

LIVErNEWS

Liver Patient Support Newsletter

Winter 2023

Merry
Christmas
from all at
LIVErNORTH



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	MASLD	Metabolic dysfunction-Associated Steatotic Liver Disease (see also NAFLD below)
ARLD	Alcohol Related Liver Disease	MRC	Medical Research Council
		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
EHIC	European Health Insurance Card	NIHR	National Institute for Health Research
		NSAID	Non-steroidal anti-inflammatory drug
FLI	Fatty Liver Index		
		PALS	Patient Advice and Liaison Services
GHIC	Global Health Insurance Card	PBC	Primary Biliary Cholangitis
GIT	Gastrointestinal Tract	PHE	Public Health England
GP	General Practitioner (doctor)	PPE	Personal Protective Equipment
		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	URSO	Ursodeoxycholic acid
HRCT	High-Resolution CT		(we update this glossary every issue)
ICP	Integrated Care Plan		
ICS	Integrated Care Scheme		

LIVErNORTH is a registered charity (No. 1087226) with no paid employees

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(cover photo, Beamish Woods during winter 2022)

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Welcome to our Winter 2023 LIVERNEWS. In the last issue I asked for your thoughts about resuming live meetings. The feedback so far suggests that there are issues with travel so for now, online meetings seem preferable. We have found a venue in the centre of Newcastle near the Eldon Square Bus Station/Metro that might be suitable for hybrid meetings and we've been offered the use of it free of charge. There's an excellent café on site so if you want to check it out, please call in for a coffee or tea and let me know your thoughts. It's name is 'One Strawberry Lane' and is situated directly behind the Strawberry Pub, about 3 minutes walk from St. James's Metro Station and not far from the Eldon Square bus station. Our next webinar will be held on 17th January 2024 - the speaker is Mr Abdullah Malik who is currently in training to be a Transplant Surgeon. This will be a fascinating talk and promises to be of great interest to transplant recipients or those on the list. Our last talk, which was on 22nd November from nurse Catherine Beresford who is currently doing her PhD was excellent with some great questions from the audience. It's available on our YouTube channel to watch at your leisure as are any of our 35+ videos. (Reports on Pages 6 & 7) I mentioned our wellness walk initiative in the last issue and our intrepid rambler, Alan Curry, has been out and

about again. In this issue, we've published Walk 4: Exhibition Park - RVI, Newcastle. With Alan's untiring assistance, we're working on the Sunderland Royal Walk and a new one based on James Cook University Hospital in Middlesbrough. Watch this space and our social media for updates. Don't forget, if you would like a colour copy of any of our leaflets including the walks, all you have to do is ask. Email us or phone us and we will post out what you need free of charge.

Our annual charity draw was made on 30th November witnessed by governors online and the winning numbers are on page 29. As you can see, this year we've had some wonderful prizes donated, having no less than over £1300 in prizes. Very many thanks to everyone who provided prizes and thank you to everyone who purchased tickets. This year the total raised was £3836 so well done everyone!

Many thanks to all of the contributors for their informative and interesting articles in this winter 2023 issue (Alf & Liz Bennett, Dawn, Fiona G, Joyce, Linda, Alan Curry et al).

Please take care when out and about, the paths and roads can be treacherous!

Have a lovely Christmas and happy & healthy New Year, see you all in 2024,
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
the link

RECORDED BRIEFINGS, TALKS & WEBINARS

Sept	2015	Dr Quentin Anstee	NAFLD
Oct	2015	Prof Derek Manas	<u>Liver Transplantation</u>
March	2016	Dr Peter Littler	Interventional Radiology
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'
August	2023	Dr Kate Hallsworth	Physical Activity and Exercise for NAFLD Patients
Oct	2023	Professor Derek Mann	Liver Cancer Immunotherapy
Nov	2023	Cathy Beresford	Experiences of care in advanced liver disease
<u>TEDx TALK</u>		A patient's perspective Tilly Hale TEDxNewcastle	
<u>DVD (not interactive)</u>		A Patient's Guide to PBC	

Liver Cancer Immunotherapy - Presentation given by Prof Derek Mann

Another excellent presentation was given on 3rd October. For those who missed it here are some brief notes. Don't forget the full presentation is available on YouTube. Full details on how to access this are on page 5.

The fantastic, thought provoking talk illustrated how Immunotherapy can be used to stimulate the body to fight tumours instead of using an array of drugs. Here the focus was on Hepatocellular Cancer (HCC).

These are the facts regarding HCC:

- Liver cancer is on the rise
- HCC is the most common type of liver cancer
- HCC is in the top 3 for cancer deaths in the World
- Significant increases are expected unless something is done about it

Treatment of the disease can be complex. If caught early enough surgery can be effective. If it is diagnosed later, it cannot easily be treated by surgical processes and systemic treatments such as chemotherapy will be used.

In 2020 Immunotherapy, together with Combination Therapies, using a range of drugs, started to be used. Unfortunately, not everyone is suitable

for this treatment. But how does immunotherapy treatment work?. You need to be aware that a cancer is more than just tumour cells. It includes what are called T cells, which can kill a tumour, but unfortunately they are not doing their job.

Immunotherapy aims to wake up these cells to attack the tumour.

Recent research has found that it is possible to give a boost to the T cells by stimulating the most abundant of our white blood cells, the neutrophils, to activate the T cells. The processes involved are complex but it has been

found that a drug already used in the treatment of asthma can be effective.

A new research trial using drugs to boost the body's own immunology is starting to give some very encouraging results. The last five years has shown significant developments in the use of immunotherapy which is very encouraging. The science behind these successes is truly remarkable. I would encourage everyone to access the full talk on YouTube. It is such a potential "good news" story.

You can join our talks by Zoom, see Zoom Dairy Dates in the Newsletter.

Alf Bennet

The poster is for a webinar titled "Liver Cancer Immunotherapy" featuring Professor Derek Mann. It is organized by Liver North and will be held online via Zoom on Tuesday, 3rd October 2023, starting at 7.00 pm onwards. The poster includes a small portrait of Professor Mann and his credentials: "FRCP, FMedSci, Professor of Hepatology at Newcastle University, Executive Director and Chief Scientific Officer at Fiverford LTD." It also provides an email link to join online: info@livernorth.org.uk and mentions that the webinar is "ALL WELCOME (2 x CPD points for clinical staff)".

Experiences of Care for People with End Stage Liver Disease

This presentation was given by Cathy Beresford at the LIVErNORTH meeting on November 22nd 2023 which focussed on the Doctorate that Cathy is undertaking on Liver Disease. Started in 2022 in conjunction with Bournemouth University and a local Hospice Care unit. It provided a real insight into the approaches used in planning the research, together with targeting completion by September 2025. For those of you who missed the presentation, here are some brief notes on this very interesting talk.

An outline was given on:

- Brief overview of her background. Cathy has been a registered nurse since 1998 and is a real advocate of “person centred care” as well as being passionate about Public Involvement.
- Background to the project. This had been sponsored by the Trustees of a Hospice Care unit specifically for research into Liver Disease.
- A systematic literature review was carried out as a key part of her PhD.
- Review of the research
- How people can get involved in the research.

The research focus is on people with Decompensated Liver Disease, where the liver cannot carry out its normal

functions, which means that it is challenging to live with. So far the extensive Systematic Literature Review has been completed. This has identified five key studies from literature sources relating to four main themes for


research:

- Health care professionals.
- Service structure – where it takes place and how it is accessed.
- Support – facilitators and barriers (how do you access them), also includes things that make a difference.
- Information and communication.

The key part of the work is now underway starting

with the interviewing of patients, carers and health professionals regarding their experiences in the care provided. Cathy is recruiting using Social Media, contact with the British Association for the Study of the Liver and meetings with Hospices. If anyone would like to participate, please respond to Cathy’s advert on page 42.

The meeting attendees were very supportive of the research. The hope is that Cathy will give a further update when she has completed her PhD. Don't forget you can see the full presentation on our YouTube channel. (AB)

**WEBINAR**
Online Via ZOOM
7.00 pm, Wednesday
22nd November 2023

**Catherine Beresford**
A registered Nurse & PhD student at Bournemouth University. Catherine has a particular interest in palliative and end-of-life care. She has obtained ethics approval for this research at 1/17/2019.
Experiences of care in advanced liver disease

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

ALL WELCOME (2 x CPD points for clinical staff)



Yes I donate
ORGAN DONATION

Zoom Talks 2024 - email us for your link to join

Wednesday 17th January, 7.00 p.m.

Mr Abdullah Malik, NIHR Academic Clinical Fellow
Specialty Trainee in Hepatobiliary and Transplant Surgery.

**'The immune system, surgery and
Hepatocellular Carcinoma'**



Thursday 29 February, 7.00 p.m.

Dr Jess Dyson, Consultant Hepatologist and Honorary
Clinical Senior Lecturer at Newcastle University.

(subject TBA)



Dates TBA:

Mr Rodrigo Figueiro

Consultant in Hepatobiliary, Transplant and Sarcoma surgery

Prof Quentin Anstee

Dean of Research & Innovation; Professor of Experimental Hepatology

Update on the PANORAMIC and PRINCIPLE trials

Previous editions of LIVERNEWS had articles about the PANORAMIC trial (p17-18, Spring 2022) and the PRINCIPLE trial (p.15, Summer 2022). There is further information below about both these studies and what they have found out so far.

PANORAMIC trial

The PANORAMIC trial is investigating new oral antiviral drugs for COVID-19. These are drugs that can be taken at home and in other community settings by people who have recently developed COVID-19.

The results so far

The trial website reports that:
'In December 2022, PANORAMIC

reported that molnupiravir, the first antiviral to be tested, did not reduce hospitalisations or deaths among higher risk, vaccinated adults with COVID-19 in the community. The treatment was, however, associated with a faster recovery time and reduced viral detection and load – participants who received molnupiravir reported feeling better compared to those who received usual care, and once well, more often stayed well.'

Next steps

The PANORAMIC trial is currently testing a new antiviral treatment for COVID-19 called paxlovid. They are looking for about 17,000 people to take part in this study. All participants

will be given the usual care for COVID-19. Half will also be given paxlovid. This will allow the researchers to see if paxlovid helps improve recovery from COVID-19.

The trial website states that:

'The study is open to adults over the age of 50 or those aged 18 to 49 with an underlying health condition that can increase the risk of developing severe COVID-19, who have received a positive test result, and who are experiencing symptoms that started in the previous five days.'

It also says that:

'You can participate in your own home from anywhere in the UK. No face-to-face visits are required. The follow-up will be by answering questions each day online and/or telephone calls with the study team, who will be there to support you throughout the study.'

Further information

If you are interested in taking part, or would like more information, please see the trial website:

www.panoramictrial.org

You can also contact the trial team by email or telephone:

Email: panoramic@phc.ox.ac.uk

Telephone: 0808 156 0017

PRINCIPLE Trial

The PRINCIPLE trial tested drugs that were already being used for other medical conditions to see if they might help people with COVID-19. In total six drugs have been tested.

The results so far

The trial website reports that:

'PRINCIPLE found that two antibiotics (doxycycline and azithromycin) are not effective treatments for people with COVID-19. It also found that the anti-inflammatory drug colchicine did not help people get better any quicker. These drugs should not be used to treat people in the community who have COVID-19 as their usage exposes patients to unnecessary risks of side effects and contributes to the growing problem of antibiotic resistance. This finding was disseminated throughout the NHS in a Clinical Therapeutic Alert and has impacted clinical guidelines worldwide.'

'In April 2021, PRINCIPLE showed that the commonly used asthma drug, inhaled budesonide, a steroid, was effective in reducing recovery time by around three days and that there was a high probability that it also reduced hospital admission.'

The results for two other drugs - favipiravir and ivermectin - are awaited. When available, these will be published on the trial website.

The PRINCIPLE trial is no longer taking new participants.

Further information

If you would like more information, please see the trial website:

www.principletrial.org

You can also contact the trial team by email: principle@phc.ox.ac.uk

Siân O'Dea

A transplant is only the beginning.

From time to time I meet people who are either waiting for a transplant or have recently had a transplant. The question on their lips is often “how long will it last”? When I hear those words, I am transported back in time to when I first had my liver transplant.

Whilst in hospital, I felt fairly safe. After all, there were plenty of doctors and nurses around in the event of anything going “wrong”. Whilst I was recovering I was allowed to go home for a day in advance of actually being discharged. My day trip home went well and I had no real concerns. However I found that being discharged, some 19 days post transplant, was really quite scary. I was constantly worried that my new liver would suddenly “expire”, when in reality it would take a bit longer to fail and it would be picked up in the blood test results before it became serious. Initially I returned to the Freeman every couple of days for blood tests and I breathed a huge sigh of relief each time that I was told that my blood test result confirmed. that my new liver was working fine.

There was one “hiccup” in my recovery when my blood results revealed slight “rejection”. This was the very word I was dreading hearing. However after a few days in hospital, a course of

steroids and a change in my medication, I was discharged once again. Gradually my frequent visits to the hospital became further and further apart. Now I attend every six months for blood tests and follow up appointments.

Recovering from a transplant is no mean feat. A transplant is major surgery

unlike any other surgery. It is hardly surprising that it takes a while to build up stamina and fitness levels. Patience is required. I remember going for a chest X-ray a couple of days after my transplant. The radiographer told me to “sit up straight”!!!! If I'd had the strength, I would have punched him on the nose! He obviously didn't realise what it is like to

have such major surgery.

From the minute I woke up after my transplant, I felt totally refreshed. I felt wonderful, as all the toxins had obviously been removed from my system. Never before had I ever felt like this. However I felt very weak. My recovery was slow but steady. That first summer, I decided to enter for the Transplant Games. I only just qualified, as you need to be 6 months post transplant. Having lived with liver disease all my life, I have never been fit and I'd never done any sports at school. However I entered for the 25 metres swimming and also for table tennis. I thought that, as my mum was a good



table tennis player, I had hopefully inherited some skill from her. Well I must have, as I won a silver medal despite never having played table tennis before! I also won a silver medal for swimming 25 metres. Then my transplant co-ordinator foolishly persuaded me to enter the 50 metres swimming, saying they were very short on competitors! My husband was not being unkind when he described it as “synchronised drowning”! I am not a good swimmer and I should never have agreed to enter but enter I did AND I was NOT going to give up! I am pleased to say that I was awarded a bronze medal. Before you start cheering and clapping..... there were only two others in the competition and they were dried and dressed before I finished!! Still I made it to the end and that is what counts.

While I was still in hospital, a close friend announced that she was getting

married and she really wanted me to attend. It was wonderful to be able to accept the invitation in January (7 months in advance of the event) but even better to actually attend her wedding in August. I drove her wedding car and I made her 3 bridesmaids' dresses. This would have been impossible pre-transplant. Making plans pre-transplant was difficult and often arrangements had to be cancelled due to me being ill. Now I can make plans for the future.

So here I am, approaching my 30th Anniversary, which will be in January 2024. I am still living life to the full. I work full time doing the job I love and for which I qualified for post-transplant. Remember a transplant is only the beginning of the rest of your life. Live it to the full!!

Linda.

Laura Janet Clinton (Fairlamb)

30th December 1981 - 14th September 2023

It is with great sadness that we announce the sudden and tragic loss of Laura. At the age of 18, Laura had an urgent transplant following a viral infection. A few years later, it was necessary for her to undergo a second transplant. Along with her grandmother Janet, and with the support of her mum Dawn and sister Alex, Laura became an advocate for promoting Organ Donation by giving talks and distributing leaflets. She continued with her studies and qualified as a physiotherapist. Her love of animals eventually led her to a career in dog grooming.

The funeral service was a beautiful tribute to Laura; the strength and courage Dawn and Alex demonstrated in the eulogy was nothing short of amazing. We were given forget-me-not seeds which we will be planting in our garden as a lasting reminder of such a special young lady who achieved so much in such a short time. Laura clearly touched many lives, and her legacy will continue in the hearts of all those who knew and loved her. Without doubt, she will be greatly missed.



THANK YOU

Everyone!

For:
**Completing the 2023
 Great North Run**

**Raising over £7,400.00
 in Sponsorship**

*Your support is
 very much appreciated*



**Liver
NORTH**

Registered Charity
No. 1037226



Another GREAT NORTH RUN! Thank you to Jonny Green & Jenny Schofield, Paul Purdy, Kate Hallsworth, Nigel Goodfellow, Alan Goodall, Hayley Pearce, Damian Pearce, Suzanne Francisco, John Myhill & Luke and Jacqui Armstrong. Hopefully you will all have your certificate cards now? Places available for the 2024 run now so please email soon to reserve yours!

Recollections of Celebrating British and German Christmases in the late Fifties

Having a German mother, but brought up in the North East of England, I experienced both British and German Christmas celebrations. In fact, I managed to get the best of both worlds. Today, thanks in part to the growth of the two German supermarkets, A - - - and L - - - (I will leave you to fill in the blanks) we have some understanding of how the Germans celebrate Christmas. Back in the late Fifties it was a different matter. Here are just some of the differences I can remember:

1. When are Christmas stockings filled in Germany?

Stockings, yes, your own stocking and not a pillow case was left outside your bedroom door on the 6th of December and opened the following morning on the Feast of St Nicholas. Presents included, small toys (I still remember my first Mobilgas tanker Dinky toy), oranges and chocolates normally in the shape of coins.

2. Krampus Night

Now this is something different. This also occurs on the 6th of December and is scary. Krampus is a horned devil. People dress up as Krampus, who is supposed in the festive season to scare the children who had misbehaved. I had both Krampus and the Bogeyman to

contend with. Courtesy of my English grandmother I was also threatened with the "Cottage Homes" if I misbehaved. This was a threat which I never understood, but it certainly made me behave, what a "triple whammy".

3. Advent Calendars

Nowadays, they are so much a part of our festive season. Yet they originated in the 19th Century with the German Lutherans. Today, you can get an advent calendar with virtually anything as the marketing people exploit yet another opportunity. In the Fifties, they were much simpler with only small doors to open, behind which was a picture. My advent calendar came from Germany and it was the only one in the street. It was recycled every year until the small doors would no longer close. I loved that calendar as it was my countdown to Christmas. The equivalent of the digital clock informing people today of the

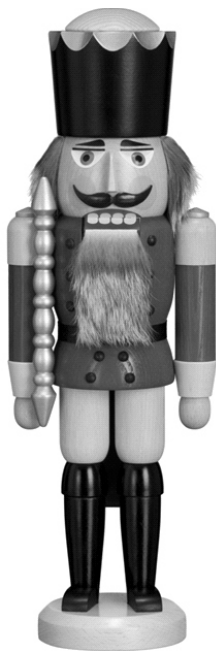
number of shopping days left. I know I digress here, but the last time I saw such a simple one was on Father Ted's Christmas Special in 1996, with the sketch of Dougal opening the doors of his calendar (still available on YouTube). Worth a look, it should really make you smile.



4. Christmas decorations and when the tree is put up?

The Christmas tree or Weihnachtsbaum originated in Germany and was introduced to the UK by Prince Albert, the consort of Queen Victoria. Can you imagine what that would have been worth if a patent had been applied for? Decorations were put up mid December. Among the most popular of which were the Christmas Angels or Weihnachtengel. They came in different sizes, larger ones for the sideboard or table and smaller ones for the tree. Hand carved Nutcracker figures typically of red coated soldiers are also popular which were regarded as good luck charms for the family. Both angels and nutcrackers are often passed through generations. We put up more paper streamers here, they seemed to stretch around and across the ceilings, complete with a large bell made of fluffy paper which was held open by metal clips folded over.

One of the biggest differences was the fact that the Christmas tree was always put up last and on Christmas Eve. What a contrast to the UK now, where the earliest I have seen a tree and house lights is the 21st of November..... and no doubt many of you will have seen them earlier. There were no lights on the tree, they came later. Instead, clip on candle cups to hold real candles – what a fire hazard, especially as it was a real



tree. However, it was really magical when the candles were lit, especially as we used large amounts of lametta. Only people of a certain age will remember the silver strands which were draped over the branches of the tree.

5.Christmas Markets

These are always big events in Germany and in many of the larger cities such as Cologne, Bonn and Hamburg they are huge. Even small towns and villages have their own. Again, this is something which the UK has embraced. However, anyone who has been to one of markets in Germany will know that the range of

Christmas decorations for the home and the food and drink which is available is far greater than bratwurst and mulled wine. Some of the drinks available today, such as “Wilde Hilda”, an Advocat based drink, are not for the faint hearted.

6.Christmas Wreath

We had a wreath that consisted of 4 candles in a bed of festive ornaments and pine cones. This was placed on the table or window sill at the beginning of December and one candle was lit each Sunday throughout the month (photo opposite)

7.Christmas Day

This is known in Germany as Erste Feiertag, or the first celebration day. Presents are opened on Christmas Eve,

so you get them a day early. While on Christmas Day, the main meal typically involves a goose rather than turkey and Brussels sprouts are nowhere to be seen. For dessert it was that sugar rush treat of Stollen with marzipan running through it.

Times were a lot simpler then with a limited number of presents, but great memories of getting the best of both worlds. Every family has their own Christmas

traditions which changed with time. Having looked at the differences between the two countries, it got me thinking of other family traditions, especially those associated with presents and food and drink. It is strange what you remember. Cigarettes were a very common present. My grandfather was only happy if he got his beloved Woodbines, especially the boxes of one hundred. One of my aunts, only smoked Balkan Sobranie cigarettes. These were regarded as being sophisticated. They came in a dark box and the cigarettes were dark brown with a long gold tip. No other cigarette came close to looking like this. Then as kids, we got chocolate cigarettes, complete with real cigarette paper or candy cigarettes which had a red tip to represent the lit end. There were no



controls on smoking in those days. Thank goodness we have come a long way since the then.

While the family were all Chapel people, most had a drink over the festive period. For the family get togethers, I can always remember a bottle of QC Ruby Wine, Harvey's Bristol Cream and a few very small bottles of Baby Cham (a sparkling Perry type drink). You will certainly not see these advertised on TV in the run up to this Christmas, but I

believe you can still get them today. For us kids we had Dandelion and Burdock or Ginger Beer out of a stoneware flagon. A local company called Sykes made the best tasting "pop" ever. I have tried many brands since then, but nothing has come close to that

memory.

We always had a large home baked Christmas cake, complete with marzipan, icing and the same ornaments which were recycled year after year. There was Santa, a sledge and nine reindeer which had been purchased at the Coop. Each year, the number of reindeer seemed to get less and then one year, disaster, Rudolph lost a leg. How could he now perform the task of pulling the sledge? My grandmothers answer was: "he did not need four legs to fly and it was easy to land with three

legs”this seemed perfectly logical to us and we all accepted this. As a result, Rudolf continued to adorn the cake for many years.

I had forgotten many of these things, but writing these recollections has brought a lot back. Life seemed so much simpler then.

Fast forward to the present day, for those who have memories of the late Fifties and early Sixties. Just consider the changes which have occurred in Christmas festivities since then. In the late Fifties:

No elbows were allowed on the table.

No one said they were on a diet at Christmas dinner. If you did you were given far less food.

The idea of a “nut roast” was not part of Christmas vocabulary.

There were no exotic starters for Christmas dinner, it was main course and Christmas Pudding,

“Party food” was pickled onions, cheese and a sandwich.

Croissants were not part of a festive breakfast, in fact we could not even pronounce them.

“Pigs in Blankets”were spoilt farm animals.

Brussels sprouts were cooked to near extinction and not shredded and served al dente as per Jamie Oliver's recipe.

Leaving food on your plate was not an option.

There was no internet and if you were lucky you had a television with 12 inch screen, one channel and definitely no flat screen.

The only text was the written word in a book.

Olive oil was only in the medicine cabinet and certainly was not “extra virgin”.

A cocktail was a Babycham with a cherry in it.

The radio was the main form of entertainment. There was no Radio 1 or 2, or even commercial radio. The most popular station was the Home Service.

A cheeseboard consisted of Cheddar, Red Leicester and crackers.

I am sure you can think of many more. For those if you with knowledge of that era, I hope it has rekindled happy memories.

Alf Bennett



Bee-sting Cake



This is a cake made in 3 parts, the cake, the filling and the topping.
The history of it I will give at the end.

Cake Ingredients

125g unsalted soft butter
125g caster sugar
4 large eggs
125ml full milk
200g SR flour
½ tsp baking powder
½ tsp salt
145g ground almonds

Filling

25g custard powder
150ml full milk
100g sugar
100g unsalted butter
2TBSP double cream
1 tsp vanilla essence

Topping

55g unsalted butter
55g caster sugar
75g clear honey
2TBSP double cream
100g flaked almonds

Stage 1 – The Cake.-.Grease and line 20cm springform tin.

Oven 180c or 160 fan. Roughly 50-60 mins in total.



Apart from the sugar put all dry ingredients together in a bowl.
Beat the butter and sugar together in another bowl until very light.
Beat in eggs one at a time, adding some of the dry ingredients and the milk with each egg. Put into tin, then in the oven and time it for about 40-45mins.

Stage 2 – while cake is in oven make **the first stage** of the filling, the custard. Mix a little of the milk and half of the sugar with the custard powder, heat the rest of milk in pan, to near boiling, then add in the custard mix and keep stirring. I would recommend using a whisk, making sure the custard is thick and cooked about 3 mins. Pour into a cool bowl, place cling film directly onto the custard, this avoids a skin forming. Let this cool to room temperature.



Stage 3 prep the topping: put the sugar, honey and butter in pan

Depending on your oven after about 45 mins check cake to see if a skewer comes out clean or near to it. (you will know your own oven and can judge) Then it is ready for the next stage which is the

topping. For this, melt the honey mix until sugar and butter is dissolved, then boil 3 minutes. Remove from the heat and stir in almonds.



Remove cake from oven spread over almond mixture and put back in oven for approximately 5 minutes, the topping should have changed to a light brown. When done , remove from the oven and leave in tin for at least 15 minutes . Then put onto a cooling rack to completely cool.

Second stage of filling – beat the butter and the remaining half of the sugar. Beat the cream into the custard, then beat the custard into the butter mix a spoon at a time.



Slice cake through and using your cleaned cake tin, put the bottom part in, top with the custard mix. Then carefully cut the top with a sharp knife into eight sections. Place back onto custard to form the cake. This avoids squeezing out filling when trying to cut through nuts. Place in fridge at least for 1 hour. The cake will keep if placed into airtight container and stored in the fridge.

Enjoy!

This seems complicated but it is worth it - Liz Bennett

The History of Bee-sting cake. - Bienenstich Kuchen

According to German folklore, many years ago the town of Andernach was being attacked. An enterprising young baker used his wooden baking implements to lever off a number of bee nests which were covering the town walls. These were then thrown on to the offending invaders. Having received many bee stings they fled leaving the town.

The Baker became the hero of the day, his employer decided to create a cake worthy of their good luck, namely the Bee-sting cake. Nowadays, it has many forms, some made with yeast, as a sweet bread and various recipes for cake mix, but it always has the topping of nuts and honey in honour of the event.



(Every day is a school day! Thank you for this Liz and for the history - what a lovely recipe and a great little story to go with it Ed)

Hammer throwers mark Lesley's memory (© The Cumberland News)

A charity hammer throw competition in Carlisle raised more than triple its fundraising target for a special cause.

The Lesley Little Hammer Throw competition was in memory of Lesley, wife of Cumbria School of Hammer coach John Little.

After her passing earlier this year, the competition was launched to raise money for the LIVERNORTH charity.

A target of £100 was set through donations from competitors.

But in the end £331 was raised in Lesley's memory, while it is now planned to make the competition at the Sheepmount an annual event.

"To me the results were secondary but well done to the winners, the youngsters who threw personal bests and all other competitors who contributed to another lovely day of sport in Carlisle," said John Little.

"My thanks to Paul and Simon who did much of the organisation, to Dave for the use of the EDM equipment, and all the officials and helpers.

"We asked for a £5 donation from each competitor in the hope of raising over £100 for LIVERNORTH; thanks to your generosity £331 was collected today with some more to come in.

"Since Lesley passed away approx. £1,500 has been raised for

LIVERNORTH, The Children's Hospice [Jigsaw] and the Sands Methodist Church at Appleby.

"The plan is to make today's event an annual competition with next year's planned for September 2024."

The competition involved age groups from under-15 to senior, with male and female athletes travelling from across northern England and Scotland to compete.

Trophies were sponsored by the GMB Union branches at Sellafield and Pladis in Carlisle.

Lesley passed away in February aged 71, having been married to John for more than 45 years.

She regularly travelled with John and their son David to support their sporting interests, helped in the running of the Border Harriers track and field team and was well known as someone who welcomed and encouraged young Cumbrian athletes.

Among those to pay tribute to Lesley was Cumbrian Olympics runner Tom Farrell, who said: "From the youngest memories I have of red athletics tracks, Lesley features in almost all of them.

"These memories span from times when I was with my parents watching them compete through to myself competing for the club, Lesley was always an integral part of those meets.

“Whether she was there helping the team in many ways or purely there as support for John and the Border Harriers Team, she never missed a meeting, rain or shine.

"She will be a big miss and forever remembered."

LIVERNORTH is a national liver patient support group based at the Freeman Hospital in Newcastle.

The volunteer-run charity provides free services to liver patients, their carers and families.

It has been running since 1994 and has funded research and support to the value of £1.3m.

John Colman, Sports reporter



The competition at the Sheepmount was in memory of Lesley Little (Image: Simon Reibbitt)

John Little, the organiser mentioned in the article above, sent us this press cutting along with a cheque for £371 raised at the event. What a lovely tribute to his wife Lesley and what an excellent article in the Cumberland News publicising the event. John has been a stalwart supporter of our charity for many years, raising funds for us and promoting the charity whenever he can. (Ed)

WALK 4: EXHIBITION PARK FROM THE RVI (route overleaf)

Exhibition Park has always been a popular location for events in the city. It was the location of the 1887 Royal Jubilee Exhibition which attracted over two million visitors and the 1929 North East Coast Exhibition also took place in the park. Today the park is host to a range of festivals and sporting events throughout the year.

The impressive art deco Palace of the Arts is the only remaining building of the 1929 North East Coast Exhibition and is now home to Wylam Brewery, with a micro-brewery on site and a vibrant events venue that can host up to 800 people. There are also two croquet lawns and a pavilion with an active club house and tennis courts that are free to play.

(text above taken from <https://urbangreennewcastle.org>)

Loc: Claremont Rd, Newcastle upon Tyne NE2 4PZ

Lat 54.58'55n, Long 1.37'02W

///token.roofs.final (< what three words)

The benefits of walking must be considered along with the risks. Whether to undertake this walk or not is your decision. If you are in any doubt about your ability to walk safely, please discuss this with your healthcare professional prior to starting.

Walking has been linked with a number of health benefits:

1. Walking can strengthen your heart, bones and muscles and also help with weight loss.
2. Walking is easy on the joints.
3. Walking reduces anxiety and depression and can improve mood.
4. If you walk as part of a walking group, it can be a great way to socialise.
5. Best of all - it's free!

With thanks to Alan Curry (author), Dr Kate Hallsworth, Senior Research Physiotherapist, Newcastle University and LIVERNORTH contributors.

Our Wellness Walks leaflets (in colour) are available from any of our 24 leaflet points at various hospitals. They can also be ordered from us (foc) by emailing info@livernorth.org.uk stating which leaflets you would like.

Coming soon, walks from Sunderland Royal Hospital and from James Cook University Hospital, Middlesbrough.



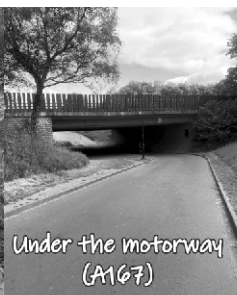
Towards cafe if you are feeling fit!



The bandstand (take the third path on the left) or second for café!



Sharp right after the underpass



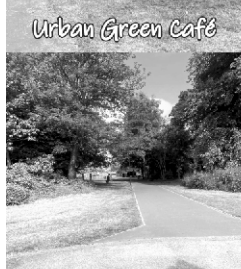
Under the motorway (A167)



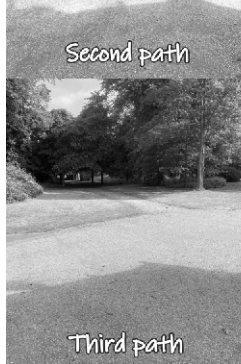
Park
Turn left
R.V.I. Exhib
at the end
Victoria Ro
round



Urban Green Café



Second path



Third path

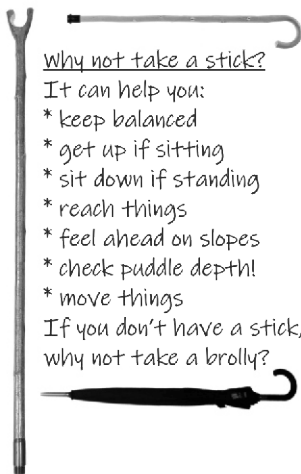
< < Arrows and photos go anticlockwise

Why not take a stick?

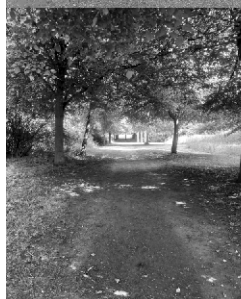
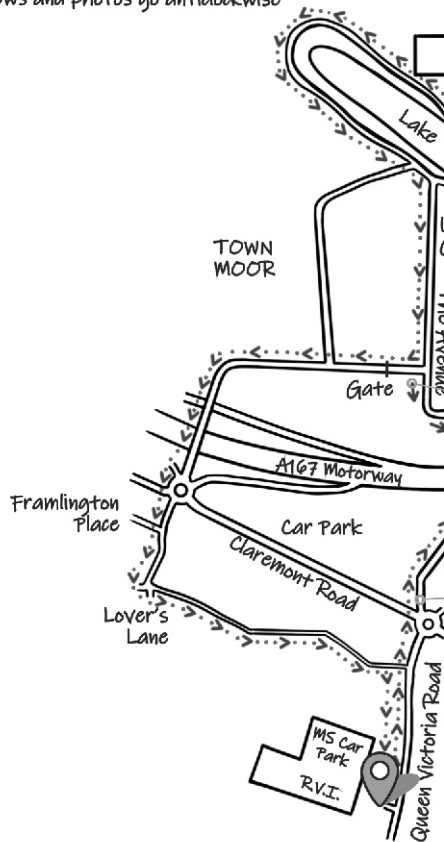
It can help you:

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

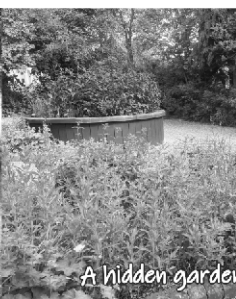
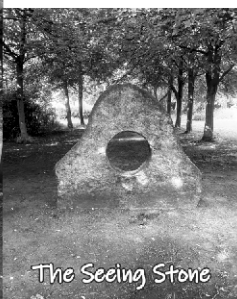
If you don't have a stick,
why not take a brolly?



Use your mobile
to take a photo and
email it to us:
info@livernorth.org.uk



The Seeing Stone



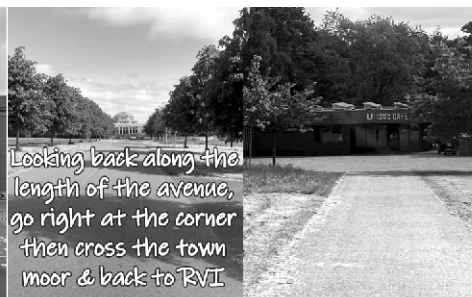
A hidden garden off to the left



The wa



Gates
from the
Exhibition Park
of Queen
Victoria, over the
about.



Looking back along the
length of the avenue,
go right at the corner
then cross the town
moor & back to RVI



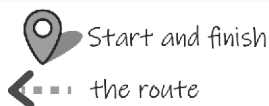
A lovely sculpture
along the 'avenue'



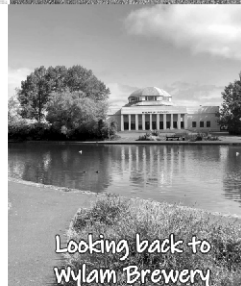
WALK 4

Exhibition Park - RVI

Route and photographs by
Alan Curry (June 2023)
Map by Alf Bennett



- The car park is on Claremont Road, Newcastle, NE2 4AA
- Start and finish at the hospital entrances/exits.
- Use footpaths and designated road crossings at all times.
- Take care when walking on the wooden walkways around part of the lake as they may be slippery after heavy rain.
- The park is dog friendly.
- Urban Green Café closed on Tuesdays. Open until 4.00 every other day including Sunday.



Looking back to
Wylam Brewery



Stay left for the lake
and right for parkland



Look out for the notice
boards along the walk,
they give fascinating
information on the
Park's history.



Water race



The Celebration
Clock tower



Around the lake



Memories of Joyce Widdis a Proud Geordie Living in Kent)

SNOW MEMORIES..

No matter how dire the weather conditions, the Postie & the Milkman still got through ..
along with Doctors, the District Nurses, Midwives, Home helps, Teachers, Dustmen, Paper boys, the Bakers/Bread vans, Bus drivers, Coal men, Bin men, the road gritter drivers, AA & RAC men and Farmers ..
Total respect to them all ..
and school was never or rarely cancelled...

"Mam, it's snowed overnight" ..

"Don't worry, you're still going to school" ..

"Just put your thick socks and wellies on, get your duffle coat, make sure both mittens are on the tapes through the sleeves" ..

"I'll get your pixie hat and cross over your muffler and tie it at the back" ...
Eee, you had to be dying before you got a day off school ... (and it was never closed due to the weather!)..

*but didn't we love it, having great snowball fights ...

IF I HAD A HAMMER..

We did!

We used it to crack the nuts at Christmas as we didn't have a nut cracker..

Me dad would hammer the nuts in the hearth in front of the coal fire, we had to 'duck doon', flying Brazil nut and Walnut shells that could put somebody's eye oot!..

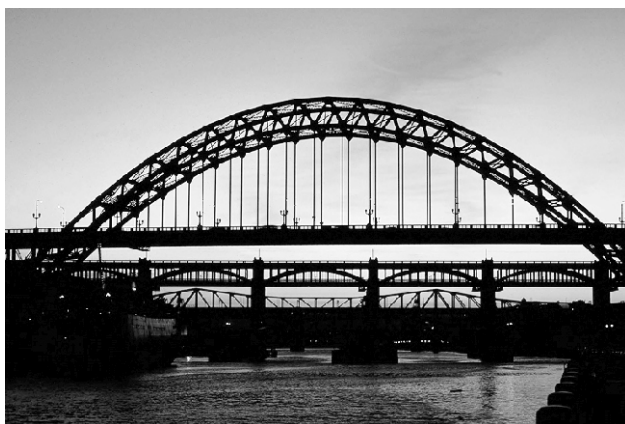
You'd spend ages picking the crushed shells out of your teeth, they came embedded in the nut! ...

.. you knew Christmas was coming when these bad boys came out, 'Eat Me Dates'..

We never did!

I'm sure it was the same packet, year after year out of the sideboard as none of us liked them..

The concertinaed paper inside, lifted up to reveal fat, brown slugs ...



Just for you Joyce - a few of the seven bridges that cross the Tyne between Newcastle and Gateshead.

The North Sea and Me

A few years back, when I moved closer to the coast, I made a silent pact with the North Sea that I would look at her every day.

Maybe sea spray enters in through the skin with every sunny Sunday trip to the ice cream parlour, with every visit to the illuminations, through every brisk walk or exercise you took parallel to her, or from every time you went down to watch the stormy waves as a child....

it seems me and the North Sea are related.

I lived away from the sea for a few years, but the people didn't understand, they couldn't know....

the sound of the foghorn on dark winter afternoons, the clanging of the bells from the buoys, how cold her waves were even on the warmest day, the gifts of her rock pools and beaches to a treasure hunting child...

Maybe some people only experience surface water that is stagnant and still, waiting to ruin your day, muddy, unwelcome.

We of the coast made the surf in to white horses, we love the crabs and the limpets, we see the seagull covered cliffs and loose our chips to them, we feel sad for the washed up jellyfish, and hope one day to see dolphins, and we still investigate with side glances the buckets of the fishermen.

We have felt a call from the ocean waves that told us 'though you are so small, I can show you perspective, I will give you life and beauty but it will be huge and terrifying, you must respect me and fear me, observe me and love me, and you will always miss me when you leave'...

So I look for the North Sea when I leave my house, and I nod to her to say thank you for making me your family, and for always being there.

Fiona Gray



Letters - email us or post to 'freepost livernorth' (no stamp necessary)

To everyone at LIVErNORTH,
We collected £2,220.00 from our recent sponsored skydive in memory of my dad, William Ostle who we lost in December. He was diagnosed in June 2022 with Liver Cancer. He had one lot of treatment at the Freeman but then in September they told us it had spread to his lungs and nothing else could be done. After a few short weeks we lost him. Me and my two cousins told my dad we were going to do the skydive and he was so pleased with us! Just hope he was looking down on the day we did him proud. So, I hope this money helps in any way it can, x Leanne Cunningham x



Dear Joan,

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

We always look forward to our copy of Liver News which we always find so interesting and for which we thank you.

Kind regards and best wishes to you both and to all at LIVErNORTH.

S&JR, Cumbria

Dear Sir/Madam,

Please find enclosed a cheque made out to LIVErNORTH.

On June 16th this year I was fortunate enough to have a liver transplant at the Freeman Hospital. My recovery has gone so well that last week I was able to go on a golf trip to Edinburgh with a dozen friends.

During that trip the sum of £300 was raised, mainly by the winners each day donating their prize money.

During the trip I'd mentioned your charity and the group were keen that the money should be donated to LIVErNORTH.

I'm very grateful to my friends, but I'm also very grateful to you - as a transplant patient both myself and my family have greatly benefited from your work. Thank you.

Yours faithfully,
JC, Newcastle upon Tyne

Dear Joan & John

Hope you are both keeping well, we are both OK and will be celebrating the 20th anniversary of my transplant next month.

Please accept these cheques in lieu of raffle tickets - hope you make lots of money.

Best wishes

CH & MG

Teesside

Dear Sir,

Find enclosed the cheque and 10 raffle tickets. Please accept the extra as a donation to the charity for all the good work you do.

Note I am a tax payer if you can claim Gift Aid.

Yours faithfully

CT

South Yorkshire

Dear LIVErNORTH,

Our brother passed away suddenly at the end of February in hospital. During his time on the ward he was diagnosed with hepatic encephalopathy (HE) as a result of alcohol related liver disease. His health deteriorated quickly and exactly 1 week after being admitted to hospital he passed away peacefully. He was only 47.

A few months ago I contacted Livernorth and had the pleasure of speaking to a gentleman called John Bedlington. John told me about the charity and how Livernorth helps and supports patients and their families, as well as funding research.

As his sister, I wish that we had known about Livernorth. Everywhere we turned we were unable to access help, not only for my brother but also ourselves. I just felt so helpless. I think Livernorth would've been a Godsend at an incredibly difficult time.

At the funeral we held a collection in his memory. Please find enclosed a cheque for the money raised from donations by his family and friends. We would like this money to be used for help and support liver patients and their families.

With best wishes

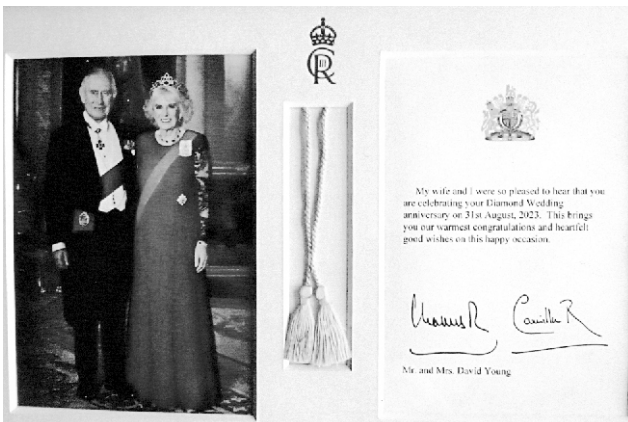
JB &DB

Newcastle upon Tyne

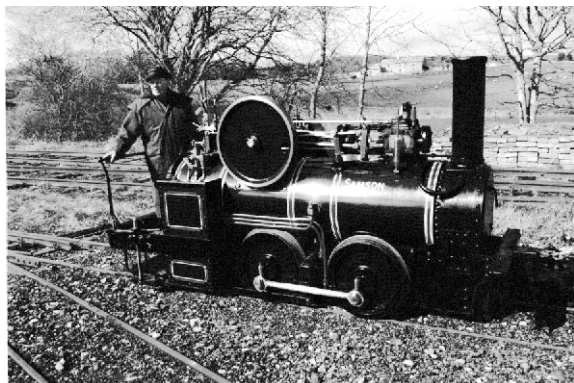
Hello there you lovely people,

Please find enclosed a cheque for raffle tickets and a small donation.

It is now 22 years since my husband David received his life-giving liver transplant and as a result we have had many happy years since.



Shortly after the transplant he had the pleasure of walking our daughter Victoria down the aisle. We now have two lovely grandsons. We recently celebrated our Diamond Wedding Anniversary and received a congratulatory message from our King and Queen - such an honour!



David has been a volunteer at Beamish Museum for the last 16 years and has given near 20,000 hours of his time to various engineering projects, including three years building a narrow gauge railway locomotive SAMSON which can be seen steaming at the museum at gala events.

All these things would not have been possible had he not received the wonderful gift of a liver from the donor's family, to whom we shall be forever grateful and of course the amazing care he has received from the Freeman Hospital.

I enclose two photos which may be of interest.

Thank you for the work you do for Liver North

Regards, Maureen Young

Hi John,

My John said this year's Great North Run was the toughest with the sun!

I said toughest with the downpour and the nightmare ride home!

We were just saying last night that was John's 10th run for LIVERNORTH as my little one is now 10 and my dad died not long after he was born and was under Dr Mark Hudson which is why John does it.

AH Newcastle

(Hi, yes, it seems as though we had all four seasons in one day! Thank you so much for the continued support from yourself, John and Luke Ed)

2023 LIVERNORTH Charity Draw Prizes
drawn online via Zoom on 30th November 2023

1	£500 Cash	LIVERNORTH	9838	S. Nesbit
2	Barbour Quilted Jacket Voucher	The Barbour Foundation	1050	E Houliston
3	£250 Cash	Research Payment, Joan Bedlington	3575	M A Oliver
4	£100 Cash	Research Payment, Joan Bedlington	13534	S Young
5	£100 Cash	Fiona Hale	4795	L Bailey
6	£50 M&S Gift Card	Yvonne Gray	239	S Laidler
7	£50 M&S Gift Card	Research Payment John Bedlington	15734	I Malone
8	£50 John Lewis/ Waitrose Gift Card	Research Payment Joan Bedlington	4247	M Lydon
9	£50 M&S Gift Card	A & E Bennett	9994	L Muir
10	£50 Sainsbury's Gift Card	A & E Bennett	8254	A Hammond
11	£25 Boots Gift Card	Peggy Oliver	12675	K Marshall

Where has the LIVErNEWS been seen this Year?

This Autumn has seen the Newsletter in Rome. Here is Liz at the Colosseum clutching her precious copy. An American family from Boston were intrigued at what she was doing. On showing them the newsletter, they were very interested in the content. Fortunately, “when in Rome”, Helen's Howlers came up trumps with an appropriate Julius Caesar joke from the current Autumn edition:



‘Apparently, Julius Caesar never once said “thank you” in his entire life. This is possibly due to the fact that he couldn't speak any English.’

Plus they were impressed that Mark Twain had also made it into the Newsletter with:

‘It is better to keep your mouth closed and let people think you are a fool, than to open it and remove all doubt.’

So news of the Newsletter has gone international. Let's see if we can get more examples of this.

Back to the Colosseum, building started in AD 72 by the Emperor Vespasian and completed eight years later as the biggest Blood Sports' Arena. Incredibly for the time, it could seat 55,000 people (about the same as St James's Park). It had 80 numbered entrances, 4 for the Emperor and VIPs and 76 for everyone else. Inside were wide internal corridors allowing free movement of people. To ensure easy exit from the stadium there are exits for each numbered section of seating. These exits are called Vomitoria....because at the end of the Games, people “spewed” from them. Who said the Newsletter is not educational?

The Colosseum Is really is a amazing construction. When you think, the ancestors of the British at the same time as this was being built were living in wattle and daub houses. It shows how advanced the Romans were.

Unfortunately, although she looked high and low, Liz never did find Spartacus.

JOIN OUR LOTTERY **AND SUPPORT US IN HELPING LIVER PATIENTS**



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 or phone 0191 3702961

Over £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:

JH, Cramlington	no 30	drawn on 9/5/2023
EA, Chester-le-Street	no 111	drawn on 22/6/2023
AG, Great Lumley	no 141	drawn on 1/8/2023
IA, Sunderland	no 16	drawn on 3/10/2023
DB, Ashington	no 114	drawn on 22/11/2023

£2500 Jackpot Prize winner

LD, Nottingham, no 20 drawn on 22/11/2023

Two more £250 draws to be made in this financial year - join now!

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!

My wife is singing in the house. I'm just sitting outside in case the neighbours think I'm hitting her.

Big respect to my local pub, went in dressed as a tennis ball, got served straight away.

Have you ever had a Beaver curry? It's the same as a normal curry just a bit Otter.

If I could take Abba out to lunch I would, my friend, for Nandos . . .

My Grandson took his first steps this morning. The window cleaner is furious....

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

Just found out that the barber I normally use isn't cutting hair any longer...

My wife is talking about leaving me because of my obsession with the Dave Clarke Five ... I'm in pieces, bits n pieces ...

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

A Yorkshire man took his cat to the vet and said..."Can tha have a look at me cat, it's not reyt good". The vet said...."Certainly sir, is it a tom"?

He replied...."No, it's artside int car

I got talking to a woman watching the match at the pub tonight, she told me " people call me Vivaldi" I said " is that because you play the violin brilliantly " she said " no it's because I'm called Viv and a work at Aldi"

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

Took my wife out tonight to my local Indian, while having my meal the waiter came up to me, and asked..."Curry OK sir"? I replied...."Go on then, put me down for 'Sweet Caroline'

We were sat in a pub doing a crossword and my mate said I'm stuck on a Desert island 8 letters starting with M? I said Marooned he said great I'll have a pint of lager...

My mate was doing the crossword again and said 'I'm stuck on this one - heavy load for a postman' I said 'How many letters?' and he said 'a great big sack full'. My mate really irritates me at times.

I renewed my car insurance over the phone today and as I was about to hang up the woman on the other end asked if I had a pet. I said, "Yes, I've got a dog." She said, "Would you like to insure him

too?" I said, "No thanks, he can't drive!"

I said to my doctor, "I've got a problem with the hearing in one of my ears." He said, "Are you sure?" I said, "Yes, I'm definite."

I now identify as a can of deodorant, And before you ask, Yes I'm Sure.

3 of the hardest things for people to say: I was wrong, I need help and Worcestershire sauce.

Had the worst day ever. Paid a joiner to build me a double bed and he's done a bunk. It's just one thing on top of another.

The only reason I married my wife was because I thought she was a millionaire.. But as it turns out she makes hats.

When I'm with Spanish people , I always try to use the word 'Mucho' . It means a lot to them.

Now I'm retired thinking of doing a bit of casual work ,got a job making cooking pots. We'll see how it pans out...

To all my friends with back pain you'll find plenty of good advice in the magazine Chiropractic Monthly. If you are struggling, I've got plenty of back issues!

My mate set me up on a blind date. He said 'She's a lovely lass, but there's something you should know - she's expecting a baby.' I felt a right prat waiting in the pub wearing nothing but a nappy!

Rishi Sunak wants kids to learn maths until they are 18. We currently learn everything by 16, so I'm not sure what those extra 3 years will achieve?

I think that men who shorten their name to Pat are missing a trick

Just finished reading a book about joining the police by Laura Norder.

My boss pulled up in a brand new Aston Martin and I said to him, 'Wow, what a fabulous car!' He said 'Well, thank you, I'm pleased you like it. If you work hard every day, start early and stay late without being paid and never ask for overtime pay, I'll get another one next year'.

Just arrived home to find a pretty woman grouting the bathroom wall and singing 'it's a heartache, nothing but a fools game' I thought to myself, she's a bonny tiler.

My chickens are arguing. I can't believe the fowl language coming out of them.

I arrived early at the restaurant and the manager said 'Do you mind waiting for a bit?' I said 'No'. 'Good' he said, 'Take these drinks to table nine'.

I've just taken my cat's medication by accident. Don't ask 'meow'.

A pair of cows were talking in the field. One says, "Have you heard about the mad cow disease that's going around?". "Yeah," the other cow says. "Makes me glad I'm a penguin."

"Your mother has been with us for 20 years," said John. "Isn't it time she got a place of her own?". "My mother?" replied Helen. "I thought she was your mother."

Why don't pirates take a shower before they walk the plank?
They just wash up on shore.

At a party, a young wife admonished her husband, "That's the fourth time you've gone back for ice cream and cake. Doesn't it embarrass you?". "Why should it?" answered her spouse. "I keep telling them it's for you."

A grasshopper walks into a bar. The bartender looks at him and says, "Hey, they named a drink after you!". "Really?" replies the grasshopper. "There's a drink named Stan?"

Two hunters are out in the woods when one of them collapses. He's not breathing and his eyes are glazed. The other guy whips out his cell phone and calls 999. "I think my friend is dead!" he yells. "What can I do?". The operator says, "Calm down. First, let's make sure he's dead.". There's a silence, then a shot. Back on the phone, the guy says, "Okay, now what?"

A man went into a seafood restaurant and asked for a lobster tail. The waitress smiled

sweetly and said, "Once upon a time there was this handsome lobster..."

Restaurant patron: "Waiter, I'd like a bottle of wine.". Waiter: "What year, sir?". Patron: "Well, I'd like it right now."

"My son had to give up his career because of fallen arches.". "He's an athlete?"
"No—an architect."

What sounds like a sneeze and is made of leather? A Shoe.

Yes - I know the jokes are worse than ever but I bet you are reading some of them out right now?

If you know a joke that could bring a smile to someone's face, please send it in to me by email to info@livernorth.org.uk or post to freepost livernorth.

Somewhere out there is the funniest joke ever (It's definitely not here) so let's find it and brighten someone's day. [Ed]

Organ Donation - have the conversation.

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

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

*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.*

The Pub Quiz or if you prefer the Barista Café Quiz No 6 (AB)

1. What type of animal is a Bombay Duck?
2. Who was Fred Flintstone's Wife?
3. King Charles III is the first monarch depicted on UK postage stamps without what regal feature?
4. How many months consist of 31 days?
5. The 38th parallel is the demarcation line between which two countries?
6. Which famous baseball player is mentioned in the lyrics of Simon and Garfunkel's song Mrs Robinson?
7. Lech Walesa was president of which European country?
8. Five Olympic gold medals were won by Sir Steve Redgrave in which sport?
9. What game in America is known as "checkers"?
10. In what children's programme do they all like "jumping in muddy puddles"?
11. Which British cathedral contains a shrine to St Cuthbert?
12. We have all heard of UNESCO, but what does the acronym stand for?
13. What does a numismatist collect?
14. What fruit has the following varieties, Moneymaker, Alicante and Alisa Craig?
15. The name Sunshine State is given to two American states, California is one, what is the other?
16. What is the largest island in the World?
17. Which English city has the shortest name?
18. What is the name of the fruit of the Blackthorn?
19. In which European city did Elton John perform his last show on the 8th July 2023?
20. Who won the Rugby Union World Cup held in France this year?

(Answers below)

- | | |
|------------------------------------------------------------------------------------------|----------------------------------------------------------------------|
| 13. Coins and medals. | 1. A fish. |
| 14. Tomato – yes, it is classified as a fruit and not a vegetable. | 2. Wilma. |
| 15. Florida | 3. A crown. |
| 16. Greenland at 836,330 square miles. Note it is not Australia, as this is a Continent. | 4. Seven. |
| 17. Ely. | 5. North and South Korea. |
| 18. Shoes | 6. Joe DiMaggio. |
| 19. Stockholm in Sweden at the end of his "Goodbye Yellow Brick Road Tour". | 7. Poland. |
| 20. South Africa. | 8. Rowing. |
| | 9. Draughts. |
| | 10. Peppa Pig |
| | 11. Durham. |
| | 12. United Nations Educational, Scientific and Cultural Organisation |

The Christmas Quiz 2023

1. How many ghosts appear in "A Christmas Carol"?
2. What gift did Harry Potter receive from the Dursley's during his first Christmas at Hogwarts?
3. What is the star sign of those born on Christmas Day?
4. Apart from Rudolf how many other reindeer are used to drive Santa's sleigh?
5. When do the 12 Days of Christmas begin?
6. In the film "Elf", what is the first rule in the Code of Elves?
7. What plant available at Christmas is known as the Christmas Flower?
8. What colour are mistletoe berries?
9. The film "Miracle on 34th Street" centres on which famous department store.
10. In which country is it traditional to have a KFC meal on Christmas Day?
11. According to tradition, when should you take your Christmas decorations down?
12. What time is the King's speech traditionally broadcast on Christmas Day?
13. What gift is given on day 3 in the song "the 12 days of Christmas"?
14. Stollen, the traditional fruit cake originated from which country?
15. What company uses the "the holidays are coming" in its advertising campaign?
16. Who with Bob Geldorf wrote the Band Aid song "Do they know it's Christmas"?
17. What spice stick do you put into Mulled Wine?
18. Which of the gifts given by the 3 Wise Men is an aromatic gum used in perfumes and incense?
19. Which supermarket came up with Kevin the Carrot?
20. Which country provides Britain each year with a gift of a Christmas tree for Trafalgar Square?



Answers

1. 4 – the spirits of Christmas Past, Present, and Future, plus that of the former business partner Jacob Marley.
2. A 50 pence piece.
3. Capricorn.
4. 8.
5. Christmas Day.
6. Treat every day like Christmas.
7. Poinsettia
8. White.
9. Macy's
10. Japan.
11. January 5th/6th based on tradition.
12. 3.00 pm.
13. 3 French Horns.
14. Germany.
15. Coca Cola.
16. Midge Ure
17. Cinnamon
18. Frankincense.
19. Aldi.
20. Norway.

Christmas Brain Teaser 2023

Get those brain cells working. Can you work out, how many gifts were given in total in the song, 'the 12 days of Christmas'

Solution and answer are to be found below (hold it up to a mirror)

JATOT

= 300

ST. JOHN'S UNIVERSITY

$$x \downarrow = 15$$

Eponen hybrid hybrid

$$\chi S = SS$$

Not a valid e-mail

$$x_3 = 30$$

With rapid dancing

$$x + t = 30$$

giving a view of

$$xz = 70$$

John W. & Mary W.

$$x \varphi = \psi$$

2.5. 1995 11-12-1995

$$x_1 = 15$$

Time says much

$$x_8 = 70$$

Four copied pages

$$x_2 = 30$$

Three French pens

$$x \cdot 10 = 30$$

revels about our

$$x \downarrow \downarrow = .55$$

sof may a ni ghintay A

$$x \downarrow 5 = \downarrow 5$$

is not ideal. May self no or have several different sets of arbitrary SP relations

5 yrd no eggbinding 51 of blood in egg, 1 yrd no O₂ count outside detector

Remember the gifts are released in each verse, i.e., a kingdom in a few verses, is

423 is covered off



✚ Urgent care dial 111

You should call NHS 111 if:

You need medical help fast but it's not a life-threatening emergency

You don't know who to call for medical help or you don't have a GP to call

You think you need to go to A&E or another NHS urgent care service but are not sure which one is most appropriate or closest

You require health advice or reassurance about what to do next

You have medication enquiries

UIOLI Winter 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!

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

Easy SUDOKU

Difficult SUDOKU

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

SU DOKU

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

©Puzzles by Pappocom

www.sudoku.com

Last issue (No 84) SUDOKU solutions:
Easy

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

Difficult

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

Insurance Matters

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

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

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

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

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

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

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



Information Leaflets Available:

1. **Liver Patient Support**
2. **Accommodation for patients & families**
3. **Autoimmune Hepatitis**
4. **Alcohol and 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**
20. **Liver Cirrhosis Self Management Toolkit***
21. **Exercise & Osteoporosis in Liver Patients**
22. **Hepatic Encephalopathy**
23. **Our Livers, Our Lives (reflections of liver disease)****
25. **Allowances (DLA & PIP) [new]**
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. ISSUU: | https://issuu.com/search?q=livernorth |
| 2. Website: | http://www.livernorth.org.uk/pages/factsheet.htm |
| 3. Email us: | info@livernorth.org.uk |
| 4. Phone/FAX: | 0191 3702961 |
| 5. Facebook pm us: | https://www.facebook.com/livernorth/ |
| 6. Write to us: | Freepost LIVERNORTH |

Experiences of care in advanced liver disease

- Do you have advanced liver disease?
- Are you a carer for someone with advanced liver disease?
- Are you a professional working with people who have advanced liver disease?

If the answer to any of these questions is yes, you may be able to take part. For this research project we want to speak with you about *your* perspectives of care. Interviews will be held at a time and place convenient to you and will take approximately one hour.



This research is part of a PhD project by Cathy Beresford. To find out more, or to take part, please email:

cberesford@bournemouth.ac.uk

Make Yourself Heard

In danger, need the police, but can't speak?

- 1 Dial 999
- 2 Listen to the questions from the 999 operator
- 3 Respond by coughing or tapping the handset if you can
- 4 If prompted, **press 55**
This lets the 999 call operator know it's a genuine emergency and you'll be put through to the police.

Led by

IOPC

Supported by

women's aid

NPCC



CONTACT NUMBERS

LIVERNORTH

National Liver Patient Support

freepost LIVERNORTH

www.livernorth.org.uk

tel: 0191 3702916

info@livernorth.org.uk

Addenbrookes Liver

Transplant Association (ALTA)

Gill Kitchener, secretary@alta.org.uk

info@alta.org.uk

tel: 07885 123528

British Liver Trust

tel: 01425 481320

helpline@britishlivertrust.org.uk

www.britishlivertrust.org.uk

Gift of Life

Derby Liver Support Group

(for transplants and all liver disease)

Contact: Sister Gerri Casey

0133 234 0131 bleep 1926

Haemochromatosis UK

03030 401102

helpline@huk.org.uk

ICP Support

07939 871929

helpline@icpsupport.org

or www.icpsupport.org

Registered Charity No: 1146449

NHS

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

Norfolk & Norwich

Liver Support Group

marjorie.dingle@hotmail.com

01362 695 624

PSC Support

help@psc.support.org.uk

Helpline 01235 25 35 45

www.pscsupport.org.uk

Royal Victoria Hospital

Liver Support Group, Belfast

Contact : Kay Duffy (Founder)

07737 718493

www.rvhliversupportgroup.org

rvhlsq@gmail.com

South West Liver Buddies

plh-tr.liverbuddies@nhs.net

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

Wilson's Disease Support Group – UK

Val Wheeler - 01223 364982

val@wilsonsdisease.org.uk

www.wilsonsdisease.org.uk

We can always make space here for your support group details. If you are already listed, please let us know of any changes to your contact details. Please also reciprocate by advertising LIVERNORTH via your own media.

HELPLINE

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

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

FOR ALCOHOLISM SUPPORT CALL:
PAUL 0778 4153587

Get free Liver Patient and Carer Support Leaflets:

- Download from our website (www.livernorth.org.uk)
- Read online (<https://issuu.com/livernorth/docs>)
- Email us (info@livernorth.org.uk)
- Phone us (0191 3702961)
- Write to us at: freepost LIVERNORTH
- Message us (<https://www.facebook.com/livernorth/>)
- Scan our website QR code here with your mobile phone

Join meetings
via



NIHR non-commercial Partner
UK based research applications invited -
download application form from website



Donate
online

