Rita
We'll all take turns to sing The Lambton Worm and pass a spoon on the end of a string,
We'll never forget the things we've learned from such a kind and wonderful thing

Summer holiday dips, South Shields jellyfish stings
Ease the pain with fish and chips and sugary doughnut rings
You'd hold our hands for as long as you could,
I wonder if you ever realised that we noticed
But we learned from that, as we should
To make the most of every moment

Back to school with a cool pencil tin, felt tip pens or a brand new bag
Always doing your best to win the best Auntie we ever had

In later years you kept it up, going out of your way to show up at every bash
If it wasn't gifts or doing the party's catering you'd be palming off your cash

"Here's this year's birthday cake, I built it just for you"
It's personalised and the perfect size, so big it'll last the whole month through

We'll buy you a new shirt for Saturday night,
I'll let the hem down on your trousers now you're way up a height
Or knock you up some curtains now you've moved to your new gaff
The only sober at the party but still up for a laugh

You'd cater to our whims and satisfy our greed
All the while busy with fundraisers and people with true need
You'd bake buckets of cakes to keep charities on track
Make them, donate them, and sometimes buy 'em back

You knew the family tree like the back of your hand where doctors tried to find a vein
You'd tell us stories again and again... again and again and again!

But it's the stories that kept you going and kept this family together
And the treats just kept on coming, even when the bairns weren't clever
Generosity ran right through you, just like the sweetness in your Lemon Drizzle
You were the syrup in our family sponge, nice and light but never kizzled

We knew all your ailments and every hospital visit but you never actually seemed to complain
And, as we always did, we look forward to our next treat with you again

Off for a treat with Auntie Val,
Treats the whole day through
A lifetime of treats with Auntie Val,
'cos the real treat... was you.

Syd Winship

It was also with great sadness that we recently heard of the death of Syd Winship again it goes without saying that everyone who knew Syd will be devastated to hear this news. Syd was a much loved husband, Dad and Grandad as well as being one of life's true gentlemen, in every sense of the word. For many years, Syd supported LIVErNORTH so much in his quiet and unassuming way, which involved giving talks to community groups promoting awareness of the importance of Organ Donation. He too will be greatly missed by all those who were fortunate enough to have known him. Our sincere condolences go to Syd's wife Maisie and all of his family.

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.

Knockin On (by David Ellison)

Isn't it strange
How old we all look
With our grey hair
Deep wrinkles and jowls?
On protesting knees
We'll try not to freeze
(And don't get me started on bowels!)
Eschew the armchair
And get stepping out there
Best foot forward
No matter how far
Walk a bit everyday
To keep ageing at bay
And keep reaching for that distant star!

What does 'family' mean? by Liz Bennett

The term family will mean different things to different people. Mostly it means your relatives, but for some it can be just immediate family, i.e. parents, siblings, maybe grandparents, aunts and uncles. For others it can be some or all of the above, plus cousins and step parents, brother/ sister and those who we call aunt or uncle who are not actually family. Sadly for some, the term family, doesn't apply for various reasons.

Do we really look at our family and how each person fits into the family as a whole. Or do we consider those missing from the past and why we don't. Do we know any of their history, where they came from etc. I would have said yes. For example knowing who they were, where they lived, worked etc. However, after starting building my family tree, I soon found out information I didn't know. Finding family I didn't know about, along with some surprises.

For some of our readers, you will recall, I have given you stories about some of my ancestors after having done intense ancestry research on finding some (actually a lot) of those missing family members. But not only have I found my ancestors, I've gained new family. I've discovered new cousins, 1st, 2nd and 3rd, plus more.

Having recently visited Glasgow, to meet new cousins and do some ground work on where my paternal grandparents and great grandparents lived. The latter, I wrote about in my last story about my Irish family. Samuel & Margaret both from Co. Down Northern Ireland, both born in 1850 who moved to Glasgow. I had census information showing they lived in Rose Street, Glasgow. So we decided to find Rose Street and see for ourselves. We found Rose street, what was left, the part Samuel & Margaret lived in was now part of the motorway. We walked the rest of the street and it was an uphill street of red sandstone 3-4 storey houses of mixed quality.

What I had believed prior to the visit, was that they were living in not the best of area/ situation.

Part of this trip, we visited a National trust property 'The Tenement House' in the next street. This had been kept as of the same time of my great grandparents. The last owner was a Miss Agnes Toward, born 1880s, her mother was widowed and took in sewing. The property is mainly the furnishings of her mother, Agnes didn't change very much, only having electricity installed in 1960. It was so opposite to what I expected of Glasgow tenements. It was a comfortable, roomy apartment with a proper bathroom & flush toilet. A large lounge including a dining suite, and easy chairs and piano. A large alcove was neatly curtained which had a feather bed mattress behind, a bedroom, a well equipped kitchen, with a sink and attached

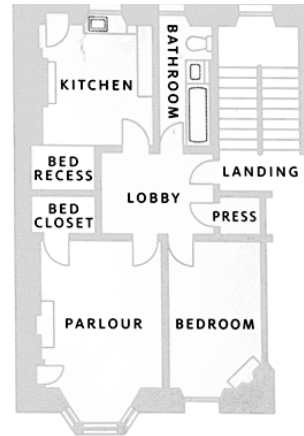
mangle, large range cooker, scrubbed work table and a coal store, it also had a bed recess.

When Miss Toward died, she left a set of chairs to a church elder. It was his niece who saw the social history of the home. She purchased it and lived in it for seven years before selling it to the National Trust.

This is the plan of the Tenement House.

When I asked the guide if the next street, Rose Street, would have been the same, she said yes. That Agnes and her mother had moved from Rose Street.

These buildings were well kept, there were very specific rules on cleaning and each apartment owner had to take their turn in maintaining the communal areas. An example of this, newspapers were put down on the stairs when the coal man delivered to keep the dirt to a minimum.



In 1866 Glasgow council, tried to limit overcrowding and improve sanitation. To do this they stated all houses of up to 3 rooms, were measured and a fixed metal ticket put onto the door stating how many people were allowed to live there. This was in theory enforced, with unannounced checks often during the night.

As a young child of around 3 living in the North East, in the early 1950s, we lived in rooms, these were certainly not of the same standard as the Tenement House in Glasgow. We had an outside toilet in the yard shared with 4 other families and no bathroom, only a tin bath, no hot water and a fire but no oven! So comparing this tenement of the 1880s and to our rooms of the 1950s – the tenement wins hands down.

If your visiting Glasgow, I certainly recommend visiting this National Trust property, it's easy to find and well worth seeing.

So having decided that the family could have lived similarly to what I saw in the Tenement House, I revisited my earlier findings. Checking on census information and electoral roles, the different years and which members of the family were there. It looks like they were comfortable, great grandfather, along with 4 of their children all working, bringing money into the home.

Sadly this changed when, the older children having moved out, starting their own families. Samuel died, leaving great Gran Margaret a widow. At the same time her

son, my grandfather George was now a widower with a young family, so he moved together with his mother. But their circumstances appear to be straitened, as the moves they made were to a lower part of Glasgow.

On this visit, I met up with a second cousin Anna, her grandmother would have been my aunt , sister of my father. She was able to provide photographs of her Gran, my grandfather and other cousins.

The family mostly moved to Airdrie and lived close to each other. While I was able to provide her with the search I've completed and copies of various documents and certificates and paint a picture of our shared ancestors.

I have spoken to a first cousin, Anna's uncle who was able to tell me things about his own earlier life and his memories of my grandfather. I promised them both we will visit again but I doubt it will be this year.

I was able to get death certificates for Samuel and Margaret through Scotland's People, who maintain their National archives. From that information, I was able to confirm information I was given from other distant cousins as correct. So I now have the names of their parents and mothers maiden names which is part of the Scottish system. Samuel lived to 72, died in 1922 and Margaret to 95 in 1945.

So back to what does family mean, it will be what you want it to be. Whether that is your current immediate relatives or like mine, finding those missing members and adding new ones, and what that has meant to me. Through Samuel and Margaret I've gained not only family information but I've met new cousins in Co. Down, and Glasgow. Also, I have gained a new friend, in theory she could have been my half step sister. She has provided information and photographs and someone I talk to regularly, and visited her in Cornwall in September. Plus, I gained information from various links from 1st to 4th cousins some of them with a direct DNA link. Overall, my family is growing all the time.

Liz 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.

Letters

Hi all,

Thank you for your swift response to my insurance query. I am still new to this liver disease lark and I am slowly finding my way through the mine field.

I have gone for SAGA for my holiday insurance – they gave me a good quote and at least it is a name that I am familiar with. So – off I go! This is my first holiday since my autoimmune diagnosis and the Covid pandemic (both happened simultaneously!).

Please add me to your distribution list and I would be grateful for an email copy of the LIVErNEWS.

I raised £500 for the British Liver Trust last year (cycling) - I'll do the same for Liver North next year!

Thank you! – you're now on our mailing list.

Dear Joan,

Thank you so much for the newsletter, it's wonderful and a very welcome giggle.

Keep up the good work

All good wishes

GJ

Dear John,

Thank you for the great service you are doing with this charity. We appreciate it very much.

Yours sincerely

CK

Herts

Dear Joan,

I will send the £10 plus a donation by way of electronic bank transfer - which I hope is easier for you to bank.

Good Luck with the Christmas draw.

With most grateful thanks for all that you and LIVErNORTH achieve

All the best

TG

Please accept this small donation as a thank you for the use of your flat by my husband during my stay at the Freeman Hospital.

JM, Cumbria

Dear all,
Please find a cheque enclosed - a little something towards the funds.
Always enjoy your very interesting newsletter.
Best wishes
PC
Suffolk

Dear Joan,
It is now 21 years since my husband had his transplant - marvellous. He is now 85 and still doing jobs for the museum. He was steaming for them at the weekend for the Steam gala - worn out but happy.
Kind regards
MY, Tyne & Wear

Hello Joan & John,
Hope you are both well. So sad to hear of Dr Hudson's retirement. Such a lovely man, always smiling. He will be missed.
We are sending a small donation in lieu of raffle tickets. Sorry we are unable to have an Autumn Fair again this year. Hope to get back to something like "normal" next year.
Best wishes
C&M, Teesside

Hi Joan,
Cheque for raffle tickets and the rest for the pot. The day my granddaughter was born my GP told me I had three years left. She is in her twenties and is mother of an eighteen month boy - never say die!
I think I've been very lucky.
Take care all at LIVERNORTH.
Yours
JC, County Durham

Dear Joan,
We enclose a cheque for the charity draw tickets together with a donation to Liversnorth.
We always look forward to our copy of Livernews which we always find so interesting and for which we thank you.
Kind regards and best wishes to you both and to all at Liversnorth.
S&JR
Cumbria

Insults from a bygone era:

"He had delusions of adequacy " Walter Kerr.

"He has all the virtues I dislike and none of the vices I admire."- Winston Churchill.

"He has never been known to use a word that might send a reader to the dictionary."- William Faulkner (about Ernest Hemingway).

"Poor Faulkner. Does he really think big emotions come from big words?"- Ernest Hemingway (about William Faulkner).

"Thank you for sending me a copy of your book; I'll waste no time reading it." - Moses Hadas.

"He has no enemies, but is intensely disliked by his friends." - Oscar Wilde

"I am enclosing two tickets to the first night of my new play; bring a friend, if you have one." - George Bernard Shaw to Winston Churchill.

"Cannot possibly attend first night, will attend second... if there is one." - Winston Churchill, in response.

"I feel so miserable without you; it's almost like having you here" - Stephen Bishop.

"He is a self-made man and worships his creator." - John Bright.

"He is not only dull himself; he is the cause of dullness in others." - Samuel Johnson.

"He is simply a shiver looking for a spine to run up." - Paul Keating.

"He loves nature in spite of what it did to him." - Forrest Tucker.

"Why do you sit there looking like an envelope without any address on it?" - Mark Twain.

"His mother should have thrown him away and kept the stork." - Mae West.

"Some cause happiness wherever they go; others, whenever they go." - Oscar Wilde.

"He uses statistics as a drunken man uses lamp-posts... for support rather than illumination." - Andrew Lang (1844-1912).

"He has Van Gogh's ear for music." - Billy Wilder.

"I've had a perfectly wonderful evening. But I'm afraid this wasn't it." - Groucho Marx.

"The exchange between Winston Churchill & Lady Astor: She said, "If you were my husband I'd give you poison." He said, "If you were my wife, I'd drink it."

"He can compress the most words into the smallest idea of any man I know." - Abraham Lincoln.

"He inherited some good instincts from his Quaker forebears, but by diligent hard work, he overcame them." - James Reston (about Richard Nixon).

our online fundraising
service is...

Peoples
Fundraising 

JOIN OUR LOTTERY

AND SUPPORT OUR WORK

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

To join the 2023 lottery please complete the form on page 26.

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

0191 3702961

£1.3 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-

****SA of Chester-le-Street with number 49* drawn on 20/10/2022***

-oOo-

****SA of Chester-le-Street with number 49* drawn on 20/10/2022***

-oOo-

****JP of Frosterly with number 175* drawn on 6/12/2022***

-oOo-

****£2500 JACKPOT WINNER****

****JP of Penrith with number 125****

drawn on 6/12/2022

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

Very many thanks to our prize donors for once again supporting our Annual Charity Draw and to everyone who bought or sold raffle tickets.
This year the total raised currently stands at £4655.00

2022 LIVErNORTH Charity Draw Prizes Drawn online via Zoom 5th December 2022			
Prize		Winning Number	Won By
1	£500 Cash First Prize	3598	N Birch
2	Barbour Voucher for Quilted Jacket The Barbour Foundation	7	Lynda Turner
3	£150 Sainsbury's Voucher John Bedlington	160	Wayne Armstrong
4	£150 John Lewis/Waitrose Voucher Joan Bedlington	10247	Pauline Thompson
5	£100 John Lewis/Waitrose Voucher Wakeford - Hale Family	4871	Linda Kirby
6	£100 Sainsbury's Voucher Anon	14565	L Gilmore
7	£50 Boots Voucher Alf & Liz Bennett	4695	D Wildblood
8	£50 Boots Voucher Alf & Liz Bennett	16016	J Nichol
9	£50 John Lewis/Waitrose Voucher Anon	11618	B Clark
10	£50 John Lewis/Waitrose Voucher Anon	16165	Rose Pinkney
11	£30 M&S Voucher Fiona Hale	11672	Iris Adams
12	£30 M&S Voucher Joan Bedlington	3039	Sue Farrell
13	Christmas Hamper Morrisons Cowgate	15973	S O'Dea

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!

Just been to the hospital A&E, told the nurse I had been "bitten by a wolf" she said "where" I said "no just a normal one"

My wife was feeling a bit low last night, so I let her colour in my tattoo. She felt a lot better. It turns out she just needed a shoulder to cry on.

I saw this advert in a window that said: "Television for sale, £1, volume stuck on full." I thought, "I can't turn that down."

My wife has just been the victim of a scam. A woman called Anna contacted her and told her she was running a snake rescue charity, and needed donations. My wife sent her £100 and never heard another thing. We've found out that Anna is using the money to buy things for herself, and there is no snake rescue charity. Anna conned her.

My therapist told me to write letters for all of the people I hate then burn them. I've done that but what do I do with the letters?

A Geordie golfer and his wife walked in to a dentist's surgery. The Geordie said to the dentist, 'Doc, I'm in one hell of a hurry. I have two mates sitting out in my car waiting for us to go and play golf. We have a 10 am tee time at the best golf course in town and it's 9.30 already... forget about the anaesthetic, I don't have time for the gums to get numb. I just want you to pull the tooth and be done with it! I don't have time to wait for the anaesthetic to work!' The dentist thought to himself 'My goodness, this is surely a very brave man asking to have his tooth pulled without using anything to kill the pain' So the dentist asks him 'Which tooth is it sir?' The man turned to his wife and said 'Open your mouth pet, and show him'.

There are three types of people in the world: Those who can count and those who can't.

I spent all week erecting a new fence in my garden. My neighbour commented on my Facebook page that it wasn't straight so I unfriended him. That's the last time he comments on my posts!

Got up at 5am this morning, ran 4 miles, made a vegetable smoothie, hoovered, dusted and mopped the kitchen floor, and that's all I remember from my dream last night.

The man who invented the Speedboat has sadly passed away, his funeral is on Friday 14:15 , followed by a wake.

I'm looking to buy an old lighthouse, anyone point me in the right direction, nowt flashy.

Last on my list for shoe making equipment.

Not only have I been selected for Great Britain woodworking team, I've been made vice-captain.

There's a word in the dictionary that is spelt incorrectly.

I see the bloke who lived in Paris airport has sadly passed away...
Terminal illness apparently.

I broke up with a girlfriend a good few years ago because she kept counting numbers out loud.
I often wonder what she's up to now.

So, more Christmas stuff appearing in the shops. I passed the local pizza place yesterday, and they were advertising their seasonal 'Wenceslas' pizza; apparently it is Deep Pan, crisp and even.

A man has been stealing wheels off police cars. Officers are said to be working tyrelessly to catch him.

Putting my car away tonight and put it in reverse I thought, this takes me back.

As you know I've just moved and I was decorating my hall and stairs, my neighbour said my house is the same, how many rolls of paper did you buy? I said 12, a week later he said I bought 12 and had 2 left over. I said that's funny so did I!

Free to good home. Sooty and Sweep puppets. Just want them taken off my hands

A cowboy walks in to a car dealership says to the salesman "Audi"

I can't wait till tomorrow's International Deodorant Day, Roll On Wednesday!

Just to give you a heads up. If you are looking for a job, why not apply to the Air Sea Rescue; they're always looking for people.

Javelins, I wouldn't trust them as far as I could throw them.

Large sale of medieval items of torture and punishment.
Hurry while stocks last.

A geezer has been shot with a starting pistol...police are convinced it's race related

As you all know I was always willing to go that extra mile, especially when I was working on the taxis.

My wife Rose is leaving me because of my obsession with pens. Bye Rose.

Just to give you a heads up, a story that I used to deliver newspapers and milk has been doing the rounds.

Did I ever tell you I met my current wife in a travel agents, she was looking for a holiday and I was the last resort.

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

Well today is the day I've trained for and I tried my upmost to beat my personal best for the London Marathon. Alas it wasn't to be, and I could only watch 3 mins before turning over to Netflix.

I lost my hair years ago, but I still carry a comb...I just can't part with it.

My 4 year old nephew has been learning Spanish for a year and still can't say 'please'. Which I think is poor for four.

My uncle Bert had a prosthetic arm it was so real looking that nobody suspected, he kept it up his sleeve for years.

Hey, dad, can you explain what a solar eclipse is? No sun.

A bloke on a tractor has just driven past me shouting 'The end of the world is nigh'. I think it was Farmer Geddon.

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!!

Why do seagulls fly over the sea?
Because if they flew over the bay they'd be bagels.

Did you hear about the two thieves who stole a calendar? They each got six months.

I went to the doctors with hearing problems. He said 'can you describe the symptoms?' I said 'Homer's a fat bloke and Marge has blue hair'.

On the operating table 'Just relax David, this will all go well and it will be all over soon'. 'Whoa! I'm not David, I'm Ian!' 'I know, I'm David'.

I renewed my car insurance over the phone today and the lady said 'do you have a dog?'. I said yes then she asked if I wanted to insure the dog too. I said 'no, that's crazy, he can't drive!'

A local pub used by Cumbrian farmers was taken over by a lady from the south of England. On the opening night

farmer Brown went in for his usual pint and pinch of snuff only to find that there was no snuff. He said to the landlady 'Aw - noo good a bar without snuff! We like a bit of snuff with our pints' She took this on board but had no idea even what snuff was but she was determined to do something about it. She went outside snuff hunting and all she could find was some dog poo. She picked it up with a piece of paper and took it back to the pub. She dried it out then ground it to a powder and put it on the bar in a snuff bowl. That night farmer Brown came in again and smiled when he saw the 'snuff'. He took a pinch then ordered a pint. He was looking at the sole of his shoes and on the floor because he was sure there was a strong smell of dog poo in the pub but he couldn't see anything. His mate farmer Jones came in and went to the

bar to order a pint. Farmer Brown said to him 'can you smell dog poo in here?' and he said 'No, not at all. I see they have snuff in here again, I'll take a pinch' He breathes the 'snuff' in deeply and looks at farmer Brown 'Bloody hell he says, that's damn good snuff - I can certainly smell the dog poo now'.

*Yes - I know the jokes are terrible but I bet you smiled at some of them? If you know a joke that could bring a smile to someone's face, please send it in to me by email to info@livernorth.org.uk or post to **freepost livernorth**. Somewhere out there is the funniest joke ever so let's find it and share it.*

Merry Christmas! (Ed)

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.

ASSUMED AND ORIGINAL NAMES OF FAMOUS PEOPLE

Many famous people have changed their name significantly from the one on their birth certificate. Here are a few examples. As you will see, there are some obvious benefits gained by the changes made. It is difficult to imagine how Michael Crawford's real name would look on the credits for "Some Mothers do Ave em" or "The Phantom of the Opera"

Freddie Mercury – Frederick Bulsara

Eric Morecambe – John Eric Bartholomew

Eric Clapton – Eric Clapp

Lady Gaga – Stefani Germanotta

John Wayne – Marion Morrison

Michael Crawford – Michael Dumbell-Smith (he was given his mother's surname)

Irving Berlin – Israel Baline

Jonny Vegas – Michael Pennington

Brigitte Bardot – Camille Javal

Tony Bennett – Anthony Dominic Benedetto

If you were to move into the Arts or Music what would you change your name to in order to make it more memorable?



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.

CHRISTMAS QUIZ 2022 by Alf Bennett

1. Which is the biggest selling Christmas single of all time?
 2. Name the only 2 bands to have a Christmas number one in 3 consecutive years?
 3. How many gifts in total were given in the 12 Days of Christmas? (You'll need a calculator)
 4. What was the Christmas number one in 2021?
 5. What would the other reindeers not let Rudolph do in the song –Rudolph the Red Nosed Reindeer?
 6. In what years were the first Christmas cards sent? (accept 5 years either side)
 7. Which plant is known as the Christmas flower has bright red and green leaves?
 8. When do the 12 days of Christmas start?
 9. If you are born on Christmas Day, what is your star sign?
 10. Which Commonwealth country leader celebrates their birthday on Christmas Day?
 11. What happens to Del Boy and Rodney in the 1996, Only Fools & Horses Christmas Special?
 12. Who played Scrooge in the Muppet, Christmas Carol?
 13. In which country is it now traditional to eat KFC for Christmas Dinner?
 14. Stollen is the traditional fruit cake of which country?
 15. Back in Tudor times, what did women who wanted a husband, eat in the hope of finding a partner?
 16. In which modern day country was St. Nicholas born?
 17. What was the original colour of Santa Claus' suit?
 18. What address does the Royal Mail ask people to send letters to Santa?
 19. Who is the author of The Snowman?
 20. Which English King was crowned on Christmas Day in 1066?
- Answers: 1. White Christmas. 2. The Beatles & The Spice Girls. 3. 364. 4. Savage nolla for everyone. 5. Day in any reindeer game. 6. 1843. 7. Poinsettia. 8. Christmas Day. 9. Capricorn. 10. Justin Trudeau of Canada. 11. They become Millionaires. 12. Michael Caine. 13. Japan. 14. Germany. 15. Gingerbread Men. 16. Turkey. 17. Spain. 18. Santa's Grotto. 19. Raymond Reindeer Land. 20. Xmas 582.*

UK Pop Charts and Christmas Number Ones - Alf Bennett

The actual introduction of official published Pop charts in the UK started in 1952 (incidentally, the same year that Queen Elizabeth II came to the throne). The first chart was published in November of that year with Al Martino's recording of "Here in My Heart" at number one. It was still at the top in December and so became the first Christmas No 1. After this, identifying the Christmas No 1 became a British obsession. A look at the next twenty successful records shows a great deal about about what was popular in the Fifties, Sixties and early Seventies. Many of you may remember some or all of them, so here they are:

Year. Artist. Song

- 1953 Frankie Lane - Answer Me
- 1954 Winifred Atwell - Lets's Have Another Party
- 1955 Dickie Valentine - Christmas Alphabet
- 1956 Johnnie Ray - Just Walking in the Rain
- 1957 Harry Belafonte - Mary's Boy Child
- 1958 Conway Twitty - It's Only Make Believe
- 1959 Emile Ford and the Checkmates
 - What Do You Want to Make Those Eyes at Me For?
- 1960 Cliff Richard and the Shadows - I Love You
- 1961 Danny Williams - Moon River
- 1962 Elvis Presley - Return to Sender
- 1963 The Beatles - I Want to Hold Your Hand
- 1964 The Beatles - I Feel Fine
- 1965 The Beatles. Day - Tripper/We Can Work it Out
- 1966 Tom Jones - Green, Green Grass of Home
- 1967 The Beatles - Hello, Goodbye
- 1968 Scaffold - Lily the Pink
- 1969 Rolf Harris - Two Little Boys
- 1970 Dave Edmunds - I Hear You Knocking
- 1971 Benny Hill - Ernie (The Fastest Milkman in the West)
- 1972 Little Jimmy - Osmond Long Haired Lover from Liverpool

Note, in 1961, "A Tower of Strength" by Frankie Vaughan was also quoted as a number one in some publications.

The songs certainly reflect different times and musical tastes. Then there were no downloads, no iTunes, no Spotify. You actually had to go to the shop and buy the record with cash! There were just 78's, 45's, including singles and EP's (Extended Players) and LP's. With luck you could play them on a Dansette record player. This was the go to piece of kit. Unfortunately, the company went out of business in 1969. But such was their popularity there are a number of companies today who specialise in their renovation.

They were certainly different times when, YouTube, Genres, CD's, Apple Devices, Garage Music and Rap were not even a twinkle in some entrepreneurs mind. If you were around at this time, I am sure you could add to this list of music developments which were not around then

In the following years, some of the songs which reached Number one had a genuine Christmas feel, for example,

Merry Christmas Everyone by Slade in 1973

When a Child is Born by Johnny Mathis. In 1976

Do They Know it's Christmas by Band Aid I in 1984 and BandAid II in 1989

There have been several examples of very famous songs which are now "Christmas Standards" which never made it to number one. They can be heard continuously from November and even late October onwards in many shops. Here are some with the years in which they were released.

1973 – I Wish it Could Be Christmas Everyday by Wizzard. This was a good year as Slade's, Merry Christmas Everyone was released at the same time.

1984 – Last Christmas by Wham

And my personal favourite, 1987 – Fairy tale of New York by the Pogues and Kirsty MacColl

Fast forward to the present day, things are a bit different, especially with the development of Social Media and downloads. The last three years of Christmas Number Ones have been dominated by Ladbaby with:

2021 – Sausages Rolls for Everyone

2020 – Don't Stop Me Eating

2019 – I Love Sausage Rolls

Such is their domination, they are already favourites with the Bookmakers for 2022 irrespective of what recording they make. Only time will tell if they are correct. I hope this little article has brought back good memories. I for one was surprised at the range of songs and when they were recorded. Unfortunately, now I cannot get the Beatles songs out of my head and still chuckle at the video of Ernie, the Fastest Milkman in the West with Benny Hill.

Merry Christmas

Medical Quiz No2 - Alf Bennett

1. Renal Calculus is another name for what?
2. The brachial artery is found in which part of the human body?
3. What hormone is produced by the Islets of Langerhans?
4. What is the major artery of the body?
5. What is Dr Christiaan Barnard famous for?
6. Who is known as the father of medicine?
7. What are stress and greenstick examples of?
8. What is Latrophobia a fear of?
9. What type of blood is considered as the universal donor?
10. What is the medical term for inflammation of the brain?

Answers

1. Kidney stone.
2. Arm(upper) – fans of Doc Martin should have got this.
3. Insulin.
4. Aorta.
5. He carried out the first human to human heart transplant on the 3rd of December 1967.
6. Hippocrates
7. Fractures
8. Fear of doctors
9. Blood group O negative.
10. Encephalitis.



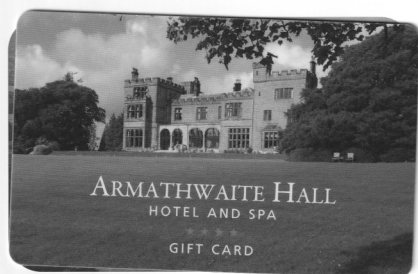
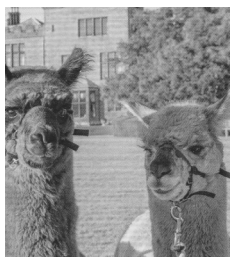
Joan Bedlington receiving her MBE at Windsor Castle from the King on 29th November 2022. Pictures L to R are Linda Turnbull (founder member), John Bedlington, Joan Bedlington (founder member) and Fiona Hale (Tilly Hale's daughter, founder member)

The Pub Quiz or if you prefer the Barista Café Quiz No 2 (AB)

1. What herb is the main constituent of the Italian sauce Pesto?
2. What collective noun is used to describe a group of crows?
3. At which racecourse in England is the Derby ran?
4. Which religion was founded by Charles Taze Russell in 1881?
5. Alphabetically what is the last American state?
6. In which play by Shakespeare does Titania appear?
7. Which British bird lays the largest egg?
8. What was the Royal Navy's first iron hulled battleship which is now on display at Portsmouth?
9. Which famous politician lived at Chartwell in Kent?
10. How many of Henry VIII's wives were called Catherine. Bonus points if you can name them?
11. Who directed the Terminator and Titanic films?
12. What chemical element is denoted by the symbol Sn in the Periodic Table?
13. PRET A MANGER is a popular food outlet but what is the English translation of it's French name?
14. What is the capital of Indonesia?
15. What year did Tony Blair become Prime Minister?
16. What was the old name of the Snickers bar?
17. Which non premiership English football team plays its home games at St James Park?
18. The Olympic symbol is made up of 5 rings of different colours, blue, yellow and black. What are the other two colours?
19. In the film "Finding Nemo", what type of fish was Nemo?
20. What is the only native venomous snake in the British Isles?

ANSWERS

- | | |
|-----|--|
| 1. | Basil. |
| 2. | A murder. |
| 3. | Epsom. |
| 4. | Jehovah's Witnesses. |
| 5. | Wyoming. |
| 6. | A Midsummer Night's Dream. |
| 7. | Mute Swan. |
| 8. | The Warrior. |
| 9. | Winston Churchill. |
| 10. | 3 namely Catherine of Aragon, Catherine Parr and Catherine Howard. |
| 11. | James Cameron. |
| 12. | Tin. |
| 13. | "Ready to Eat". |
| 14. | Jakarta. |
| 15. | 1997. |
| 16. | Marathon – they changed it in 1990. |
| 17. | Exeter City. |
| 18. | Green and Red. |
| 19. | Clownfish. |
| 20. | Adder or Viper. |



This Gift Card can be used throughout Armathwaite Hall Hotel and Spa from afternoon teas, lunch or dinner, spa experiences, activities and hawk walks through to accommodation. Contact reception for full details. Booking is essential

To

From

Message

.....

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The card will be valid for 12 months from the date of purchase 25.11.22

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To bid simply email info@livernorth.org.uk with your offer (minimum £10) and use 'SPA Bid' in the subject line or send to *freepost livernorth* no later than 15th January 2022

The winning bid will be announced at the end of January 2023 so please send your bids in soon.

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 Winter 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!

NEW! DIFFICULT ONE - SEE HOW YOU GET ON

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

Easy SUDOKU

Difficult SUDOKU

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

SU DOKU

'Single Digit' (Japanese)

As featured in the Times
Monday to Saturday

©Puzzles by Pappocom

www.sudoku.com

Last issue (No 80) SUDOKU solutions:
Easy

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

Medium

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

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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.icpsupport.org

Registered Charity No: 1146449

NHS

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

[https://www.nhs.uk/conditions/
coronavirus-covid-19/](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.rvhliversupportgroup.org

rvhlsq@gmail.com

South West Liver Buddies

<https://southwestliverbuddies.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 details. If you are already listed, please let us know of any changes to your contact details. Please also reciprocate by advertising LIVERNORTH via your own media.

HELPLINE

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

JOAN	0191 3702961
ANN	0191 4131827
SUSAN	01207 271707
ALAN	0191 4821802
MARGARET	0191 2622550
SUE	01642 706302
KATHRYN	01207 505231
FIONA	0781 5071918

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- 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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