

# LIVErNEWS

Liver Patient Support Newsletter

Summer 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		
		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	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		(we update this glossary every issue)
ICS	Integrated Care Scheme		

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

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

## **LIVERNORTH National Liver Patient Support**

Registered charity no. 1087226 (Oct 2000)

**Run entirely by unpaid volunteers**

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### **LIVERNORTH Governors:**

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## Chairman - John Bedlington

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Summer is here and with it will be our AGM in July. Unfortunately, our normal meeting room at the Freeman Hospital is still undergoing refurbishment so our meeting will be online. This seems to be normal now and I often speak to people who 'work from home'. We've done this since we started LIVErNORTH but since the pandemic it's become the norm for many people. Not sure if it's a good thing or not - time will tell. There are obvious advantages from not travelling to work but are these outweighed by the disadvantage of not having any face to face personal interaction with friends and colleagues? In the meantime, we've got to make the most of it and look to the future when hopefully we can all meet up again in person.

Whilst on the subject of working from home, we must never lose sight of the need to take exercise and enjoy the outdoors whilst we can and when we are able. Our intrepid walking expert Alan Curry has been out and about on our behalf again and this time has found a fantastic location in Gateshead called Watergate Forest Park. It's a brilliant place with lots of things to see, plenty of resting places and with good public transport access. There's a large car park if you drive but if not, there are plenty of buses that go right past the main gates. Please give this a go - it's no more than a mile and a half and I promise you, you won't regret it. Alan is also looking for other locations and

has already done a walk around Leazes Park in Newcastle for anyone using the RVI. If you know of a favourite short walk with good public transport access, resting places and (if possible) a café then please let us know and we'll ask Alan to check it out.

The Watergate Forest leaflet printed in the inside pages of this issue should you would like to try it and don't forget Walk 1 which is around Paddy Freeman's Park near the Freeman Hospital. On the subject of leaflets, our latest one is very popular. It's about scanning and is Number 19, the title being 'Scanning - A Short Guide'. This is invaluable reading if you are going for a scan and will ensure that you know exactly what to expect on the day and afterwards. It was written for us by Radiographer Chris Woodgate and is reproduced on page 10 onwards. Please pass it on to anyone you know who is going for a scan as I'm sure it will answer many questions they have and hopefully will help allay any fears.

Many thanks to our contributors this issue: Alf & Liz Bennett, Fiona G, Joyce Widdis, Mr Dim and 'Howlers' folk. Please also read the letters pages - a lovely one from John Little of Appleby and a nice parting note from Lianne Downey the transplant social worker who has left for pastures new.

Enjoy the Summer folks and take good care of each other,  
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	<u>Liver Transplantation</u>
March	2016	Dr Peter Littler	Interventional Radiology
Oct	2016	Mr Jeremy French	<u>A Case to Remember</u>
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	<u>Endoscopy in Liver Disease</u>
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	<u>Human Factors in Surgical Crisis</u>
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	<u>Training Transplant Surgeons</u>
April	2020	Prof Matt Wright	Environmental chemicals and PBC
Nov	2020	Prof Quentin Anstee	NAFLD
Dec	2020	Prof David Jones	<u>PBC - Where We Are In 2020.</u>
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	<u>A King's Fellow Returns</u>
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	<u>ERAS - Enhanced Recovery After Surgery.</u>
March	2023	Dr Stuart McPherson.	Progress towards Elimination of Hepatitis C
April	2023	Prof John Sayer.	Identification of a new inherited cause of liver & kidney disease'

**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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**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.

**Wednesday 22 November:** Cathy Beresford

Experiences of care for people with end-stage liver disease,  
what do we know and what next?\*

Start time 7pm.



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

You can watch the recorded presentations later by searching for YouTube then typing 'LIVErNORTH' - the full list of presentations recorded, including the latest ones, is shown on the previous page.

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

**WE ARE ALWAYS AVAILABLE ON OUR HELPLINE, ONLINE,**

**ON OUR WEBSITE, VIA EMAIL, FACEBOOK, TWITTER,**

**HEALTH UNLOCKED & ISSUU.**

**Contact details on the back cover**

\*subject to ethics approval (currently being sought)

*Liver*  
NORTH

# **PRESENTATION VIA ZOOM**

**Thursday, 22nd June 2023  
7.00 pm onwards**

**Mr. John  
Hammond**

Consultant HPB, transplant and sarcoma surgeon at the Freeman  
Hospital and Honorary Lecturer at Newcastle University



**Surgery in patients  
with chronic  
liver disease**

*email for the link to join online:  
[info@livernorth.org.uk](mailto:info@livernorth.org.uk)*

***ALL WELCOME (2 x CPD points for clinical staff)***

Join on a smartphone, computer or tablet.  
Email us for the link, click it at the time shown and you are in the meeting.  
You can chose to have your camera on or not and you can ask questions.

## Progress Towards the Elimination of Hepatitis C

Presentation given by Dr Stuart McPherson at the LIVERNORTH meeting on 27th March 2023.

For those of you who missed it, here are some brief notes on the fascinating presentation which provided an update on the significant developments for treatment of Hepatitis C. Don't forget the full presentation is available on YouTube (see details at the end).

The presentation focussed on what has been achieved since 2015 in the treatment of Hepatitis C. It is truly remarkable what has been achieved in the last few years. Patients with Hepatitis C who do not have treatment have a 20 – 30% chance of developing cirrhosis. Treatment with the new drugs which are now available can cure the majority of patients' symptoms. It simply involves a 12 week course of tablets. Such is the efficacy of the new treatments that the World Health Organisation has set a target to eliminate the disease by 2030.

Across the country there are now 22 Networks which deliver treatments. Testing for the disease is easy using a blood test. The new treatments are straightforward, unlike the old system which involved interferon. As the most common cause of transmission is drug use, there are challenges in contacting people with the disease who may consider treatment is not important to them. Several innovative ideas have been developed by the North East Network which has improved the testing and tracking of “at risk” groups.

This was a real “good news” story of how the development of a range of straightforward treatments could result in the eradication of the disease in the next eight years.

Note, the 28th July is World Hepatitis C Day, so you may hear more of Hepatitis C in the Media.

Don't forget you can access this and many of the previous presentations through LIVERNORTH on YouTube here: [https://www.youtube.com/\(type livernorth\)](https://www.youtube.com/(type livernorth))  
You can also join our future meetings with guest speakers via ZOOM. Details are always provided in our quarterly newsletter, email us for an invite: [info@livernorth.org.uk](mailto:info@livernorth.org.uk)

**Liver NORTH PRESENTATION VIA ZOOM**  
**Monday, 27th March 2023 7.00 pm onwards**

**Dr. Stuart McPherson**  
Head of Department for Liver Medicine  
Honorary Clinical Senior Lecturer at Newcastle University

**Progress towards the Elimination of Hepatitis C**

email for the link to join online:  
[info@livernorth.org.uk](mailto:info@livernorth.org.uk)

**ALL WELCOME (2 x CPD points for clinical staff)**



## Identification of New Inherited Causes of Liver and Kidney Disease.

Presentation given by Professor John Sayer – 4th April 2023.

Again, for those of you who missed it, here are some brief notes on the presentation given at the LIVERNORTH meeting which was also attended by members of the Tyneside Kidney Patients' Association.

John Sayer is Professor of Renal Medicine and Deputy Dean of Clinical Medicine at Newcastle University. His introduction included details on the Newcastle Centre for Inherited Diseases and the Human Genome Project (study of all of our DNA), with some incredible statistics, e.g:

- We are 90% identical to chimpanzees in terms of our genes.
- We only have a about 25,000 genes, yet small round worms have about 19,000 and Yeast which is a single celled organism has about 6000.
- There are about 100 trillion cells in the adult human body.
- If the DNA in these cells was stretched out and the molecules placed end to end, they would stretch to the sun and back 600 times.

The presentation then went on to look at rare diseases caused by genes which are common to both the liver and kidney. The kidney is made up of tiny tubules called nephrons which filter the blood to produce urine. The inner lining of these tubes is covered by minute hair-like structures called cilia. These cilia are also found lining the bile ducts of the liver. They have a remarkable “escalator system”, which moves so called cargo molecules around, which are essential for the normal functioning of kidney cells. A video clip was shown of the microscopic escalator system which was truly remarkable.

The team then set about looking for so-called candidate genes which affect the functioning of these cilia and have discovered that a gene called TULP 3 controls the system. A defect in this gene could possibly result in the development of Human Ciliopathy Syndrome. Now that they have identified the gene and the pathways it controls, it may be possible that future research can be targeted to achieve a cure.

The presentation was made so much more meaningful as it included details on an actual patient's journey, this together with the remarkable “cutting edge” science made it so interesting and thought provoking. (Alf Bennett)

**Liver NORTH PRESENTATION VIA ZOOM**  
**Tues, 4th April 2023**  
**7.00 pm onwards**

**Professor John Sayer**  
Professor of Renal Medicine at Newcastle University  
and Consultant Nephrologist at the  
Freeman Hospital's Renal Services Centre.

**Identification of a new inherited cause of liver & kidney disease**

email for the link to join online:  
info@livenorth.org.uk

**ALL WELCOME (2 x CPD points for clinical staff)**

## Scanning - A short guide (LIVErNORTH Leaflet 19)

This is an overview of the types of scan you may have on the investigation of your liver disease. Scans are normally done in Radiology Departments, either local or at a specialist hospital for liver disease.

### The most common scans are:

1. CT – Computerised Tomography
2. MRI – Magnetic Resonance Imaging
3. Ultrasound
4. FibroScan – Transient Elastography
5. DEXA Scan – Dual Energy X-ray Absorptiometry

### Common terms:

**Radiographer** – a qualified professional who specialises in radiography. Radiographers are regulated by the Health Care Professions Council (HCPC) for example, physiotherapists and paramedics.

**Radiologist** – a qualified Consultant doctor who has specialised in imaging. They will report on your images and can perform interventions such as a biopsy and angiography, where the doctor will look at your vessels for example to ensure there is no narrowing of an artery, as well as perform ultrasound.

**Sonographer** – a radiographer who has studied to a higher level than a general radiographer. A sonographer can report on the scans they do, like a Radiologist.

**Specialised/Advanced Radiographer** – a radiographer who has studied to a higher level than a general radiographer who can report on some images in the area of their specialism, for example: CT, MRI, X-Ray

### 1. CT Scanning

A CT scanner looks like a doughnut with a

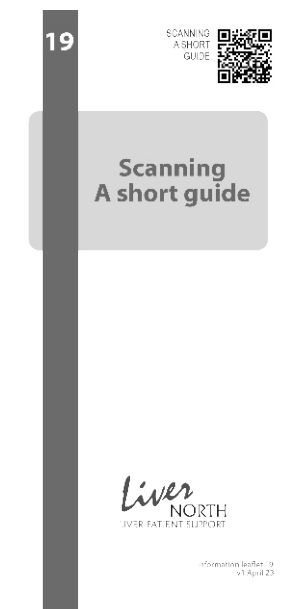
bed/table through the middle. If they are scanning your liver it is not thought to be claustrophobic as your head will generally be free. The scanner uses x-rays to take images, which look like thin slices, through your

body. These slices build up a picture of the whole area being scanned. Inside the doughnut the x-ray machine spins around your body, this is the slight noise you may hear, sending x-rays to an x-ray receiver, called a detector, opposite. The Radiographer will speak to you through a microphone with breathing instructions; it is really important to listen and do your best to do as they ask. Keeping as still as you can is really important.

Sometimes the scan needs to see the difference between your blood vessels and other tissues. This is done by giving you an injection into a vein in your arm, usually at the elbow,

like a blood test but the needle stays in your arm. The injection is a clear fluid called a contrast agent (like a dye) which shows up under x-ray. This sometimes can make you feel a little flushed or warm, a bit like a heated car seat. It is important to tell the radiographer if you have any allergies as the contrast agent can make some patients itch or go very red. Don't worry it is very rare to get a reaction. The radiographer will explain everything when they are getting you positioned on the scanning bed/table.

A CT scan is generally very quick, usually about 10-15 minutes, and then you can leave. If you have had the contrast agent (dye) then you might be asked to wait for 15 minutes in the waiting room so they can check you have no reaction to the contrast agent, at that point they will remove the



needle from your arm so you can go home. Once you have left the department, your images are put together and sent to a Radiologist for reporting and then sent to your referring doctor/consultant.

## **2. MRI**

An MRI scan machine looks similar to a CT machine, a doughnut with a hole; only in the MRI scanner the hole is longer more like a tunnel. An MRI uses a very strong magnet and radio-waves to image the tissues in your body and therefore does not use any x-rays. This makes it a safer way to scan. Simply, the scanner magnet will align the atoms in the cells in your body to the magnetic field. The radio-waves will knock the atoms out of alignment and when the radio waves stop the atoms will realign to the magnet giving off a signal which the scanner will pick up and the computer will turn into pictures. Each of the tissues in your body give off different signals and that is how the scanner can build up a detailed image of your body.

When the radiographer positions you on the MRI bed/table they will put a special pad, known as a coil, over your tummy. The coil contains the equipment for the radio-waves to enter your body. This may feel a little heavy but it is not uncomfortable, it is like a couple of heavy blankets. If other parts of your body are being imaged, the radiographer may use a coil which looks like a little cage over the body part, for example your knee.

Being in the MRI tunnel can make some people a little nervous; try not to worry as you will be able to hear and speak to the radiographer through the microphone and speaker which are in the tunnel. The radiographer will ask you to wear headphones or use ear plugs; don't worry you will still hear the instructions. MRI scans can be very noisy and can sound like someone is loudly tapping/banging on the tunnel; it is all part of the scan.

As an MRI uses a powerful magnet it is very important that you remove all metallic

objects before you enter the scan room. To ensure your safety you will have filled in a questionnaire asking whether you have anything metallic in your body, including metallic fragments in your eye from working with metals. The questionnaire will have all the metallic objects of concern outlined so you don't need to worry about forgetting to tell the radiographer.

You may be asked to dress in an outfit which has no metal for example zips, rivets, or an underwired bra; a track suit is probably acceptable. Please follow the instructions to leave other metallic objects at home or in the safe place provided. Your credit/debit card will be wiped by the magnet if you take it in and loose objects can fly into the magnet as it is so powerful. This can cause injury to staff and yourself, plus if they stick to the magnet outer shell the scanner has to be shut down for a considerable time to remove them. This will mean that you and many patients will have their scans cancelled. An MRI generally takes about 20-30 minutes, however, it can take up to 60 minutes depending on how many areas are being looked at and how detailed the scans are. Once the scan is completed you will be able to go straight home. Often there are many more pictures than a CT scan and these can take longer to report as the Radiologist will want to make sure he has checked all the images in detail.

## **3. Ultrasound**

Ultrasound uses high frequency soundwaves a bit like sonar or radar. Probably the best-known way to use ultrasound is to look at babies in the womb. The soundwaves cannot be heard, they 'bounce' off your organs back to the probe (which looks a little bit like a microphone) on your tummy. From there the computer will change these to images on a monitor on the ultrasound machine.

You may be asked to conform to some dietary requirements so that your organs can be clearly seen. The ultrasound department will let you know what you need

to do when you get your appointment. Normally it is to not eat for 4 - 6 hours before the scan; you may be allowed to drink still water depending on the scan. If you are diabetic and worried, the department will be very happy to answer questions.

When scanning your liver the sonographer will put some water based jelly on your tummy. It would be a good idea to wear loose clothing that can be pulled out of the way of your tummy. All your clothes will be pushed aside and large paper towels will be put in place to protect them. The jelly will wash out easily if it does get on your clothes.

The sonographer will then use the probe to look at the organs and tissues in your body, using the jelly to glide over your skin. The sonographer will tell you to hold your breath when necessary and what position to move to as necessary. They will take pictures from the monitor they use to see your organs; often taking measurements of organs surrounding the liver and measuring the blood flow through your liver. Sometimes the sonographer will have to press hard on your tummy, but this will not last long and is not too painful.

Once the scan is finished you can use the paper towel to wipe your tummy and then you go home. The sonographer will give a written report to the doctor/consultant who sent you for the scan.

Using ultrasound to scan you is considered harmless and has been used since the early 1970s without any incidents of harm caused by the ultrasound waves.

#### **4. FibroScan**

This is a scan which is usually performed in out-patients by a specialist nurse or doctor, although it can be done through your GP if they have the equipment. It measures the stiffness of your liver (the liver elasticity). If your liver is damaged fibrous tissue forms and makes your liver stiffer than normal.

Like having an ultrasound, it would be a good idea to wear loose clothing that can be pulled out of the way of your tummy. Similar to an ultrasound, a probe will be placed on your tummy just on or below your ribs on the righthand side. The probe will remain stationary and use high powered soundwaves to measure how stiff your liver is. It is painless and about 10 readings may be taken to get an accurate reading. The process takes about 10 minutes, after which you will be free to go. The results will be sent to the doctor who referred you.

#### **5. DEXA**

This is a bone density scan used to show how dense (strong) your bones are. Some patients (not all) with advanced cirrhosis may have osteopenia (lower bone density) or osteoporosis (which is where the bones are weakened and may break). The scan uses low dose x-rays to look at the bones in your hip joints and your spine. The radiographer will ask you to lie on the x-ray bed/table and will ask you to put your heels apart with your toes touching to get the best images of your hips. They will position the x-ray machine over your hips and take a picture, then move it to over your spine to take a picture. The images are then measured by the computer to establish the density of the bones. It is painless and you will be able to go straight home after. The results will be sent to the doctor who requested the scan.

#### **Acknowledgement:**

Some of the information contained in this leaflet may also appear elsewhere. We are very grateful to Radiographer Chris Woodgate; DCR, PgC, PgD, MSc QSI Partner at the RCR & College of Radiographers (retired) for writing this LIVERNORTH publication for the benefit of liver patients.

## Plum Tray Bake - Liz Bennett

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Tray 12" x 9" x 1" lined with parchment - oven 180c

### Ingredients

#### Base

125g Greek yogurt  
125g sugar  
3 tablespoons of milk  
3 tablespoons of sunflower or vegetable oil  
1 teaspoon of vanilla extract  
225g self raising flour  
Pinch of salt  
2 lb of plums or enough to cover base  
(a punnet from supermarket should do)



#### Topping

125g plain flour  
75g sugar Plus extra for sprinkling onto  
plums (optional)  
1 teaspoon of vanilla extract  
100g cold diced butter.



Using a large bowl combine all the base ingredients to a soft dough. Turn onto a lightly floured area and knead softly 2/3 times should be enough. (DON'T OVER WORK)

Press the mix into the prepared tray using damp knuckles to help, it does go, you'll think it's not enough, just keep wetting hands and press.

Stone the plums and cut into 6-8 depending on the size of the plums. Arrange in rows skin side onto the mix until it's covered. Here you can add optional sugar depending on sweetness of plums or personal taste. Just a sprinkle.

Make the topping (crumble) mix sugar flour and vanilla and rub in the butter not too fine you want it with some lumps. Scatter over the plums.

Place in oven for about 45-55 mins it needs to be lightly brown, varies with the size of fruit. Cut into squares and serve with cream/ice cream. If you've some left the next day, they will go soft due to the fruit. Refresh for 5 minutes in the oven. Do not microwave.

Enjoy

## A Delay in Paradise

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I was on a sun lounger watching the Atlantic Ocean lapping at the rocks, with a fruity mocktail in hand when the thought first occurred to me. In all my travels in my adulthood, I have never had a delayed flight. Maybe up to an hour at the most, but that was it. I pondered on this good fortune for a moment and dismissed the idea of a delay as unlikely. You just don't really see it anymore in the airport. I had gone on a wonderful holiday to Madeira with my mum. Due to her contacts, the holiday had so many luxury components that hadn't cost much, and we were therefore free to please ourselves, whether that be around the island, or around the pool.

My mother generally is not well, alongside other ailments, she is diabetic, and has cirrhosis of the liver due to a truly unfair diagnosis of fatty liver disease. I say unfair because this woman has done nothing but take care of herself and other people all her life. I don't have to tell anyone reading that people can be so judgemental as to how someone 'ended up' with some chronic conditions, but believe me when I say, my family were dealt a bad hand. Personally, I have a diagnosis of bipolar disorder, and I have ended up diabetic, partly because of my polycystic ovarian syndrome causing insulin resistance, however I suppose I must take some of the blame, I haven't always made the best choices re the usual poisons, sugar and nicotine being my particular favourites.

I will talk specifically about my mum because I must share this. The woman sashays about with not one hint of arrogance. She has the most coordinated and classic looks for every occasion, and the hair of a twenty-year-old that has the colour of spun silver. Due to her unfortunate health circumstances, she has developed a very gentle and deliberate set of movements designed to maintain poise and grace despite the pain and discomfort that she lives with daily. People we encountered all through this trip in one case told her, in these exact words, that they would do anything for her, backs were broken to assist her perfumed passage through the establishments and streets of Madeira. I, on the other hand, am not in the best of shapes. I use the word 'fatter' as a pure description, I am not putting myself down, with that said, I am a little fatter than I would like. I am dressing for comfort. I was walking with a stick due to a succession of unintentional tumbles causing my back to just behave, well frankly, delinquently, it has betrayed me, along with my endocrine system and brain chemicals. I limped and I staggered, and although I smiled, I paled in the company of this mythical and elemental creature that, along with many older and wiser women, my mother had become.

We headed to the airport in plenty of time for the flight. We had heard whispers (on the breeze really) of terrible winds and gales around the airport causing some disruption, however it was expected to clear up. I had assistance in the airport, my mother is in no fit state physically to assist me and my broken body around a busy airport, so we relied upon the delightful ladies and gentlemen of the assist team in Madeira. We were whisked to the gate where we optimistically waited for our flight.



We waited a while.....there were bad omens...the gates were full of people.....the café at the gate had run out of almost everything...they say the flights may not be able to land. If they can't land, they can't take us home. Perhaps the most distressing part of the whole thing was that our phones were on less than 50% battery!! The horror!! You can imagine how busy the charging ports were. We needed more charge because at this stage, no one could hear the announcements, we wanted to go on the online flight radars to watch out planes circle the island. One by one, the circle turned in to a straight trajectory of all planes to the surrounding islands. This was it. We going to be delayed.

These few hours turned in to a cancellation of the flights, and as a result, our airline directed us to coaches which were to take us to our quarters for the evening. We went back the next day, phones fully charged, only for the flights to be cancelled again....back we went to another hotel. We started to notice the mini campsites in the airport of the unfortunate passengers who had been abandoned by their airlines, we realised this was not as bad for us as it could have been. The main issue now was both mine and my mother's various medications. She is insulin dependent, and I have various diabetic treatments, but most importantly, a few medications to help me with my mood disorder, and they were all running low. We hadn't made sufficient room in our plans for a substantial delay. We didn't even know how long the island of Madeira was going to be held captive by the whims of Mother Earth and her long time enemy, the effects of climate change.

No amount of margaritas (and I would definitely have enjoyed a number of margaritas) were going to help with my anxiety, and there was no such comfort available for my poor mother. Having said that, there was a lot of comfort to be found in the rapport we were building with the assistance staff, we had all of their names and most of their family situations by heart, we were like old friends "goodbye Jose, we hope to not see you again!"....well in fact I would have relished seeing Jose again....or Miguel....at this point I preferred them to fireman, they were my besties, whisking me and my fragrant mother through the crowds in the wheelchair, taking care of my mum as much as me, I felt like I owed them big style. In the end, Wednesday came, 2 days after our Monday planned flights, the airport erupted in cheers and claps when the flight home landed on the runway, I had counted down its arrival for everyone using my phone flight radar, and we set off for home, not really being sure why we were so happy about leaving this paradise. This experience led me to create a little checklist of things I felt were important when preparing for a trip including flights, I have detailed these below:

1) You need travel insurance. I know it can be expensive with pre-existing medical conditions, but if your airline leaves you high and dry, you can make sure you're comfortable. Without the help of our airline, we would have easily incurred costs of at least £1000. On the same subject, consider travelling with a credit card, you can pay for anything you need and claim that back from your travel insurance. Be sensible, you don't need to be doing bungee jumps or skiing to benefit from insurance, just make sure you check what you are covered for in the event of a

delay.

2) Check your airline's policies re overnight delays before you book. We were tired, uncertain, and stressed, these things can not be avoided, but we were comfortable and safe because our airline provided accommodation and transfers, as well as some money towards food in the airport.

3) Be kind to the staff around, they can't change the situation, but if they remember you as kind, they will help you as much as they can. Try if you can not to be angry in the moment, you will only end up upset, and you won't get yourself anywhere. Complain in writing when you get home if necessary,

4) Bring a powerful power bank and fully charge it before any airport visit. Your phone is everything in these situations, the airport updates could not be heard over the crowds, and our airline messaged us personally with updates and instructions. Chargers in the airport are at a premium when the airport is at a standstill.

5) Pack a plastic bag or a tote bag and consider preparing an overnight bag that can easily be removed from your luggage to save you having to unpack and repack daily.

6) Pack a week's more medication than you need wherever possible, and remember to bring your prescription, if possible, especially for expensive products like insulin.

7) If you have any form of instability or struggles with calmly getting around, consider asking your airline for assistance for the whole of your trip. My mum was not in any position to assist me with my bad back, and I would not have been able to stand and wait around amongst the chaos, don't be too proud to use the wheelchair if needed. These services exist to help you, certainly in Madeira they seemed to love people and love helping them. Be realistic about your limitations. Happy travelling!

Fiona G

### **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.**

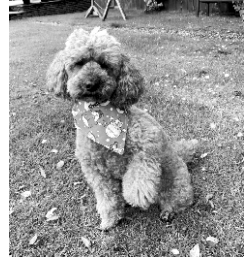
*Only a very small number of people die in circumstances that make organ donation possible. Your family will always be asked about your wishes.  
This is why it's so important to talk about it.*

## **Lavender Bags and Dog Bandanas**



We have a quantity of Lavender Bags available for a small donation. Each made in their own unique fabric for use in a wardrobe, under a pillow or in a drawer. We also have reversible Dog Bandanas in a selection of fabrics, limited neck sizes available: Small, approx 14.5" [37 cm), Very Small, 10" [25cm).

To order any of these items please email



Joan Bedlington at [info@livernorth.org.uk](mailto:info@livernorth.org.uk) or call 0191 3702961 giving the following details:

Name & address.

Dog Bandanas, quantity & size(s) Lavender Bags, quantity required.

Suggested donation per item: Bandanas £3, Lavender Bags £2.50 or 2 for £4. (all inclusive of UK mainland postage)

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## **Walks for Liver Patients, their Carers & Families - WALK 2.**

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.

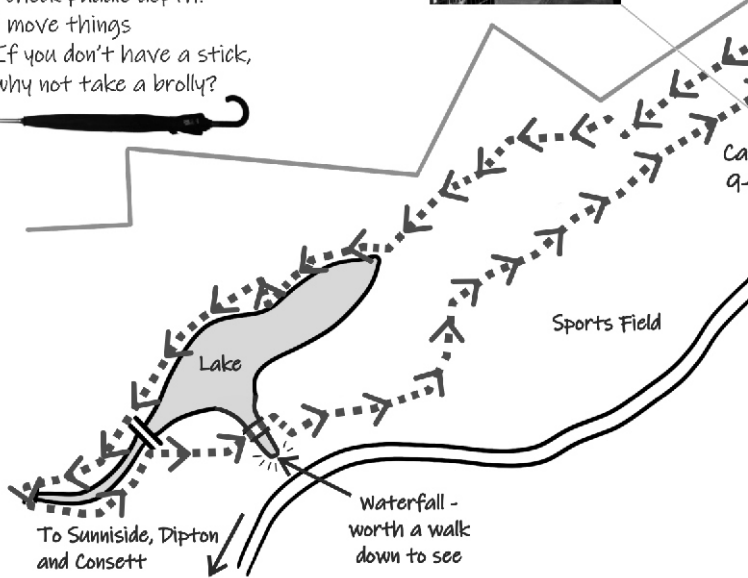
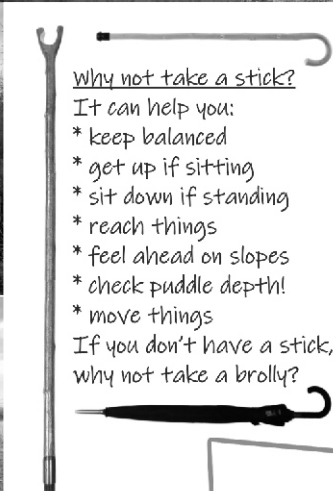
The second of the walks (WALK 2, Watergate Forest Park, Gateshead) is overleaf and this walk is also available as a full colour leaflet if required.

For a printed copy of the leaflet, just email us: [info@livernorth.org.uk](mailto:info@livernorth.org.uk) asking for the Walk 2 leaflet. Look out for more walks which will be published in due course. The next walks will be from the RVI in Newcastle and if you have any suggestions for future walks, please let us know.

Watergate Forest Park is located on the site of the former Watergate colliery.

Following reclamation work in the 1990's the site has been transformed and now provides a haven for wildlife and a great recreational site for visitors. A series of trails and paths take you through woodland, around the lake and through wildflower meadows. The site opened in 2000.

With its wetlands, woodlands, wildflower meadows and recreational routes, including those for people with disabilities, this is one of Gateshead's Premier sites. The park also includes the Woodlands at Washingwell and Bucks Hill.





seats

Take the right hand path



Take the Route up the incline past the spider and its web and return to the car park

Continue until paths converge here



café open 2 daily



Use your mobile to take a photo and email it to us:

info@livernorth.org.uk

Leaving the car park

## WALK 2

### Watergate Forest Park

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

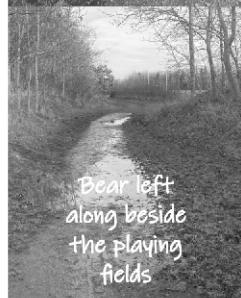


Start and finish

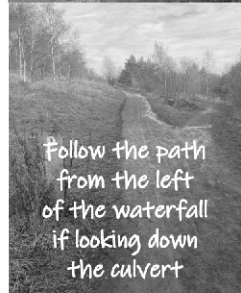


the route

- The main car park is signposted from the B6317
- Noticeboards are provided around the site providing information on extended walks.
- Suggested walk takes you down to the lake, around it and back to the car park.
- The café is very dog friendly and has toilet facilities.



Bear left along beside the playing fields



Follow the path from the left of the waterfall if looking down the culvert



Sculptures

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

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PLAY TIME IN THE SCHOOL YARD MEMORIES...Do you remember?

'Here's the ladies knives and forks,

Here's the ladies table,

Here's the ladies looking glass,

Here's the babies cradle...

Clapping songs..

Hands held up,

'Pat a cake, Pat a cake, Baker man,

Bake me a cake as fast as you can.

Pat it and prick it and mark it with B,

And put it in the oven for baby and me' ....

'Three six nine, the goose drank wine,

The monkey chewed tobacco on the street car line' etc, etc.

And,

'My mother told me, tiddlywinks, (twirling your hands round your ears!)

If I was good, tiddlywinks, etc, etc.,

Two lines, you and your partner, holding hands skipping up and down to the

Grand Old Duke of York, he had ten thousand men, he marched them up to the

top of the hill and he marched them down again etc., and round the outside so the next couple went up and down..

A circle and doing the 'Hokey Cokey' - 'You put your left arm in, your left arm out'..

A big circle, all holding hands and doing, 'Ring a ring a Rosies', 'The farmer wants a wife' and 'Oranges and lemons', 'The big ship sails through the Alley, Alley, O' and 'Bobby Shaftoes gone to sea, Silver buckles on his knees, He'll come back and marry me, Bonny Bobby Shaftoe'..

I loved playtime, flying around the school yard with your friends and then, all too soon, the clanging of the bell and lining up, single file to go back in to our classrooms...

WHAT TRIPE..

Me mam would buy this for me dad in the Grainger market and cook it in milk, he loved it! ..

I, on the other hand hated it..

Just the thought, the smell, the look and the texture makes me gag!

Urghhh!..

The stuff of nightmares..

He would say I talked a load of tripe, I'd rather talk it than eat it!



## A TRUE STORY - to make you giggle...

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My friends mum was a leading Paediatrician at a South London hospital.  
A lady and her daughter come in to see her.  
Anna's mum says to the little girl,  
'Hello, what's your name?'  
The little girl says, 'Wivanee'...  
'Oh, that's an unusual name', and says to the mum,  
'How did you come to call her that?'...  
'Well, (says the mum in her Cockney accent), when she was born we couldn't agree on a name.  
The nurse came to the lady in the next bed and asked her what she was calling her baby and she said,  
'Anne Wivanee'.  
'We didn't want the name Ann but we thought Wivanee was unusual so that's what we called her'...  
Anna's mum says, 'Can you just excuse me a moment please' and goes into another room.  
She holds onto the desk and shakes hysterically with laughter and has to wipe her tears of laughter and contain herself before going back..  
Ann Wivanee - Anne with an E...  
You couldn't make it up could you!

---

## ALL OUR YESTERDAYS

I remember going to the butchers for me mam and asking for a pigs head and saying can you leave the eyes in so it can see us through the week

Times were hard when I was young. I had to eat my cereal with a fork to save the milk....

*(ed - luxury! we had to eat ours with a knitting needle to save on cornflakes)*

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our online fundraising service is...



## The Magic of the English Language - Part 2 (AB)

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Popular Catchphrases and Slogans, where did they originate?

Watching that popular TV Quiz programme, you know the one, broadcast at 5.15 where you have to get the lowest, or better still zero in terms of a score. There was a question on popular catchwords which we use in normal conversation.. That got me thinking, where did they come from?. Many are of doubtful origin, but there are some which can be identified with specific people. Here are some examples:

The buck stops here – Harry S Truman, the American president, from a sign he had on his desk in the Oval Office.

The customer is always right – Gordon Selfridge the American pioneer of the London Department store.

Life begins at forty – William Pitkin, Professor of Journalism at Columbia University

One small step for man – Neil Armstrong, but his actual words when walking on the moon, where, “that's one small step for a man, one giant step for mankind”

Today is the first day of the rest of your life – Charles Dederich, who was the founder of anti-heroin centres in the USA.

When the going gets tough, the tough get going – Joseph Kennedy, father of

John F Kennedy used this phrase in bringing up his sons, in an effort to help them through adversity.

If it ain't broke, why fix it – Bert Lance, who was President Jimmy Carter's Director of Management and Budget, when speaking on Government Reorganisation.

Every picture tells a story – originated in 1904 as a slogan for Backache and Kidney Pills. The slogan was accompanied by a picture of a person bent over with back pain.

Many of the more recent catchphrases and slogans have originated from the Media. See if you can name the people associated with these:

1. I didn't get where I am today...
2. Am I bowvered...
3. Computer says no...
4. Nah.....Luton airport...
5. I've started so I'll finish...

### Answers

1. CJ in the Fall and Rise of Reginald Perrin.
2. Lauren Cooper the teenager (Catherine Tate)
3. Carol Beer played by David Walliams in various Little Britain sketches
4. Lorraine Chase in a famous advert for Campari
5. Magnus Magnusson in the BBC Mastermind programme.

## The Coronation Quiz (AB)

The Coronation was watched by over 18 million people in this country. During the media coverage we were given lots of information about the history and protocols of the event. Television cameras covered it and other celebratory events from all angles. Now that the event is over, here are some questions based on information provided by the Media on all things “Coronation related”. See what you can remember.

1. What date was the Coronation held on?
  2. How long was the procession route from Buckingham Palace to Westminster Abbey?
  3. The black Diamond Jubilee State Coach with its hydraulic suspension, air conditioning and electric windows is three tons in weight, but where was it built?
  4. The Queen's Coronation in 1953 was attended by 8000 guests but this Coronation was a smaller event. Approximately, how many guests attended?
  5. The colourful Coronation invitation was decorated with wild flowers and heraldry. At its centre was a prominent motif of an ancient figure from British folklore. What was the figure?
  6. Westminster Abbey was founded by which Saxon King?
  7. Rosemary Hume and Constance Spry are usually credited with creating what associated with the Coronation?
  8. What crown was actually used for the actual crowning ceremony?
  9. The anointing oil used was harvested from two groves on which peak?
  10. The ampulla used to hold the oil was shaped in the form of which bird?
  11. Of all the royal treasures used in the ceremony, the oldest was described as “humble”, but what was it?
  12. In which fictional town is Coronation Street set?
  13. What was the maiden name of Queen Camilla?
  14. What royal treasure used in the Coronation is divided into three parts separated by bands of jewels? They represent the three continents which were known when it was made in the 17th century.
  15. What was signature dish of the Royal Family at the celebratory lunch?
  16. What coach did the King and Queen used for the journey back to Buckingham Palace?
  17. What role did the Lord President of the Privy Council play at the Coronation?
  18. In which county is Windsor Castle located?
  19. Who compered the Coronation Concert at Windsor Castle?
  20. Who was the headline band at the concert
- 
- |   |   |
|---|---|
| 1. 6th of May.  | 13. Shand   |
| 2. 1.3 miles  | 14. The Golden Orb.   |
| 3. Australia  | 15. Quiche.   |
| 4. Just over 2200.                                    | 16. The Gold State Coach.   |
| 5. The Green Man.                                     | 17. This was Penny Mordaunt who carried the 17th century Sword of State into Westminster Abbey which she exchanged for the Jewelled Sword of Offering which was then delivered to the Archbishop. She then carried the sword for the remainder of the ceremony. |
| 6. Edward the Confessor.                              | 18. Berkshire.  |
| 7. Coronation Chicken.                                | 19. Hugh Bonneville.  |
| 8. King Edward's Crown.                               |   |
| 9. The Mount of Olives.                               |   |
| 10. Eagle.  |   |
| 11. The Coronation Spoon used for anointing the King. |   |
| 12. Weather field.                                    |   |

## Letters

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As many of you are aware I am leaving the post of social worker with the liver transplant team at Freeman Hospital and would like to take this opportunity to welcome Annastacia Lether who is taking over from me. Annastacia is a very experienced hospital social worker and I know she is very excited to start and is looking forward to supporting liver patients who require liver transplant. Good luck Annastacia!!

I leave with some sadness. It has been my absolute honour to have supported so many of you through your transplant journey. I have learned so much about courage and resilience from you – your bravery astounds and inspires me every day. However, after 14 years it is time for me to move on and try a new challenge.

I shall miss you all, and the brilliant team at Freeman. Thank you for everything.

Lianne Downey

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Dear John, Joan and all at LIVERNORTH

Thank you for your kind and thoughtful letter regarding the passing of my wife, Lesley; I also know that the money collected will be spent wisely. Money collected on the day of the funeral has been split between the Sands Methodist Church, Appleby and LIVERNORTH. I should also like to say that since Lesley's funeral further money has been collected and I will send another cheque fairly shortly. Lesley passed away at the Cumberland Infirmary, Carlisle on 14th February; she lived to be 71 years of age thanks to the many NHS doctors and nurses, her own wonderful spirit and much prayer. We held a Christian service at the Sands Methodist Church followed by burial at Appleby Cemetery. Could I take this opportunity to name a number of individuals who have my heartfelt gratitude. At the Cumberland Infirmary I remember Mr Hunt, Dr Burke and latterly Dr Oakes and Dr Hayat and their teams. At the Freeman Hospital Prof Manas, Mr White (I believe Prof White now), Dr Ainsworth, Prof Jackson and Dr Hudson and their teams as well. Hopefully I have the correct names.

Lesley's health issues began as a teenager before I met her when she was diagnosed with ulcerative colitis and was therefore on some medication for over fifty years of her life. In 1997 she was diagnosed with bowel cancer but came through that treatment and surgery very well. In 2006 she was put in the liver transplant list and on 25th January 2007 the transplant operation was performed at the Freeman Hospital. Primary Sclerosing Cholangitis (PSC) was the cause of her liver disease.

Recovery from the operation was difficult and it took approx. 11 weeks before she could return home and I was most grateful to LIVERNORTH for the use of a flat at the rear of the hospital which allowed me to stay close to Lesley on a daily basis. In 2016 she again fell ill and we were told on her 65th birthday that she had non-hodgkin's lymphoma (stage 4); this involved an emergency operation at the Freeman Hospital followed by treatment at Newcastle and then Carlisle. Lesley continued to battle with her health issues which included a number of hospital admissions for urinary infections, kidney disease and other problems. In 2020 whilst in hospital she tested positive for covid but miraculously survived to return home. She was admitted to the Cumberland Infirmary again in early January this year with circulation problems in her feet, sepsis and urinary infection, she had one leg amputated (local anesthetic) below her knee but tested positive for norovirus and covid again before passing away. Throughout her life Lesley was very diligent with regards to what she ate, she was a non-smoker and non-drinker of alcohol and whenever a procedure was required she tried to be as fit and healthy as possible for the upcoming surgery and treatment. I am very thankful to have been part of her life with a marriage of over 45 years.

I have attached a photo taken in September 2019, our last holiday together in County Donegal.

My thanks again to all at the Freeman Hospital and LIVERNORTH for all their work and support over many years.

Kind Regards

John Little



### **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.**

## **JOIN OUR LOTTERY**

### **AND SUPPORT OUR WORK**

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



To join the 2023/24 lottery please complete the form on the next page. If you use online banking and would prefer to set up your own standing order please email: [info@livernorth.org.uk](mailto: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-***

***\*JH of Cramlington with number 30\* drawn on 9/5/2023***

***-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**

# 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



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!

This happened yesterday and is important information for our age group and beyond.

A friend had his 2nd dose of the vaccine at the vaccination centre after which he began to have blurred vision on the way home.

When he got home, he called the vaccination center for advice and to ask if he should go see a doctor, or be hospitalized.

He was told NOT to go to a doctor or a hospital, but just return to the vaccination centre immediately and collect his glasses!

Wanted, military historian for pub quiz team, must have good general knowledge!

People making Apocalypse jokes like there's no tomorrow

Thanks for all the good wishes but I'm ok. We just got back from the hospital. They reckon I might have pneumonoultramicroscopicsilicovolcano coniosis but at the moment it's hard to say.

I was really annoyed last night when the staff at the Odeon Cinema refused to take a £50 note to pay for my Pick and Mix. In the end I had to pay with two twenties and a ten.

Ordered some stuff online last night and used my donor card instead of my credit card. It cost me an arm and a leg.

Two silk worms had a race. They ended up in a tie.

What happens if someone slaps you at high frequency?  
It Hertz!

My wife told me to take the spider out instead of killing him.  
Went Out. Had a few drinks. Nice Guy.  
He's a web designer.

Tomorrow my son and I are getting new glasses. And after that?  
We'll see!

What do you call a factory that makes okay products?  
A satisfactory.

Today I started an argument with my

wife while riding in an elevator.  
I was wrong on so many levels.

1st sailor "Sharks can grow up to 20 feet". 2nd sailor " Sharks don't have feet!"

Cop: "You were going fast." Me: "I was just trying to keep up with the traffic."

Cop: "There isn't any." Me: "I know! That's how far behind I am."

I had to put my pet centipede to sleep at the vets last week. It was merciful as it was on its last legs.

The pubs are getting rough these days. Two peanuts walked into the White Swan last night - one of them was a salted.

Walked into a bar, there was no one there. Then a voice said "that's a lovely tie you're wearing" then another said "that aftershave smells good on you", just then the barman came in and I told him what had happened "that was the peanuts, they're complimentary!" he said.

Wish me luck with this year's Great North Run. I managed 3 hours, 12 minutes and 9 seconds last year. This year I will try to beat that, but I

usually get bored and turn over to watch something else...!  
My partner said she is leaving me she because she says I always talk like a newsreader...more on that story later.

If your eyes hurt when you're drinking coffee, try taking the spoon out of the cup!

Today I learned that if you flip a canoe over, you can wear it as a hat... because it's cap-sized.

My wife thinks it's weird that I stare at the window during a heavy rainstorm...It would be a lot less weird if she would just let me in...

I told the doctor's receptionist I needed an appointment. She said 'How about 10 tomorrow?' I said 'I don't need that many, just one will do!'

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@livenorth.org.uk](mailto:info@livenorth.org.uk) or post to freepost livenorth. Somewhere out there is the funniest joke ever so let's find it and share it.  
(Ed)

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*Knowledge is knowing what to say,  
wisdom is knowing whether or not to say it.*

*Both optimists and pessimists contribute to society.  
The optimist invents the aeroplane, the pessimist the parachute.  
(George Bernard Shaw)*

## The Pub Quiz or if you prefer the Barista Café Quiz No 4 (AB)

1. What sport takes place at Happy Valley in Hong Kong?
2. What castle in Kent was the childhood home of Anne Boleyn?
3. Which computer company did Sir Alan Sugar start in 1968?
4. What are the grotesque carvings called which project from the gutters of buildings, especially in Gothic Architecture
5. Who painted the Night Watch housed in the Rijksmuseum in Amsterdam?
6. Which sign of the Zodiac is represented by the dates 22 December to 19 January?
7. Which supermarket chain was founded by the brothers Karl and Theo Albrecht in 1946?
8. Where would you expect to see the signature of Sarah John?
9. What was Steptoe's horse called in Steptoe and Son?
10. What year was the Sound of Music film first shown?
11. What country has the Zloty as its currency?
12. Which designer who died this year invented the mini skirt?
13. The Russell group represents what type of institution?
14. What do the lachrymal glands produce?
15. Which presenter is to succeed Matt Lucas as co-host of, The Great British Bake Off?
16. What is the capital of Ecuador?
17. What river has its source in the Black Forest in Germany and flows into the Black Sea in the Ukraine?
18. Who wrote a Farewell to Arms?
19. What plant has the botanical name Solanum tuberosum?
20. Where was the Anglo Saxon treasure located in a burial ship unearthed in 1939?

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### Answers

- |                           |   |
|---------------------------|---|
| 11. Poland                | 1. Horse Racing                         |
| 12. Mary Quant            | 2. Hever Castle                         |
| 13. Universities          | 3. A strand                             |
| 14. Tears                 | 4. Gargoyles                            |
| 15. Alison Hammond        | 5. Rembrandt                            |
| 16. Quito                 | 6. Capricorn                            |
| 17. The Danube            | 7. Discount ALDI, hence the name AL     |
| 18. Ernest Hemingway      | 8. On our paper or should it be plastic |
| 19. The Potato            | 9. Chief Cashier of the Bank of England |
| 20. Sutton Hoo in Suffolk | 10. 1965                                |

## Any Free Cash to Save?

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Yes, a strange heading in these inflationary times when we are all struggling, but some of us do have a little “rainy day” fund in our high street bank and sadly the interest is almost non-existent. From personal experience my current account pays closer to 0% than 1%. So in this new tax year starting on 6th April 2023, I have decided to do something about it.

Many times in the past, people have asked me for recommendations for an investment with a great return with security. Alas, I have never found that product. So where do I keep my “rainy day” fund that must be secure and safe with instant availability? The best deals seem to be online. How to open an online account? I've been told time and time again “it's simple and any one can do it”. Well I don't consider myself stupid, just average and I found it difficult. But with a bit of perseverance it can be done.

I opened an instant cash account with Marcus by Goldman Sachs and the money is guaranteed up to £85,000 (I wish) by the Financial Services Authority in the UK, which means it is perfectly safe, not withstanding a Russian invasion, nuclear strike, etc. So I put my “rainy day” fund into the Marcus account that pays 3.5% AER (which includes a bonus of 0.34% until 26th April 2024 and then the rate will drop to 3.16 %). This rate is variable and seems to rise and fall when the bank rate changes. Yes, there are higher rates available but for instant access this was about the best I could find. All you computer literate folks out there should be able to beat my pick I'm sure.

As is the case with any online savings account, you need to be able to transfer money to the Marcus account from your high street branch. Again for us normal folks, it is not as simple a task as they make out, but with a bit of perseverance it can be done. When I receive an unexpected bill, I can transfer the money back into my current account very quickly. Normally the transfer is within minutes. If you are transferring large sums then you will need to ask someone else, as I don't have large sums to transfer!

This is my first post, just to test the water, (probably my last as well) as any future articles would be on ISA's Unit Trusts, Investment Trusts, Exchange Traded Funds, Stocks and shares. It has taken me a very long time to begin to understand what they are all about. But as the greatest investor (in my opinion) in the world once said: the only person who should be investing your money is YOU.

Please note that this is NOT financial advice or a recommendation and I receive no benefit, financial or otherwise from Goldman Sachs.

Now wasn't that exciting? Until the next time?

Mr Dim

# UIOLI Summer 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 - IT CAN BE DONE!**

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

Easy SUDOKU

Difficult SUDOKU

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

## 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 82) SUDOKU solutions:  
Easy

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

Difficult

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

# 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. **Scanning - A Short Guide** (new May 2023)
20. **Liver Cirrhosis Self Management Toolkit\***
21. **Exercise & Osteoporosis in Liver Patients**
22. **Hepatic Encephalopathy**
23. **Our Livers, Our Lives (reflections of liver disease)\*\***
- 30 **Wellness Walks - several available.**

\* 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.ipcsupport.org](http://www.ipcsupport.org)

Registered Charity No: 1146449

## **NHS**

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

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

[coronavirus-covid-19/](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)

[rvhlsrg@gmail.com](mailto:rvhlsrg@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**

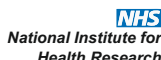
## Get free Liver Patient and Carer Support Leaflets:

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