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# LIVErNEWS

Liver Patient Support Newsletter

Spring 2023



*Liver*  
**NORTH**

Registered Charity No. 1087226

## Glossary of terms

Here are some frequently used terms and acronyms you may 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		
CCG	Clinical Commissioning Group	MRI	Magnetic Resonance Imaging
CHB	Chronic Hepatitis B	NAFLD	Non-Alcoholic Fatty Liver Disease
CRESTA	Clinics for Research and Service in Themed Assessments	NASH	Non-Alcoholic Steatohepatitis
CQ	Chloroquine phosphate	NFIB	National Fraud Intelligence Bureau
CQC	Care Quality Commission	NICE	National Institute for Health and Care Excellence
CT	Computed Tomography	NHS	National Health Service
		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	RAT	Rapid Antigen Test
HCRG	Hepatobiliary Clinical Reference Group	RFT	Rapid Flow Test
HCV	Hepatitis C Virus		
HDU	High Dependency Unit	TED	technology, entertainment, design
HE	Hepatic Encephalopathy	TX	Transplant
HEV	Hepatitis E Virus	T2DM	Type 2 Diabetes
HIV	Human immunodeficiency virus		
HPB	Hepato-Pancreato-Biliary	UIOLI	Us It Or Lose It
HRCT	High-Resolution CT	URSO	Ursodeoxycholic acid
ICP	Integrated Care Plan		
ICS	Integrated Care Scheme		

(we update this glossary every issue)

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

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Professor Derek Manas FRCS BSc MBBCh Mmed (UCT) FRCEd 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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**Circulation 2,500 print, 300 email + Social Media**

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## **LIVERNORTH National Liver Patient Support**

Registered charity no. 1087226 (Oct 2000)

**Run entirely by unpaid volunteers**

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**NIHR Non-commercial Partner**

### **LIVERNORTH Governors:**

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## Chairman - John Bedlington

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We all seem to be in some kind of numb limbo at present with food and fuel prices going through the roof, a huge war ongoing in Ukraine and the aftermath of terrible earthquakes in Turkey and Syria killing and injuring thousands of people. These things are sent to try us, they say, but I'm left wondering 'what next?'

I guess that all we can do is try to look on the positive side of things and do what we can, when we can, to help each other.

On the subject of which, you may have noticed a change in the helpline this issue? If you read Paul's Story in the last issue (and I know many of you did) you will have some idea of the trauma and mental health issues that he has had to face over the past two years. We've been talking to Paul for some time and he has now completed his counselling skills course and is qualified. He has volunteered to join our telephone helpline and take calls on alcoholism. If you know anyone who may benefit from talking to Paul, please do not hesitate to give them his number from the back cover of this LIVERNEWS. He won't be judgmental and he may be able to help someone you love from becoming seriously ill. Whilst you are looking at the back cover you may also have noticed Fiona's name there - she did counselling training earlier last year and is an expert patient on liver disease, especially PBC so please give her a ring if you want to talk about PBC. All of our listeners are fully trained and have access to all of the information provided by our clinicians who, as you know, are top experts in their field. Don't hesitate to

ring any of the numbers if you need signposting or just want someone to talk to. It's why it was set up 25 years ago and why it still operates today.

We are still working on the new website and hopefully will have it up and running before too long - watch this space. In the meantime, follow us on facebook and twitter for the most up to date information.

We have several speakers for our talks booked already this year - they are shown on page 6. If you don't know how to Zoom but would like to join us at one of these talks, please get in touch and we'll talk you through it. Many of the talks are recorded and available on YouTube if you would like to watch them and see the format. Just google 'youtube' and when you get there, search for LIVERNORTH where you will see all of our talks listed.

I'm not going to list what's inside this issue but please read on and in particular, look at the centre spread. It's a new venture for us; we are publishing short walks that have been tried and tested to help patients, their carers and families to encourage well-being and mobility. Please check our WALK 1 - other walks from other regions and areas will follow in due course.

Take care and look out for each other, all being well we will have some sunshine, some warm air and a lovely Spring to enjoy.

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 livernorth 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

## Zoom Diary Dates for 2023

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**Mon 27 March:** Dr Stuart McPherson.  
'Progress towards Elimination of Hepatitis C'  
Start time 7pm.



**Tues 4 April:** Prof John Sayer.  
'Identification of a new inherited cause of liver & kidney disease' -  
Start time 7pm.

**Thurs 22 June:** Mr John Hammond:  
'Surgery in patients with chronic liver disease'  
Start time 7pm.



**Tues 1 August:** Dr Kate Hallsworth.  
Subject: 'Physical activity and exercise for patients with non-alcoholic fatty liver disease'  
Start time 5pm.

**Tues 3 October:** Prof Derek Mann.  
'Liver Cancer Immunotherapy'  
Start time 7pm.



Zoom meetings are publicised using our social media outlets - facebook & twitter (and via email to online subscribers), with around 30 people joining live each meeting. Just email us at [info@livernorth.org.uk](mailto:info@livernorth.org.uk) for a link to join us. No-one will be admitted without a link sent from us.

You can watch the recorded talks yourself later by searching for YouTube then typing 'LIVERNORTH' - the full list of talks recorded, including the latest ones, is shown on page 5.

Talks are only recorded once the speaker and the audience have given their permission. To ensure anonymity on the internet, Q&A sessions following the talks are not recorded but anyone can submit a question to ask any of our speakers during the session.

**WE ARE STILL HERE FOR YOU**  
**ON OUR HELPLINE, ONLINE, ON OUR WEBSITE,**  
**VIA EMAIL, FACEBOOK, TWITTER,**  
**HEALTH UNLOCKED & ISSUU.**

Contact details on the back cover

## Organ Donation - Have you registered your decision?

I would love it if everyone I know could go to the organ donation website and register their decision - either to donate your organs when you die or not to.



You may feel that it doesn't matter and that the new opt out system is enough but that is **NOT** the case. If you have registered your decision, hospitals can move much quicker and save lives. If they have to wait to ask your loved ones, 1) that is a massive decision for those closest to you to have to make in their shock and grief at your death and 2) it slows the process right down of saving the lives of others.

I'm not asking you to donate your organs or any part of your body when you die, that is a very personal decision that you need to make and then tell your loved ones about. I know so many people who have had to make this tough decision when their loved one has just died so take that hard and emotional decision from them by doing it yourself now and letting them know. I know many people who have benefitted from others making this decision during their lifetime, I am still alive today because someone made that decision and their family knew what they wanted. I know others who are struggling as not enough people make this decision when alive.

If you die and your loved ones don't know what you wanted - that's hard. Make the decision now, today, then tell your loved ones about it - it takes less than 5 minutes.

Thank you, Katherine Walcott



## Repeated Drainage in Untreatable Cirrhosis – the REDUCe2 Study

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Liver cirrhosis can lead to a painful build-up of fluid (ascites) in the belly. Initially, drugs such as water tablets can treat the build-up but these may stop working, leading to untreatable ascites. A liver transplant is then the best option, however, most people are not suitable for this due to concerns over the risks associated with the surgery and the shortage of liver donors. People with cirrhosis and untreatable ascites who do not receive a liver transplant unfortunately have a reduced life expectancy. Care then focuses on controlling symptoms and having the best possible quality of life. This is known as palliative care. Currently people with untreatable ascites have limited choices of treatment. The standard of care involves coming to the hospital for 1 to 2 days, having a thin tube inserted into the abdomen and draining the fluid. This reduces the pain from ascites. However, as the ascites build up quickly, hospital visits are needed every 10 to 14 days. Our patients describe repeated hospital drainage as “devastating” and “unbearably painful”. Another option could involve placing a long-term abdominal drain (LTAD), into the abdomen. This tube is fitted in the hospital but stays in place for months. Nurses can then drain smaller amounts of fluid (1 to 2 litres) up to three times a week at home by attaching a bag to the LTAD. LTADs avoid frequent hospital visits and can improve patients' quality of life. But the benefits remain hypothetical, and research is needed to establish the exact risks of these drains

(including potential risks such as infection).

We ran a small study with 36 patients from 2015 to 2018. LTAD insertion went well with no major complications. We are now running a larger study in Great Britain and hoping to recruit 310 participants. Our aim is to see whether palliative LTADs result in a better quality of life in patients with ascites. The study is already up and running in 9 sites with 8 others set to follow suit. We ultimately aim to open at 35 hospitals in total. Please ask your clinical team whether your hospital is participating.

In this study, people who agree to take part will have ascites drained through either LTAD at home or repeated hospital visits. Researchers will visit ALL participants at home every 2 weeks for 12 weeks for safety monitoring and to record important information through questionnaires with a special focus on quality of life. We will record all infections that occur and compare the two groups. The study has been designed with help of patients and caregivers who are part of the research team.

There may be no direct benefits to patients taking part in the study (as some will not access the LTAD due to a process called randomisation). However, information collected will help us determine whether home drains are a suitable option for people with ascites and help the NHS invest in these drains if they prove to be beneficial.



## Sites that have joined the REDUCe2 study

- Bolton NHS Foundation Trust
- Cambridge University Hospitals NHS Foundation Trust (Addenbrooke's Hospital)
- Cwm Taf Morgannwg University Health Board (Royal Glamorgan Hospital, Cardiff)
- Gloucestershire Hospitals NHS Trust (Gloucestershire Royal Hospital, Gloucester)
- Hull University Teaching Hospitals NHS Trust
- Kings College Hospitals NHS Foundation Trust (London)
- NHS Grampian (Aberdeen Royal Infirmary)
- NHS Greater Glasgow and Clyde Health Board (Queen Elizabeth Hospital, Glasgow)
- NHS Lanarkshire (University Hospital Hairmyres)
- Northumbria Healthcare NHS Foundation Trust (North Tyneside General Hospital)
- Royal Devon University Healthcare NHS Foundation Trust (Royal Devon and Exeter Hospital)
- Royal Free London NHS Foundation Trust
- St George's University Hospitals NHS Foundation Trust (London)
- University Hospitals Plymouth NHS Trust
- University Hospital Southampton NHS Foundation Trust
- University Hospitals Sussex NHS Foundation Trust (Royal Sussex County Hospital, Brighton and Worthing Hospital)

### **Organ Donation - have the conversation.**

Register your wishes by signing the  
NHS Organ Register online at  
[www.organdonation.nhs.uk](http://www.organdonation.nhs.uk)  
or by calling 0300 123 23 23

**Most Importantly**  
Speak to your family to  
**LET THEM KNOW YOUR WISHES.**

## Did you Know? No 2 – still sounds better if spoken by Michael Caine

ATMs or Automated Teller Machines are something which we just take for granted. They are known by a number of different names. In the UK, the terms cashpoint, cash machine or hole in the wall are the most widely used. Other terms across the world include, anytime money, cash dispenser, cash corner or Bankomat. In recent years, their numbers in many countries has started to decline as we move to a “cashless society”. A trend which has certainly increased with COVID. However, with the current cost of living situation, more and more people have started to move back to using cash. So possibly their decline may not be as dramatic as first thought. Nowadays, they are to be found world wide. At the last count it was estimated that there were 3.24 million across the world. The largest total numbers are to be found in China, India and Russia with the smallest number found in the Comoros which has only 33. If you look at the numbers of ATMs available per 100,000 people a different picture occurs with South Korea, Uruguay and Canada having the greatest numbers. In most places, wherever you are, you are not far from instant cash provided you have a valid card. It was the development of the cash card and accompanying PIN which allowed the successful introduction of the ATM.

In the US, Canada and some Gulf countries, some banks even have drive-thru lanes to access ATMs. Some of the larger US Navy ships also have them where sailors can draw out their pay. The prize of the most unique location must go to the highest ATM which is operated by the Bank of Pakistan located at 15,397 feet above sea level on the Khunjerab pass between Pakistan and China. It is powered by solar and wind and is maintained and monitored 24 hours a day.

Surprisingly, the first ever cash machine was installed at Barclays Bank in Enfield, North London. It was invented by John Shepherd-Barron, a British inventor who got the idea from a chocolate bar dispenser, but replacing chocolate with cash. Many of you will remember the first person to use the machine. It was the star of one of the biggest TV shows of the time, “On the Buses”, Reg Varney who withdrew the then maximum sum of £10 on the 27th June 1967. Incidentally, you can still view repeats of this show on Freeview.

ANON

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*“Beware of false knowledge; it is more dangerous than ignorance.”  
(George Bernard Shaw)*

*“Life is not about how fast you run or how high you climb,  
but how well you bounce...”  
(Tigger)*

## Obituary - Sylvia Dickens

It is with great sadness that we have to inform you of the passing of Sylvia Dickens, a much loved wife of Eric and friend to many. As a founder member of LIVErNORTH, Sylvia supported the group so much with the time she gave as a Governor, a helpline counsellor, her help at the annual fair and the general meetings. Sylvia was responsible for the publication of 'Through the Kitchen Door' a collection of her own delicious recipes along with contributions from LIVErNORTH supporters.

With a foreword written by Bob Johnson, who was the Tyne Tees Television weatherman at the time, the recipe book was a wonderful success and raised much needed funds for the group. Sylvia underwent two transplants, the first in 1994 and the second in 2001; her legacy is 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'. Sylvia's capacity to offer friendship and support to others was exceptional; she was respected by so many people and will be greatly missed.



## Mandarin Cream Cake - Liz Bennett

This is a luscious cake, the recipe was given to me by a German cousin who makes the most magical and delicious cakes. It makes a lovely show stopper for a celebration. Depending on the size of slices you make you should get 12-16 portions.

### Ingredients

#### Base

65g Butter  
65g sugar  
1 egg large  
150g Self Raising flour

#### Filling

500 ml full milk  
75g custard powder  
200g sugar  
300g carton of creme fraiche  
300g carton of sour cream



Topping - 2 tins of mandarin segments drained.

Grease a 21 cm loose bottom cake tin. Essential to use a loose bottom tin to enable removal of the cake.

### Method.

Start by making up a custard with the custard powder, milk and sugar. Keep stirring while cooking it will be thick. Put into a container to cool, cover closely with cling film to avoid a skin. Let this cool completely.

Make the base, knead to butter and sugar into the flour like making pastry. Beat the egg and bind the mix. Using your hands press the mix into the tin. Put to one side.

Turn on oven to 180c.

When the custard is cool, put into large mixing bowl and with an electric mixer give a little stir. Gradually a little at a time, add both cartons of cream. Pour this over the prepared base, arrange the mandarins over the mix.

Put into oven and bake 60 mins. It should have a little wobble near centre, but it is ready. Leave in the tin to cool completely before taking it out. Don't put in the fridge while your cooling it. Once it's fully cooled and out of the tin - then you can put it into the fridge.



## Childhood Memories from Joyce Widdis (A proud 'Geordie' living in Kent)

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Billowing washing of terry nappies and sheets,  
Hung out in all weathers, Rain, wind and sleet...  
Net curtains steeped in Reckitts Dolly blue bags,  
Rushing out to the Ragman to get a balloon or goldfish in exchange for your rags...  
Steps scrubbed and painted in Cardinal red,  
Candy striped sheets to make up the bed..  
Shirts and net petticoats made stiff with Robin starch,  
Shovel and poker sets stood in the hearth...

A voice would ring oot, "Get doon you little s\*ds" as you balanced on a gate,  
We'd all run off laughing and then turn and pull a face...  
We'd play amongst forky tails, wood lice and worms,  
Holding hairy caterpillars, Eee, the thought makes me squirm!  
Around came the suitcase man selling his wares, Towels, bedding and dresses.

Head scarves and pretty slides for your hair...

Playing two balls for hours on end,  
The boom, boom, boom on the wall,  
Driving me dad round the bend..  
So Sunday was our weekly bath night whether you needed it or not,  
The couple of inches of allocated water was never hot,  
So you'd slosh the water round and round to get a warm spot,  
Finding a space for somewhere to sit,  
To avoid floating bath cubes and that un-dissolvable, bath salts grit!!

WHILE YOU ARE SITTING, YOU  
COULD BE KNITTING ..

Now the weathers still cad, your mam would have the knitting needles out for mittens, gloves, pixie hats, scarves and balaclavas.....

Gloves and mittens attached to elastic and threaded through your duffle coat sleeves so you didn't lose them!.....

Put more coal on the fire and keep warm everyone .....

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I was privileged to attend my MBE Investiture on 28th Feb at Windsor Castle where the Princess Royal made the presentation. My guests were Nigel Goodfellow and Sandra Beal, both pictured here along with Joan (who had received her MBE from the King in November) and Dawn. We all had a great, but chilly day in Windsor and celebrated afterwards with coffee & 'flu plus'. The official photos have yet to arrive but will be in a future issue.



## The Magic of the English Language - Part 1

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It's natural to take our use of the English language for granted. After all, we use it every day. But, if you just stand back and think about it, you will see how magical it is. The key custodian of the English language is the Oxford English Dictionary (OED), which in its most complete up to date version contains a staggering 273,000 words. This is a significant increase on the first edition which was produced in 1879.

As the average person supposedly has an active vocabulary of between 20,000 to 35,000 words the OED has thousands of words we have never heard of, or will ever use. We obviously develop our vocabulary as we develop. It is estimated that at three years old we can recognise, as opposed to use, around 1000 words and by the age of five this can rise to 10,000.

Each year, many new words are added to the dictionary through a formal process. All new words have to be approved by a 15 strong panel of lexicographers or wordsmiths. Currently, this group now meets four times a year to consider what new words should be added and how they should be defined.

For any new word to be entered into the Oxford English Dictionary it must meet certain criteria. Firstly, it must have relatively widespread use. Secondly, it must have a widely agreed meaning and finally it must have staying power, that is, it is likely to be used for a long time. The editors consider thousands of word

suggestions every year reviewing each one against the criteria. While many are freestanding, the commonest method of creating a new word is to add a prefix or suffix.

Surprisingly, there are still many words in common use, especially those of a regional dialect which are not included in the dictionary.

New words added in March 2022 include:-

'antidandruff' – preparation or substance for preventing or inhibiting the formation of dandruff.

'anti vaccine'- opposed to vaccines or vaccination.

'doctor shopper'- a person who visits multiple doctors until they receive the desired medical opinion or treatment.

'Hoof '- (chiefly British) to kick a ball especially a football characterised by power rather than skill.

In September, 2022 over 650 new words were added to the OED. Three of the more interesting ones were, Antiwork, Pawternity leave and Zelensky.

Every year a so called "word of the year" is agreed. In 2022, it was PERMACRISIS, defined as, an extended period of instability and insecurity, especially are resulting from a series of catastrophic events. Very appropriate for the events of 2022.

While in America, the word of the year was GASLIGHTING or the practice of grossly misleading someone, especially for one's own advantage.

The term is derived from the title of a 1938 English play called Gas Light which was subsequently made into the film Gaslight.

As with many American words it gives credence to the quote of George Bernard Shaw that "England and America are two countries separated by the same language"

What is truly remarkable is that more than any other language, English continues to evolve, assimilating new words and extending the richness of our vocabulary. It is not only the sheer vocabulary size which makes our language special but the descriptive nature of the words and sayings. That information is for another newsletter piece.

Questions:

1. What do you think is the most commonly used word in the English language? (Note, it's not 'Amazin')

2. What is the most looked up pair of words in the OED?

Answers

1. The – accounts for 5% of all words spoken.

2. Affect and Effect – this is not surprising as the confusion between affect and effect is the most common of all homophores (ie, words which sound alike but have different spellings).

Alf Bennett

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## **Walks for Liver Patients, their Carers & Families - WALK 1.**

Over the last few weeks we have been working with a friend of the group, Alan Curry (who is a keen rambler and expert walker) to create walks to encourage gentle outdoor exercise. In collaboration with Dr Kate Hallsworth, Senior Research Physiotherapist at Newcastle University, LIVERNORTH contributors and Alan Curry we have come up with walks that are interesting, have places to rest, easy to get to and beneficial for health.

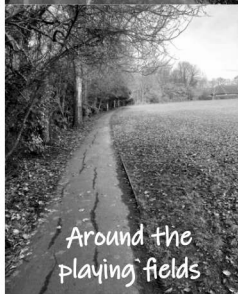
None of the walks are strenuous or require special equipment but you must judge for yourself how much you want to do, when is the right time for you and who you take with you. With all of the walks, you can simply turn round at any time and return to the start.

The first of the walks (WALK 1) is overleaf and this walk is also available as a full colour leaflet if required. This first walk uses the Freeman Hospital in Newcastle as a starting point.

For a printed copy of the leaflet, just email us: [info@livernorth.org.uk](mailto:info@livernorth.org.uk) asking for the Walk 1 leaflet. Our other walks will be published in due course.



Go Right here



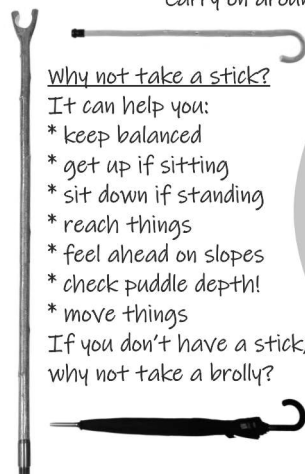
Around the playing fields



A view back to the hospital



Just a few steps



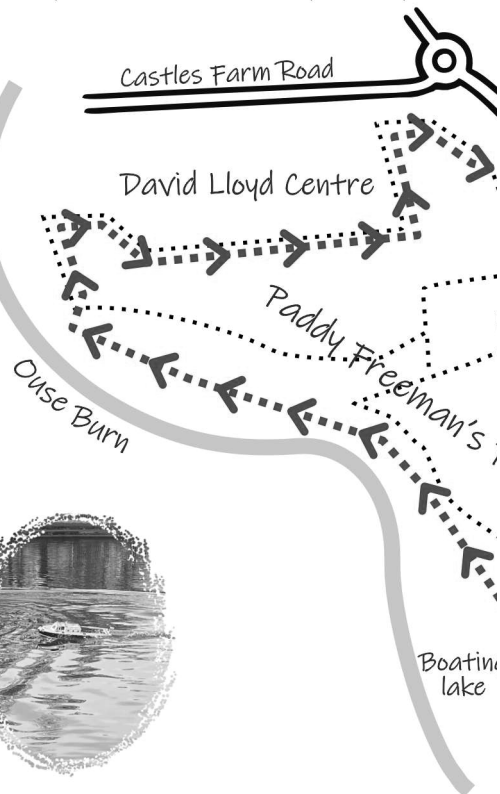
Why not take a stick?

It can help you:

- \* keep balanced
- \* get up if sitting
- \* sit down if standing
- \* reach things
- \* feel ahead on slopes
- \* check puddle depth!
- \* move things

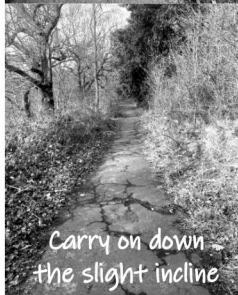
If you don't have a stick, why not take a brolly?

Carry on around the park and back to the hospital car park



If you are lucky the model boats will be out!

A surprise view!



Carry on down the slight incline



Take + just the





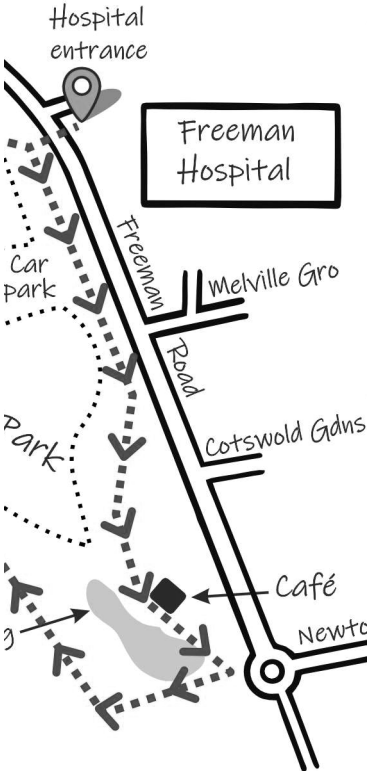
Leave the Freeman,  
cross the road



In to the  
Recreation Ground



Take the path  
to the LEFT here



## WALK 1

### Paddy Freeman's Park

Route and photographs by  
Alan Curry, Jan 2023  
Map by Alf Bennett

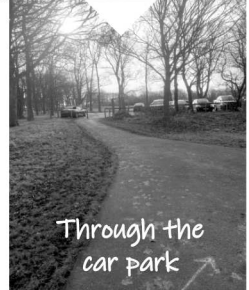


Start and finish

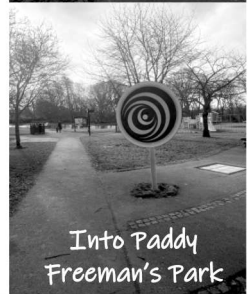


the route

Use your mobile  
to take a photo and  
email it to us:  
[info@livernorth.org.uk](mailto:info@livernorth.org.uk)



Through the  
car park



Into Paddy  
Freeman's Park



the path  
below  
lake

The lake



Café  
open  
9-2 pm

## Letters

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Hi John,

I would just like to say Thank you for my little gift which I received the other day (which I will open on Xmas day).

I would just like to wish everyone at Liver North a Merry Christmas and A Happy New year and I will no doubt speak to you in 2023

Regards

Lisa Nuttall, Ward Clerk , Ward 16  
Freeman Hospital, Newcastle upon Tyne

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Hi,

I got a fabulous surprise this morning when the postman brought a £100 voucher for Sainsbury. It took me ages to find the covering letter!!!

This was a prize from your annual raffle, and I have to say it's the very first time that PBC has been lucky for me.

Thank you so much, and thank you also for the support you provide. I'm in Scotland, so can't get to your events in person, but I'm always there in spirit.

Wishing you all a very happy and healthy Christmas and New Year.

Regards

Laura

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Dear Joan,

It was such a lovely surprise to receive the cheque for £250 after my number was drawn as a winner in the LIVERNORTH Lottery. Thank you so much.

Best wishes to all

SA  
County Durham

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Thank you for the cheque for £5000 that the Donor Family Fund (administered by LIVERNORTH) gave to support the Transplant Patients Trust. As you know we are a small charity assisting patients in desperate need. All of our grants are applied for by Transplant Unit Social workers when all other sources of funding have been exhausted.

On behalf of those who will be helped can I again thank you and your colleagues.

Kind regards

Pam Yanez OBE  
Trustee

Dear Joan,

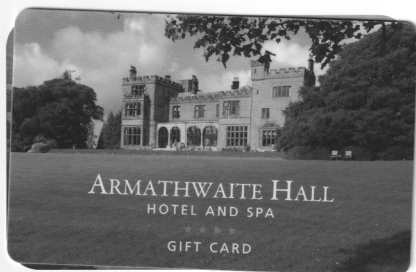
On behalf of all at Newcastle Hospitals Charity, thank you for your generous donation of £220.00 towards the Ward 38 Christmas gifts for patients. We can't express how grateful we are and how grateful our patients will be for your generosity.

With thanks and best wishes

Mrs S Graham  
Newcastle Hospitals Charity

## **Armathwaite Hall Spa Voucher Auction (from Issue 81)**

The successful bid of £50 was made by B Ross of Cumbria.  
Many thanks to all those who took part.



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 .....

Card value 2 hours spa access for 2 people

Present card on arrival. This card can be used throughout Armathwaite Hall Hotel and Spa up to the registered value on the card. Goods of a higher price may be purchased by paying the difference. This card cannot be exchanged for cash.

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

## Thanks for your help and advice

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Hi Guys,

Just to follow up on some travel insurance advice and contacts you gave me in December – I took my insurance out with SAGA and, with that settled in my mind, I had a fabulous holiday in Morocco over the Christmas holidays.

I was a bit anxious since this was my first holiday since Covid and my AIH diagnosis three years ago. Sitting in an aeroplane with 150 strangers while taking immunosuppressants is a bit unnerving but actually I came away unscathed. Morocco, the food and the weather were all great.

I feel good at the moment and overall my health and fitness are holding up well, but who knows what is around the corner. Fingers crossed I'm off to Poland in March, hiking in the mountains along the Slovakian border.

Pix of Morocco below...



Tarra...!!

Liz King

*That's brilliant Liz and thanks for the lovely feedback - our leaflet No 16 on Travel Insurance for Liver Patients is always popular as is our list of insurance companies in every LIVErNEWS. I'm please we were able to help and enjoy your hiking holiday in Poland! (Ed)*

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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 22.

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-***

***\*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***

***-oOo-***

***\*ONE MORE £250 DRAW TO COME ON 27th MARCH 2023\****

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**



# 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

18

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!**

A lady goes to her priest one day and tells him, 'Father, I have a problem. I have two female parrots, But they only know to say one thing' What do they say?' the priest asked. They say, 'Hi, we're hookers! Do you want to have some fun?' That's obscene!' the priest exclaimed, Then he thought for a moment..... You know,' he said, 'I may have a solution to your problem. I have two male talking parrots, which I have taught to pray and read the Bible... Bring your two parrots over to my house, and we'll put them in the cage with Francis and Peter. My parrots can teach your parrots to pray and worship, And your parrots are sure to stop saying... That phrase... In no time.' Thank you,' the woman responded, 'this may very well be the solution.' The next day, She brought her female parrots to the priest's house.... As he ushered her in, she saw that his two male parrots were inside their cage holding rosary beads and praying.. Impressed, she walked over and placed her parrots in with them... After a few minutes, The female parrots

cried out in unison: Hi, we're hookers! Do you want to have some fun?' There was stunned silence... One male parrot looked over at the other male parrot and says, 'Put the beads away, Frank, Our prayers have been answered!

I've been sacked from my job as a theatre designer. I left without making a scene.

Please help! I'm trying to trace my grandfather. I need a 6ft x 2ft piece of see through paper.

I saw a sign in a restaurant "chicken dinner 50p." I went in and ordered one and the waiter brought me a plate of bird seed.

Been on a training course today learning how to fix two pieces of metal together. Rivetting stuff.

My builder is a very nice man. I forgot to pay him and he still offered to come over and put my windows in.

A man walks into a bar, notices a very

large jar on the counter, and sees that it's filled to the brim with \$10 bills. He guesses there must be at least ten thousand dollars in it. He approaches the bartender and asks, "What's with the money in the jar?"

"Well..., you pay \$10, and if you pass three tests, you get all the money in the jar and the keys to a brand new Lexus"

The man certainly isn't going to pass this up, so he asks, "What are the three tests?"

"You gotta pay first," says the bartender, "those are the rules."

So, after thinking it over a while, the man gives the bartender \$10 which he stuffs into the jar.

"Okay," says the bartender, "here's what you need to do:

First - You have to drink a whole quart of tequila, in 60 seconds or less, and you can't make a face while doing it."

"Second - There's a pit bull chained in the back with a bad tooth. You have to remove that tooth with your bare hands."

"Third - There's a 90-year old lady upstairs who's never had sex. You have to take care of that problem."

The man is stunned! "I know I paid my \$10 -- but I'm not an idiot! I won't do

it! You'd have to be nuts to drink a quart of tequila and then do all those other things!"

"Your call," says the bartender, "but, your money stays where it is."

As time goes on, the man has a few more drinks and finally says, "Where's the damn tequila?!"

He grabs the bottle with both hands and drinks it as fast as he can. Tears stream down both cheeks -- but he doesn't make a face -- and he drinks it in 58 seconds! Next, he staggers out the back door where he sees the pit bull chained to a pole. Soon, the people inside the bar hear loud growling, screaming, and sounds of a terrible fight -- then nothing but silence!

Just when they think that the man surely must be dead, he staggers back into the bar. His clothes are ripped to shreds and he's bleeding from bites and gashes all over his body. He drunkenly says, "Now..., where's that old woman with the bad tooth?"

I bought a bottle of Jack Daniels. I tied it to my bicycle carrier. I was about to leave when I realised that if I fell off the bike on the way home, the bottle would break. So I drank the JD before I rode back. It turned out to be a very good decision because I fell off my bicycle seven times on the way home. Arrived home last night to find a pretty,

young woman grouting the bathroom wall. She was singing 'It's a heartache, nothin' but a fools game...' - I thought to myself, she's a bonnie tiler...

I was walking past a farm and a sign said: Duck, eggs! I thought: That's an unnecessary comma - and then it hit me.

The Egyptians claim there are no crocodiles in their country. I think they're in de Nile.

"So I knocked on the door at this Bed & Breakfast and a lady stuck her head out of the window and said: 'What do you want?' I said, 'I want to stay here.' She said 'Well stay there.' and shut the window." (Tommy Cooper)

"If it's sent by ship then it's a cargo, if it's sent by road then it's a shipment." (Dave Allen)

A captain notices a light in the distance, on a collision course with his ship. He turns on his signal lamp and sends "Change your course, 10 degrees west." The light signals back, "Change yours, 10 degrees east." The captain gets a little annoyed. He signals, "I'm a US Navy captain. You must change your course, sir." The light signals back, "I'm a Seaman First Class. You must change your course, sir." Now the captain is mad. He signals, "I'm an aircraft carrier. I'm not changing my course." The light signals back a final message: "I'm a lighthouse. Your call."

Woo hoo! My uncle has just left me a stately home in his will. I've no

idea where Sod Hall is but I'm thrilled.

I've just accidentally spilled some glue on the first draft of my autobiography. Well that's my story and I'm sticking to it.

Pub and restaurant toilets are so weird and spooky, so many of my first dates have gone to use them and have just vanished!

My mate set me up with a blind date once and said to me there is something I should tell you, she's expecting a baby. I felt like a right prat turning up at the pub in a nappy!

I went to see a UB40 tribute act called 'WD40' last night. They were a bit rusty at first but got better as the evening went on.

My grandparents were called Pearl and Dean but we just called them Gran and Granpapa papa papa papapapapa papa papa papa paaaaa.

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](mailto: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. (Ed)

## The Pub Quiz or if you prefer the Barista Café Quiz No 3 (AB)

1. Which German city is located at the confluence of the Rhine and Moselle rivers?
2. Which country joined the Euro on January 1st this year? Bonus point what was its original currency 2022?
3. What new UK record was set at Coningsby in July?
4. Which word meaning an extended period of uncertainty was named as the UK word of the year in 2022?  
(answer can be found in one of the articles in this newsletter?)
5. What is the largest island in the Caribbean?
6. What name is given to the most common book classification in libraries?
7. Which river dwelling, highly coloured British bird has the Scientific name *Alcedo atthis* ?
8. Who played Rubeus Hagrid in the Harry Potter films?
9. What key is found at the bottom left hand corner on a standard keyboard?
10. What measurement is one fourth of a pint?
11. What fruit is in the clear brandy called Kirsch made from?
12. On which road is the famous Harrods store located?
13. What clothing material is produced from the Flax plant?
14. What name is given to bow tie or butterfly shaped pasta?
15. From which board game was Mrs White removed in 2016?
16. How many years of marriage are celebrated by a cotton anniversary?
17. Which prime minister of New Zealand announced their resignation in January this year?
18. What is the capital of the Seychelles?
19. In the Old Testament, the Decalogue is more commonly known as what?
20. Which team won the American Super Bowl in February this year?

---

## ANSWERS

- |   |                           |
|---|---------------------------|
| 10. Gill,   | 11. Cherries.             |
| 9. Control.   | 12. Brompton Rd. (87-135) |
| 8. Robbie Coltrane.   | 13. Linen                 |
| 7. King fisher.   | 14. Farfalle              |
| 6. Dewey decimal.   | 15. Cluedo                |
| 5. Cuba.  | 16. 2nd                   |
| 4. Permacrisis.   | 17. Jacinda Ardern        |
| 3. Highest recorded temperature in UK @ 40.3 degrees centigrade | 18. Victoria              |
| 2. Croatia, currency was the KUNA.                              | 19. The 10 Commandments   |
| 1. Koblenz.   | 20. Kansas City Chiefs    |

# 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

# FACT CHECKED MARCH 2023

# UIOLI Spring 2023

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!

**TRY THE DIFFICULT ONE - SEE HOW IT GOES!**

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

Easy SUDOKU

Difficult SUDOKU

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

## SU DOKU

'Single Digit' (Japanese)

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

©Puzzles by Pappocom

[www.sudoku.com](http://www.sudoku.com)

Last issue (No 81) SUDOKU solutions:  
Easy

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

Difficult

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



# 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 ( <a href="http://www.bibinsurance.co.uk">www.bibinsurance.co.uk</a> )	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
<a href="http://www.insurancewith.com">www.insurancewith.com</a>	0333 9992679
<a href="http://www.miatravelinsurance.co.uk">www.miatravelinsurance.co.uk</a> ^	0800 9993333
<a href="http://www.payingtoomuch.com">www.payingtoomuch.com</a>	01243 216007
<a href="http://www.staysure.co.uk">www.staysure.co.uk</a> (Staysure UK call centre) ^	0808 1786151
<a href="https://www.world-first.co.uk/">https://www.world-first.co.uk/</a>	0345 9080161
<a href="https://www.freespirittravelinsurance.com/medical-conditions/liver/">https://www.freespirittravelinsurance.com/medical-conditions/liver/</a>	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](mailto: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](mailto: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. | <b>ISSUU:</b>          | <a href="https://issuu.com/search?q=livernorth">https://issuu.com/search?q=livernorth</a>                       |
| 2. | <b>Website:</b>        | <a href="http://www.livernorth.org.uk/pages/factsheet.htm">http://www.livernorth.org.uk/pages/factsheet.htm</a> |
| 3. | <b>Email us:</b>       | <a href="mailto:info@livernorth.org.uk">info@livernorth.org.uk</a>  |
| 4. | <b>Phone/FAX:</b>      | 0191 3702961  |
| 5. | <b>Facebook pm us:</b> | <a href="https://www.facebook.com/livernorth/">https://www.facebook.com/livernorth/</a>                         |
| 6. | <b>Write to us:</b>    | Freepost LIVERNORTH   |

# CONTACT NUMBERS

## **LIVERNORTH**

### **National Liver Patient Support**

freepost LIVERNORTH

[www.livernorth.org.uk](http://www.livernorth.org.uk)

tel: 0191 3702916

[info@livernorth.org.uk](mailto:info@livernorth.org.uk)

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### **Addenbrookes Liver**

#### **Transplant Association (ALTA)**

Gill Kitchener, [secretary@alta.org.uk](mailto:secretary@alta.org.uk)

[info@alta.org.uk](mailto:info@alta.org.uk)

tel: 07885 123528

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### **British Liver Trust**

tel: 01425 481320

[helpline@britishlivertrust.org.uk](mailto:helpline@britishlivertrust.org.uk)

[www.britishlivertrust.org.uk](http://www.britishlivertrust.org.uk)

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### **Gift of Life**

#### **Derby Liver Support Group**

(for transplants and all liver disease)

Contact: Sister Gerri Casey

0133 234 0131 bleep 1926

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### **Haemochromatosis UK**

03030 401102

[helpline@huk.org.uk](mailto:helpline@huk.org.uk)

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### **IPC Support**

07939 871929

[helpline@ipcsupport.org](mailto:helpline@ipcsupport.org)

or [www.icpsupport.org](http://www.icpsupport.org)

Registered Charity No: 1146449

## **NHS**

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

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

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### **Norfolk & Norwich**

#### **Liver Support Group**

[marjorie.dingle@hotmail.com](mailto:marjorie.dingle@hotmail.com)

01362 695 624

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### **PSC Support**

[help@psc.support.org.uk](mailto:help@psc.support.org.uk)

Helpline 01235 25 35 45

[www.pscsupport.org.uk](http://www.pscsupport.org.uk)

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### **Royal Victoria Hospital**

#### **Liver Support Group, Belfast**

Contact : Kay Duffy (Founder)

07737 718493

[www.rvhliversupportgroup.org](http://www.rvhliversupportgroup.org)

[rvhlsq@gmail.com](mailto:rvhlsq@gmail.com)

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### **South West Liver Buddies**

[plh-tr.liverbuddies@nhs.net](mailto:plh-tr.liverbuddies@nhs.net)

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

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### **Wilson's Disease Support Group – UK**

Val Wheeler - 01223 364982

[val@wilsonsdisease.org.uk](mailto:val@wilsonsdisease.org.uk)

[www.wilsonsdisease.org.uk](http://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**

**FOR ALCOHOLISM CALL:**

**PAUL 0778 4153587**

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