

LIVErNEWS

Liver Patient Support Newsletter

Spring 2024



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		
CHB	Chronic Hepatitis B	MRI	Magnetic Resonance Imaging
CRESTA	Clinics for Research and Service in Themed Assessments	NAFLD	Non-Alcoholic Fatty Liver Disease
CQ	Chloroquine phosphate	NASH	Non-Alcoholic Steatohepatitis
CQC	Care Quality Commission	NFIB	National Fraud Intelligence Bureau
CT	Computed Tomography	NICE	National Institute for Health and Care Excellence
		NHS	National Health Service
EHIC	European Health Insurance Card	NHSBT	NHS Blood & Transplant
		NIHR	National Institute for Health Research
FLI	Fatty Liver Index	NSAID	Non-steroidal anti-inflammatory drug
GHIC	Global Health Insurance Card	PALS	Patient Advice and Liaison Services
GIT	Gastrointestinal Tract	PBC	Primary Biliary Cholangitis
GP	General Practitioner (doctor)	PHE	Public Health England
		PPE	Personal Protective Equipment
HAV	Hepatitis A Virus	PPI/E	Patient and Public Involvement/Engagement
HCC	Hepatocellular carcinoma		
HCQ	Hydroxychloroquine	PSC	Primary Sclerosing Cholangitis
HCRG	Hepatobiliary Clinical Reference Group		
HCV	Hepatitis C Virus	RAT	Rapid Antigen Test
HDU	High Dependency Unit	RFT	Rapid Flow Test
HE	Hepatic Encephalopathy		
HEV	Hepatitis E Virus	TED	technology, entertainment, design
HIV	Human immunodeficiency virus	TX	Transplant
HPB	Hepato-Pancreato-Biliary	T2DM	Type 2 Diabetes
HRCT	High-Resolution CT		
		URSO	Ursodeoxycholic acid (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 by Rev'd Nigel Goodfellow, Spring 2024)

Contents

- 2 Welcome to this issue (Chairman)
 - 3 The First Ever LIVERNEWS! 1994
 - 4 Photographs from our history
 - 6 The Celebration of Anniversaries, Where Did It Originate?
 - 8 Webinar Poster - Prof Quentin Anstee, 23rd April, 7.00 p.m. via ZOOM
 - 9 Webinar Poster - Dr Helen Jarvis, 23rd May, 7.00 p.m. via ZOOM
 - 10 Catch up on our YouTube Channel (index of talks available)
 - 11 Presentation given by Mr Abdullah Malik on 17th January 2024.
 - 12 Presentation given by Dr Jess Dyson on 29th February 2024.
 - 14 Update on current Liver disease trials - Professor Helen Reeves
 - 16 £30m study paves the way for new treatments for people with cirrhosis
 - 17 Walks for Liver Patients, their Carers & Families - WALK 6.
 - 18 Walk 6 Map, Photographs & Route: (Stewart Park, Middleborough)
 - 20 Obituary - Iris Adams
 - 21 Obeticholic acid for the Amelioration of Cognitive Symptoms (OACS) trials
 - 23 Baking With an Air Fryer - Liz Bennett
 - 24 Letters
 - 26 Joyce Widdis - KIDS 'PLAYING OUT' MEMORIES...
 - 28 What is Lions Clubs Message in a Bottle?
 - 28 Songs of our past re-titled for our generation
 - 29 Lottery Winners
 - 30 Lottery Application Form
 - 31 Helens Howlers
 - 34 The Pub Quiz (or, If you prefer, The Barista Café Quiz) Number 7.
 - 35 UIOLI Sudoku Spring 2024 & Winter 2023 Solutions
 - 36 Insurance Matters
- Livernorth Information Leaflets Available - inside back cover
Helpline Numbers - on back cover

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WELCOME TO THE SPRING 2024 ISSUE OF LIVErNEWS

This issue of LIVErNEWS is, for the first time, in full colour to celebrate the **30th Anniversary of LIVErNORTH.**

There are some great photographs covering the time since the group was started by Professor Oliver James in 1994. There is also a copy of a page from our first ever newsletter. Hopefully there may be more photos in future issues this year as we have had hundreds taken since our foundation.

When I first realised it was 30 years ago that the group started it got me thinking about the thousands of hours our governors, volunteers, supporters, helpers and medical professionals have given to the group since 1994. Our Helpline has been running unbroken since 1996, likewise our Medical Advisors have been keeping us on the straight and narrow since then and have assessed scores of research proposals for us. LIVErNORTH is now an important part of the Newcastle University Patient Participation and Involvement cohort, having been involved in research and ethics for decades. Recently, I spoke at an event hosted by the University where they celebrated unsurpassed excellence in clinical research having received more in grant funding from the government than

any other centre in the country apart from London. It's quite an achievement and I'm told that our



input was critical to being awarded such substantial funding.

Because this issue is in colour, I've taken the opportunity to include posters for our next two webinars, please feel free to show these to anyone who may benefit and let them know how to register by email. An easy way to do this is by snapping them with your mobile phone of course.

You won't fail to notice on pages 17, 18 & 19 that our intrepid explorer Alan Curry has been out and about again on your behalf. This time, he's been to James Cook Hospital in Middlesbrough and found an excellent walk just a few minutes away from the hospital. If you are in the area, please give it a go. The weather is improving and there's nothing better than a walk in the park to brighten your day. This walk leaflet is in full colour if you want a paper copy.

I'm not going to ramble on much longer except to say a huge thank you to everyone who has made our charity what it is today. Thousands of hours of dedication without one penny being paid in wages is a record we are proud to claim.

Thank you once again, without your support and dedication LIVErNORTH could not continue in its work.

Please enjoy this 30th Anniversary LIVErNEWS.

Best wishes, John



1994 Meeting Reports



This section of our newsletter will contain news of meetings and events that have been held since the last issue to make sure you are all kept up to date with the group.

Our first meetings since the formation of the group were held in the Function room at the Freeman Hospital.

The first meeting in May was enthusiastically attended by both patients and their families with approximately 65 of you able to be there. We hope that all future Social events will be as well supported. There was a relaxed and friendly atmosphere. The wearing of name badges seemed to assist in initiating conversations between those who did not know each other so well. Please retain your name badge and wear it to subsequent meetings.

Anyone who has a particular topic in mind for a talk should please let any of the committee know, as these things take some organization, and we will do our best to find a speaker to fit the requirements.

Our regular social features, the "Bring and Buy" refreshments and the bookstore were well supported and the evening raised a total of £75.

At our June "Medical" meeting, Professor James gave us a most interesting and informative talk about the various forms of liver disease. Many of us will know something about our own disease but little, if anything, about others. So I am sure that you will agree that we all gained extra knowledge that evening. Thank you Professor James, on behalf of all of us!



If anyone who has NOT received this newsletter personally by post and would like to be included on our mailing list, please contact any committee member.



VOLUNTEERS

for Active Patient Support

We discussed the genuine need for patient support. There is an active patient support group who are meeting now. In order to ensure that we have all the correct names of those people willing to assist, in any way at all, could you please contact Tilly.

NEWS FROM WARD 12

May we start by letting you all know the Liver Team have performed over 50 transplants since the Unit opened, which is no mean feat - particularly for the recipients!!

For those of you who have stayed on ward 12, or indeed are about to in the future, you will be pleased to hear that the new three piece suite has arrived. The rest of the furnishings will not be much longer. We have two plants so far in the day room, donated by Mollie and Jim. Anyone else wishing to add to our collection will be very welcome. Also we need something to display them in, so if there are any ideas let either Dianne or Helen know.

Some of the nursing staff have changed over the recent months. Pam left to work in Cardio Intensive Care in Middlesbrough. Joy has become a lady of leisure whilst Justine is to be a sales and production co-ordinator. Finally, Alex will be starting a Law course in September. Good Luck to everyone!

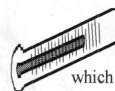
The "new" ones include Angela, Joanne, Julie, Kay and Michelle. They have all settled in well.

CONGRATULATIONS are due to two of our Consultants. Professor James is now Head of the Department of Medicine! Dr Bassendine has been awarded a Professorship, at Newcastle University, for research carried out into liver disease!

Finally, if any of you have a celebration coming up, or any news to share, please pass it on to us for inclusion in the next bulletin.

Well that's it for now, take care and see you soon.

Love Ward 12.





First fundraising stall at Wickham Fair 1994, opened by ITV Weatherman Bob Johnson.



Our President, Professor Oliver James receiving research funds for Newcastle University November 1998



Dr Mark Hudson receiving a banding endoscope, our first major purchase.



Dietician Barbara Davidson receiving grip test machine from Eric Dickens, LIVERNORTH Governor



Professor Derek Manas receiving a charitable donation in 1998





Newsletter production 1990s style. L to R: Joan Bedlington, Elsie & Wes Clayton, Tilly Hale, Sylvia & Eric Dickens



Tilly Hale and Professor Dave Jones after completing the Great North Run



Stuart Small and Debbie Lovell running the Rollerball game at an early Autumn Fair

Fiona Hale, Laura Wakeford-Hale and Peggy Oliver at the 2016 Autumn Fair



Kevin and Lesley Winter handing over funds raised at their Pigeon Auction to John Bedlington



The Celebration of Anniversaries, Where did it originate?

This year sees the 30th Anniversary of LIVErNORTH. A significant milestone considering that Joan and Linda have been involved since its inception and John shortly afterwards. A total of almost 90 years of unstinting voluntary service. An achievement really well worth celebrating. But, where did the idea of celebrating so called anniversaries originate? Well, as to be expected, the origins are to be found in the mists of time.

Today, we celebrate a whole series of anniversaries, on the actual date that is the exact number of years after an important or special event. They are a key part of life, reminding us of important personal, cultural and historical events. The word itself is derived from Medieval Latin – Anniversarius, from annus, meaning 'year' and versus, meaning 'to turn'. Originally, it was used for the day of a person's death or a Saint's martyrdom. Nowadays, two of the main anniversaries we celebrate are Birthdays and Weddings, both of which have increased in importance as commercialism has taken over.

The first evidence for a birthday celebration goes back to 3000BC when the birthday of a Pharaoh is recorded in a Hebrew Bible. Later, the Greeks started to offer moon shaped cakes to the goddess Artemis, with candles on top. This is where the tradition of lighting candles on cakes is thought to have originated. However, it was the Romans who started to celebrate

birthdays as we know them with birthday gifts. The tradition of cakes with icing on top came from German bakers in the late 18th Century. This was part of the Kinderfeste, where candles representing the age of the child plus one extra for 'hope' were placed on the top. Just think of where we are today with Colin the Caterpillar, Peppa Pig or exclusive designer cakes. Rampant commercialism has now taken over the celebration of birthdays with birthstones, themed parties, gifts and if on Social Media, your birthday date is out there. Birthdays are also responsible for the most recognisable song in the English language, 'Happy Birthday to You'. This was first published in 1893 as 'Good Morning to You' by the Hill sisters in Louisville, Kentucky. The lyrics of Happy Birthday first appeared in 1912. Many lawsuits followed regarding copyright. It was not until 1st January 2017 that the copyright expired in the European Union. By one estimate, it is the highest earning royalties song in history.

The origin of Wedding anniversary celebrations appear to have originated in the Germanic countries in the 16th century. At this time, husbands celebrated their wives by crowning them on particular landmark years. Specifically, on the 25th anniversary this was with a wreath of silver. The tradition of associating gift giving with wedding anniversaries became more prevalent in the 19th century. The composer, Richard Wagner noted that friends of his

wife Minna presented her with a silver, spangled wreath to celebrate their 25th anniversary in 1861. In 1877, a book for ladies and gentlemen called, 'Perfect Etiquette' or 'How to Behave in Society' outlined 8 occasions where a specific present was appropriate. If you are interested it is still available today. The success of this publication inspired the modernisation of anniversary gifting. Another publication called, 'Etiquette' in 1922, identified the first five years and every five years up to the Silver anniversary for anniversary presents. Then in 1937 the American National Retail Jewellers Association added to this list and made it longer. This was the basis of the comprehensive list we have today. Here are some of the

Traditional Wedding Anniversary Gifts:

1st – Paper...2nd - Cotton...
 3rd – Leather...4th – Linen...
 5th – Wood...6th – Iron
 7th – Wool 8th – Bronze
 9th – Pottery...10th – Tin
 25th – Silver...30th – Pearl
 40th – Ruby...50th – Gold
 55th – Emerald...60th – Platinum.

We have now gone beyond this as any search of the Internet will provide not only traditional but more modern lists.

So whatever the anniversary, we are still in the process of developing how we celebrate.

AB

LIKE GETTING YOUR MONEY'S WORTH?

This popular saying has seen an upturn in usage with the recent television advert. You know the one, where the guy only has half his face spray tanned. This really struck a chord when I saw this notice outside of a Hair Salon in Spain.

It makes you think. Does anyone only have half a leg done? If so, which half do you have done and why? The pricing is not that clear, is the price for one eyebrow or both? However, I was reliably informed that for the full depilation it was 34 Euros (about £30). Now, that looks like getting your monies worth, "ouch, ouch". If you have seen any interesting notices or signs on your travels, please send them in to us.

HAIR SALON	
	
MEN	
Cut	5€
Wash & cut	8€
WOMEN	
Wash + comb + lacquer	from 7€
Wash + cut + comb	from 11€
Color + wash	from 14€
Highlights + wash	from 15€
DEPILATIONS	
	
Eyebrow	4€
Lip	3€
Eyebrow + lip	5€
Armpits	4€
Groin	6€
Arms	7€
Half legs	7€
Whole legs	12€
ESTHETIQUE CLOUS	
	
Ongles en gel ou en acrylique	25€
Remplir de gel ou d'acrylique	

ZOOM TALKS 2024 - email us for your link to join

Liver
NORTH

WEBINAR

Online Via ZOOM

**7.00 pm, Tuesday
23rd April 2024**

**Professor
Quentin M. Anstee**

BSc(Hons), MB B.S, PhD, MRCP(UK), FRCP, Chair of Experimental Hepatology and the Dean of Research & Innovation in the Faculty of Medical Sciences, Newcastle University. A practicing clinician, he is also an Honorary Consultant Hepatologist in the Liver Transplant Unit at Newcastle's Freeman Hospital



**‘MASLD’
new name,
new treatment**



**email us for the link to join online:
info@livernorth.org.uk**



ALL WELCOME (2 x CPD points for clinical staff)

ZOOM TALKS 2024 - email us for your link to join

Liver
NORTH

WEBINAR

Online Via ZOOM

7.00 pm, Thursday
23rd May 2024

Dr Helen Jarvis

Helen is a GP partner in Northumberland with a clinical and academic interest in liver disease in primary care. She has recently completed her PhD in this area at Newcastle University, and continues to work to improve earlier detection of liver disease and the role of primary care in this.
She is the early detection co-lead for the UK Liver Alliance



How can we
improve detection
and management of
liver disease in
UK primary care?

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

ALL WELCOME (2 x CPD points for clinical staff)

Catch up on our YouTube Channel

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

RECENT RECORDED BRIEFINGS, TALKS & WEBINARS

March	2024	Mr Rod Figueredo	Past, Present & Future of Liver Perfusion
Feb	2024	Dr Jess Dyson	Update on Autoimmune Liver Disease
Jan	2024	Mr Abdullah Malik	The Immune System, Surgery and HCC
Nov	2023	Cathy Beresford	Experiences of care in advanced liver disease
Oct	2023	Professor Derek Mann	Liver Cancer Immunotherapy
August	2023	Dr Kate Hallsworth	Physical Activity and Exercise for NAFLD Patients
April	2023	Prof John Sayer.	Identification of a new inherited cause of liver & kidney disease'
March	2023	Dr Stuart McPherson.	Progress towards Elimination of Hepatitis C
Dec	2022	Mr Aiman Amer	ERAS - Enhanced Recovery After Surgery.
May	2022	Prof David Jones	PBC - Is The Fog About to Clear?
March	2022	Mr Colin Wilson	The Geordie Hospital TV series.
Sept	2021	Mr Aiman Amer	A King's Fellow Returns
July	2021	Prof David Jones	PBC, The Vaccine and the Immunosuppressed
June	2021	Organ Donor Team	The Organ Donation Journey
April	2021	Mr Colin Wilson	What's New in Transplantation?
March	2021	Dr Jess Dyson	What's New in AIH?
Dec	2020	Prof David Jones	PBC - Where We Are In 2020.
Nov	2020	Prof Quentin Anstee	NAFLD
April	2020	Prof Matt Wright	Environmental chemicals and PBC

TEDx TALK A patient's perspective | Tilly Hale | TEDxNewcastle
DVD (not interactive) A Patient's Guide to PBC



The Immune System, Surgery and Hepatocellular Carcinoma

Presentation given by Mr Abdullah Malik at the LIVERNORTH Meeting on the 17th January 2024.



This fascinating talk dealt with issues involved in the treatment of Hepatocellular Carcinoma (HCC) and potential PhD research on the subject. There is a rising incidence of HCC, which is set to become the third highest death rate cancer. Possible cures and treatments were covered including resection, transplantation, chemotherapy and immunotherapy. This is relatively new treatment which is now getting a lot of attention. It was emphasised that not all patients were suitable for the existing treatments. The development of HCC was then covered with some easy to understand comparison.

The key events are:

- Cirrhosis – many patients will have this scarring of the liver.
- Accumulation of mutations – these are changes which take place developing cancer cells.
- 'Foot on the Gas' – this is where cancer cells are dividing and are not controlled.
- 'Cut the Brakes' – this is where the normal processes which tell the cells to stop dividing do not work. As a result the cancer spreads to other tissues.
- Immune evasion – this is where cancer cells gain the ability to hide. This may be coupled with the T cells, which kill cancer cells, becoming exhausted. Different patients have different immune system responses.

This led to the relatively new immunotherapy treatments where specific drugs are used to switch on the immune system. The problem is that only about 30% of patients respond to immunotherapy. Unfortunately, the majority with the advanced disease are not curable.

The solutions involve identifying people who will respond to immunotherapy, and developing the range of drugs. Alongside this, the development of new treatments for those who do not respond to immunotherapy.

Mr Malik explained the research involved to create laboratory conditions to grow tumours on very thin sections of liver. The tumours could then be subjected to different treatments. Ultimately, it should lead to the development of a 'mouse model' where a snapshot of the tumour can be gained overtime to show how it is affected by different substances. The aim would be to get a treatment model which could be transferred to humans.

Don't forget you can access the full talk as well as the answers to the range of questions posed by accessing LIVERNORTH on YouTube (Index on Page 3).

Alf Bennett

Update on Autoimmune Liver Disease

Presentation given by Dr Jess Dyson at the LIVERNORTH meeting on 29th February 2024.



Another fantastic talk which gave an update on Primary Biliary Cholangitis, Primary Sclerosing Cholangitis and Autoimmune Hepatitis. All three conditions, diagnostic testing, current treatments plus new developments were covered, and backed up by the latest research. The full version is available on YouTube. Any patient who is affected by one of these conditions should see this as a 'go to' video in order to get a clear insight of the conditions, the treatments involved and the new research which is taking place.

Key information provided at the talk follows. However, it is highly recommended that you watch the full video to get the maximum benefit.

Primary Biliary Cholangitis (PBC)

The key therapy goals for the condition are:

1. To reduce risk to life/need for transplantation.
2. To improve quality of life.

Overview

- PBC affects on average 35 per 100,000 of the population
- 90% of those affected are female
- Average age of diagnosis is 65
- Both genetic and environmental factors influence its development
- Many sufferers may also have another autoimmune condition

Diagnosis shows raised alkaline phosphatase(ALP) in blood tests and positive Anti-mitochondrial antibodies (AMA). The target for treatment is to normalise blood tests. The first line treatment is Ursodeoxycholic acid(UDCA), the dosage of which is calculated based on body weight. Second line treatments which may be used are Obeticholic Acid(OCA) and Bezafibrate, both of which have been shown to improve the condition.

The Opera Trial which has just started recruiting patients with high risk PBC. People who meet trial criteria and want to take part will be treated with either OCA or a placebo. The hope is that this could lead to major changes in treatment of the condition. Quality of life in PBC may be affected by Fatigue, Brain Fog, Itch and Dry Eyes/Mouth. Studies have shown that home based exercise can improve fatigue.

A new trial called the OACS Trial aims to see whether Obeticholic Acid can improve cognitive function in PBC. If you are interested in participating, details of the trial can be found on page 21. With Itch (Pruritus), there are a number of drugs which are available. Unfortunately, not all patients respond to these drugs. Details of the 'ladder of treatment' for itch, starting with Bile Salts Sequestrants, progressing to use of Light Treatment was given.

The PBC Audit was outlined, which looks at the range of drugs which are given to patients. Within this there is a PBC bundle i.e, a tick list for doctors in Clinic to provide a step by step approach to treatment.

A number of drug companies have several new drugs on trial at present aimed at improving PBC symptoms which affect quality of life.

Primary Sclerosing Cholangitis (PSC)

This is a rare condition which affects 7 per 100,000 of the population. It affects the larger bile ducts compared with PBC which attacks the smaller ducts. 70% of PSC sufferers also have inflammatory bowel disease, which necessitates the need for an annual colonoscopy. Ursodeoxycholic acid(UDCA) is now recommended for the condition. There is a possibility of Bile Duct Cancer with PSC, regular scans are used to monitor for this. A range of symptoms may affect quality of life in patients with PSC, again itch is a major problem.

The links with PSC and the Microbiome were outlined. Changes in the gut bacteria can trigger an immune system imbalance. Therefore, patients with PSC may also suffer from bowel problems. Details were provided on the Microbial Therapeutics Programme. Research is fast moving in this area.

The good news is that PSC is suddenly becoming of interest to drug companies. Some drugs are a long way through the testing programme, some are being trialled for both PSC and PBC.

Auto Immune Hepatitis

Again, this is a rare condition affecting 17 per 100,000 of the population. It leads to inflammation of the liver cells, not the bile ducts. Treatment involves the use of steroids to control the inflammation plus a second medication to maintain control.

Monitoring is by blood tests for the level of alanine transferase(ALT). The aim is to get patients off steroids and improve the quality of their lives. Recent research has show that lowering the levels of steroids can have the same beneficial effect. Prednisolone is the first line drug in treatment. Again , normal blood tests do matter, patients do better in the long term if this can be achieved.

For a range of liver diseases the use of the Fibroscan is becoming more important. It can show the level of scarring in the liver and over time is a good indicator of any acceleration of scarring. It has also reduced the number of liver biopsies carried out.

Don't forget the video on YouTube will give the full talk (Index on Page 3).

LIVERnORTH also produce separate information leaflets on these diseases. Please see our publications list for how to access them.

Alf Bennett

Update on current Liver disease trials - Professor Helen Reeves

In our aging UK population, associated with decreased activity and overweight, fatty liver disease has increased. It can progress to cirrhosis and primary liver cancer (hepatocellular carcinoma, HCC). Over the last decade, funded by Cancer Research UK, Professor Reeves has created the HUNTER biobank, recruiting patients with HCC from all over the UK. In parallel, funded by the EU, Professor Anstee has created the European NAFLD registry – to understand why some patients with fatty liver disease progress to cirrhosis and how to intervene with preventive treatments. Newcastle University Professors Reeves and Anstee, with Dr Louise Macdougall from the Newcastle-upon Tyne NHS foundation Trust, have now teamed up with leading liver units in Spain, Germany, France and Portugal and secured 12 million Euros from the EU for a new project named 'THRIVE'. Studying genetic samples and serum proteins, alongside artificial intelligence studies applied to liver biopsy tissues, the Newcastle team will study patients in the European NAFLD Registry who have developed HCC, to understand why they have developed cancer. This will be a hugely important step towards prevention and early detection. They will also apply these



techniques to patients data and tissue samples in the HUNTER biobank, to improve treatments and outcomes for those with liver cancer.

HUNTER Studies (CRUK)

1. Circulating Biomarkers to identify response to medical therapy in patients with HCC – focus on IL-8 and PBMC RNAseq (PhD student Ranjeet Singh)
2. Circulating Biomarkers to

identify responders to locoregional therapy in patients with HCC – focus on PBMC RNAseq (PhD student Salem Nizami)

3. Exploring DNA-PK as a therapeutic target in patients with HCC (PhD student Fanni Palinkas)
4. Hyperion Mass spectrometry to define the tumour immune environment in patients with HCC (PhD student Erik Gil)
5. Defining the role of neutrophils in patients with HCC (PhD student Joao Mauricio)
6. Developing human tissue models to assess the impact of medical therapies in patients with HCC (Fiona Oakley and Amy Collins – just got PhD)

NIHR BRC Studies

7. Prognostic/predictive biomarkers of fitness in patients with HCC

(Research Technician/PhD student Misti McCain)

8. TELEX-HCC – the impact of activity/exercise intervention in patients with HCC (Sam Orange, Kate Hallsworth, PhD student TBA)
9. O-Link to define predictive serum signatures in patients with HCC (RA David Jamieson)
10. Exploring extra-cellular vesicles RNA in patients with HCC (Senior Lecturer Dr Ruchi Shukla)
11. Spatial transcriptomics to define the tumour environment in patients with HCC (Lecturer Dr Jack Leslie, PhD student TBA)

EU THRIVE – just awarded to UNEW (Reeves, Anstee) and NUTH (Macdougall)

12. Tumour-host interactions in liver cancer of childhood and adults.

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.





Supported by



£30m ADVANCE study paves the way for new treatments for people with cirrhosis

When I was diagnosed with my liver disease back in 2010, not much was generally even known about MASLD/NAFLD, let alone any research being conducted into it.

Although being very common, MASLD is a largely silent disease that sneaks up on us. Apart from fatigue and a constant discomfort in the upper right side of my abdomen, I was only really aware of symptoms of my other diseases, including Type 2 Diabetes, Sjogrens Syndrome and Hashimoto Thyroiditis, not realising that my, so far undiagnosed, liver disease was progressing. I had 'mild changes' in my liver function blood tests and was only referred to a liver specialist after another consultant, dealing with my other conditions, asked for their opinion. After a liver biopsy, I was shocked and stunned at being told that my liver was at Stage 3 of a four-stage disease - the fourth stage being cirrhosis.

I am so heartened by the ADVANCE Study (Accelerating Discovery: Actionable NASH Cirrhosis Endpoints) and pleased that this common liver disease is now being taken seriously, so that future generations can be treated more effectively. I am excited and relieved as this research offers the hope of better diagnostic tests so that people are identified sooner, and at the possible discovery of new treatments that could prevent cirrhosis, or even reverse it.

As an active member of the LIVErNORTH charity (supporting liver disease sufferers, carers and research) and the mother of a 39-year-old

daughter, who has also just recently been diagnosed with MASH/ Cirrhosis, I am keen that we get more patients actively involved in research, working together with doctors, all health practitioners and the public in general.

Together we can help raise awareness, find ways of treating diseases and also reduce the stigma, that so often accompanies, liver disease.

It is so important that people living with this condition know about this particular study. It certainly encourages and enables them to be more proactive in their own health care, choices and needs. There are no medical treatments for this disease, so we need to find new targets for medicines to be developed. Once again, together we must try to make every effort to work towards this.

I will forever be grateful for the care and support I receive from world leading doctors/health professionals at Newcastle Hospitals and the support of my LIVErNORTH family. I feel immensely lucky to live in a region where world leading research into NAFLD/MASLD is being undertaken by Newcastle University.

I would encourage all liver patients to discuss getting involved in all types of research and, in particular, this innovative research when recruitment for the study begins.



Yvonne Gray

WALK 6: STEWART PARK, MIDDLEBOROUGH

Stewart Park covers approximately 120 acres consisting of open parkland on the north side and an arboretum on the south side. The Friends of Stewart Park have produced a map of the key trees (details are available on the internet). Originally, it was the estate containing Marton Hall built in 1858 which was the home of Henry Bolckow. He was one Middlesbrough's iron masters and the first mayor. The estate includes the site of the cottage where Captain James Cook was born. Bolckow marked this spot with a granite vase which is still there today. The refurbished buildings of The Central Lodge of the estate is now used by Askham Bryan College to deliver land based education. The Captain Cook Birthplace Museum is also located in the Park. At present it is temporarily closed. The Park is accessible from a number of entrances, so you could start the walk at a number of points. There are two lakes which are home to Canada and Greylag Geese, Moorhens, Coots and various other types of duck. There are play areas for children including a climbing frame named after HMS Endeavour, Captain Cook's ship. Make sure you look out for the Map of the World, the Totem poles and the Easter Island sculpture.

Stewart Park nr James Cook University Hospital, Middlesbrough –TS7 8AR

///unless.shall.eggs <What Three Words

Park Opening Times 7.30 a.m. –6 p.m. (gates are locked at 6 p.m.)

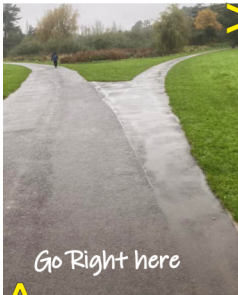
Please note if travelling by car the post code may take you to a different entrance from that of the main car park but you can join the route at any entrance.

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.

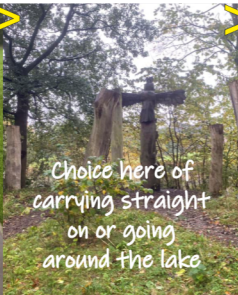
Walking has been linked with a number of health benefits:

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.



Go Right here



Choice here of carrying straight on or going around the lake



The Lake



Returning to the Car park, well done.



sign po Ladgat



Half way down the main avenue take the Left turning



Down the main Avenue



At the old lodge turn sharp right



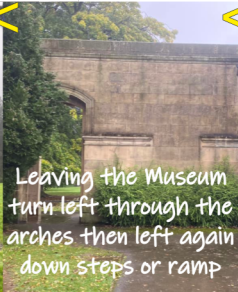
Go Right here



And through the arch



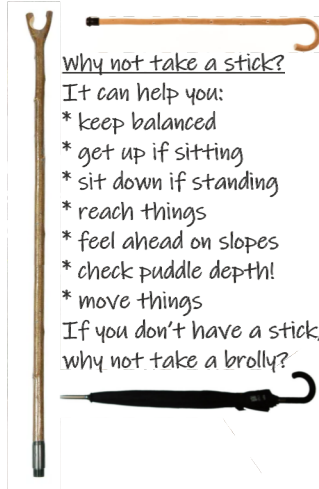
And past the Vase sculpture



Leaving the Museum turn left through the arches then left again down steps or ramp



Cafe, open week. Clos Check wint



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

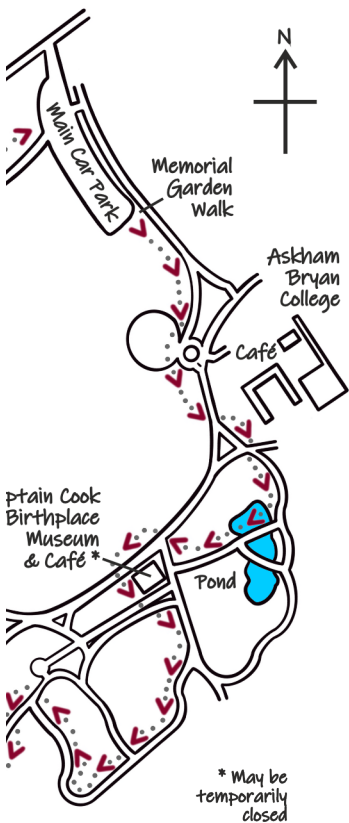
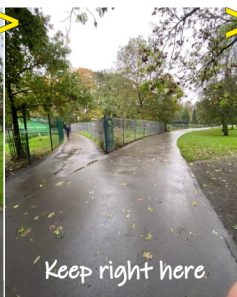
If you don't have a stick, why not take a brolly?

James Cook University Hospital (approx 1 mile)

NOTE
There are several entrances to the Park. Join the walk from any of them

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







WALK 6

Stewart Park nr James Cook Hospital, Middlesbrough

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

 Start and finish
 the route

- At different times, the Park acts as a venue for a range of events including, a regular Parkrun, a Farmers' Market and the Cleveland Show.
- There are two Cafes which are open to the Public. One in the Cook's Café in the Museum and Henry's in Askham Bryan



OBITUARY

Iris Adams **28th March 1946 – 5th January 2024**

It is with great sadness that we announce the passing of Iris Adams. Iris was a special lady with great courage and determination, respected by many people and was an inspiration to all who had received the 'Gift of Life' and never forgetting the courage of the donor family who had allowed this to happen.



In 2023 after great deliberation Iris and husband Ian made the decision to

relocate to Pembrokeshire, where they had previously lived, to be nearer to family and friends and to enjoy retirement in a mobility friendly bungalow and to revisit the many beautiful Pembrokeshire locations.

Shortly after relocating on 15th December '23 Iris became ill and was admitted to hospital where she sadly passed away on 5th January 24 without realising her dreams.

The Gift of Life which Iris received on 31st December 1994 allowed her to really live life to the full for 28 years and to see both her children married and the birth and early life of her four grandchildren.

The funeral service was a beautiful tribute to Iris who touched many lives and without doubt will be sadly missed.

+ 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

Thinking about taking part in research?

There are lots of research studies going on at any one time. These involve many of the different liver diseases. In each newsletter, we will be highlighting a few of the studies that people can currently take part in. Many of these are run out of Newcastle but people can often take part if they are looked after in a different hospital so please ask your doctor or get in contact about them.



The Obeticholic acid for the Amelioration of Cognitive Symptoms (OACS) trials are looking at whether Obeticholic acid (OCA) is helpful in managing the cognitive symptoms (brain fog) that patients with primary biliary cholangitis (PBC) sometimes face. This medication is licensed on the NHS but currently we can only use it for people who have raised liver blood tests despite being on ursodeoxycholic acid (UDCA) or in people who can't take UDCA. People with a new or longstanding diagnosis of PBC can take part. It is a 'placebo-controlled' trial. This means that 50% of people get obeticholic acid and 50% get a 'dummy' drug. Neither the patient or the doctor knows which medication you are getting. The trial lasts 6 months. Patients who are on fibrates are not able to take part.

The key contacts for this study are:

Geraldine Carroll geraldine.carroll@nhs.net

and Jess Dyson jessica.dyson1@nhs.net



The PROMISE trial is a PROSpective double-blind placebo-controlled multicentre trial of faecal MIcrobiota tranSplantation to improve outcomES in patients with cirrhosis. We know that in people with cirrhosis, there are increased numbers of 'bad' bowel bacteria which can be harmful to health. It could be beneficial to replace these 'bad' bacteria with 'good' gut bacteria donated from a healthy person by performing a type of bowel bacteria transplant, known as faecal microbiota transplantation (FMT). The PROMISE trial will evaluate whether treating patients with FMT capsules (made containing dried stool from a health donor) will reduce

the likelihood of them getting an infection by measuring the time it takes to develop an infection resulting in hospital admission. This will be compared to a 'dummy' capsule that contains no FMT (placebo).

It is a multicentre UK trial, including patients from the Freeman Hospital. Patients with alcohol-related cirrhosis or metabolic dysfunction-associated steatotic liver disease (MASLD) cirrhosis, previously known as non-alcoholic fatty liver disease (NAFLD), will be selected at random to have FMT treatment or placebo and both the study team and the patients will not know which treatment they are taking. The patients will need to take 5 capsules every 3-months. Patients will continue treatment for a total of 21-months or until they develop their first infection leading to hospital admission and will be followed-up for a maximum of 2-years.



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

BAKING WITH AN AIR FRYER - LIZ BENNETT

We bought an air fryer before Christmas and are now getting to grips with what you can do with it.

When we first got the machine, I tried making a tea loaf, this really didn't work, but moving on and knowing now about temperatures and timing we are becoming quite enamoured with the machine.

Recently after making a coconut-based curry, I was left with half a block of creamed coconut. So, I set about to devise a recipe to use this in a cake. Working on previous cake recipes and considering the fat content of the coconut for the mix, I had to calculate the amount of mixture and size of containers to fit into the machine. (Air fryers vary in size and shape as do the containers you use to fit) Ours is a 2-drawer machine. I decided to use both drawers as this was a trial of a recipe and working out temperatures and times. In one drawer I used 6 small silicone cake cases in the other a small metal loaf tin, which I lined with a paper case.

It's also important to pre heat the drawers as you would an oven, try to have your ingredients at room temperature and when using metal tins use a liner – so you're not putting metal on metal.

Coconut cake recipe:

Take into consideration the time it will take you to make the mixture. Allow 5



minutes in that period to pre warm your machine.

5oz caster sugar
2oz creamed coconut
6oz self-raising flour.
40ml warm water
3tbs milk – if needed

Method:

Break coconut into as small pieces as you can, pour over the water and keep stirring and pressing until you have a soft mix with no lumps. Cream together butter and sugar until light and fluffy, add coconut mix and beat well. Add eggs one at a time, ensure each is well beaten, stir in the flour. Add milk as required.

Put the mix into prepared cases/tins, place into machine. My cakes were different sizes and required different times so: for the small silicone cases – Bake temperature 150c for 16 mins... For the loaf tin Bake again at 150c for 20 mins then reduced to 140c for 10mins then up to 150c 12 mins. Sounds complicated but I wanted to avoid making a very dark cake. As Air fryers differ it is advisable to keep checking how your cake is baking. The cake was light moist and tasty, much better than using desiccated coconut. You can decide on size and shape of your choice. It would make a nice sandwich cake with jam & cream filling.

*This recipe would work in conventional oven at 180c - timing would depend on your tin size.

LETTERS - email us or post to 'freepost livernorth'

Hi John,

Thank you very much for giving me the opportunity to speak at a LiverNorth event - it was great being able to talk about something I'm so passionate about and to answer some insightful questions from the audience.

Hopefully once I make a start on my research, I can present an update in a year or so!

Thank you again for hosting me, and offering support with applications,

Very best wishes,

Abdullah

Dear Joan and John,

We wanted to share the happy news with you both and your fellow liver north members, that we finally launched our Liver ERAS programme on 8th January. The journal is being well received and programme going well so far. Thank you again for all your hard work in helping us develop this programme and ensure that it is as patient focussed as possible. Perhaps later in the year, when more patients have been through the programme, one of the team can feed back our progress at one of your meetings.

Best wishes

Carrie

Lead nurse for enhanced recovery in transplantation

Renal Operational Delivery Network Co-lead for transplantation

Institute of Transplantation, Freeman Hospital

Ward 16 at the Freeman Hospital would like to thank the LIVErNORTH Team for the kind donation of Christmas Presents for our patients.

Regards

Lisa Nuttall

Ward Clerk

Ward 16

Freeman Hospital

Dear LIVErNORTH,

Firstly, can we both say a huge thank you for letting us have the use of your fantastic accommodation at Beechwood House. This provided a safe base close to our daughter during her long stay in Ward 16.

Please find enclosed a donation which we hope you will find adequate. Also a gift aid declaration.

We sincerely hope that we do not require your service in the future but are so very grateful for the supportive role you play for families and carers.

Sending you our best wishes and kind regards

H&AD

NI

Dear John,

The sad news I have to report is that my wife passed away on 9th Feb 2024 in hospital. The liver she received in 2002 was still working very well. When she had her transplant in the Freeman I was fortunate to stay in the flat run by LIVErNORTH which was vital for peace of mind. After the transplant we both received excellent back up from LIVErNORTH and we met the wonderful Tilly Hale, who offered help and advice which was greatly appreciated.

At the funeral we placed a box for donations to LIVErNORTH and I am forward a cheque for your charity. Thank you for the magazine, I would like to still receive it in the future.

With many thanks, NB, Durham

Dear Joan and John,

It is with great sadness that I have to tell you that my lovely husband passed away suddenly on 21st February at home. His funeral is on March 14th and any donations collected will be sent to LIVErNORTH in his memory as he would have wished.

When he was diagnosed with Autoimmune hepatitis in 2006 we didn't know where to turn for help but fortunately we were given your name and telephone number and you gave us support, advice and information which was a Godsend. We then over the years attended many support meetings until we couldn't make the journey over to the North East. However we had your regular Newsletter which we enjoyed and which enabled us to keep up to date with everything. I thank you for being there when we needed you.

Best wishes to everyone at LIVErNORTH, JR, Cumbria

Joyce Widdis - KIDS 'PLAYING OUT' MEMORIES...

We were a nation of mostly healthy kids.

We climbed and ran along walls, jumped over or swung on gates, we lobbed ourselves through privet hedges, played knocky door danger and ran like hell when the owld fogley came out to play war with you, (not literally)...How many times did you hear these words: 'If that ball comes in here one more time, I'm putting a knife through it', made sense to just jump in their garden and get it yersel' didn't it'...Or they'd say, 'I know your mother, I'll be having a word, setting your cheek up to me!'...A thick ear was looming!...

We ran from the farmer across his fields and the parkie/gadgie for running across the bowling green. We learnt to ride a bike ('Giz a seater')...We learnt to swim, (well some of us did) eyes red from the chlorine. We learnt how to keep a hula hoop going.

My sisters went potato picking, the farmer told one of them he had enough kids, and turned her away, when he wasn't looking she chased after the wagon and they pulled her on board...

That extra money was hard to come by.

We played chasey (I loved kiss chase, I was 26 at the time!) hidey, numbers from 1 - 10 in chalk

using your mam's old furniture polish or Wren shoe polish tin. Sometimes we'd chalk a big conch in the road, numbered up. We rarely saw a car back then, you just stepped onto the pavement when one came...

Whips and tops, coloured with chalk, jacks and chucks and swopping scraps. British bull dog, Levo, Kick the can, Rounders, Hot rice with tennis bats. You'd shout 'Skinch' and cross your fingers when you wanted the game to stop to say something.

We'd climb on wash house roofs and hang by our finger tips to drop back down..

Hours were spent playing two balls up against the wall, sometimes three, singing the rhymes, the same with skippies..

Cartwheels, hand stands falling back into the crab (me back aches just thinking about that)...

You learnt to steer a bogey, someone always making one from planks of wood, old rope, bolts and big old Silver Cross pram wheels and old push chair wheels, it was an art to steer them with your feet...Scabby knees & elbows from falling off...Jumpers for goal posts for the lads, dustbin for the wicket, marbles (liggies) played in the gutter, I loved all the pretty colours...

Cowboys and 'Injuns', lads, arms outstretched playing aeroplanes, making the sound of the machine guns.

We played in the clarts, held hairy caterpillars (singing the Ugly bug ball) and caught cabbage white butterflies. I told me dad once there was a caterpillar in me lettuce salad, he said, 'Div'n tell anybody, they'll al want one!'

We walked everywhere, to the park, down the Burn, down that massive wooden escalator into the Tyne tunnel into the bowels of the earth to go to Jarrow and straight back...The stuff of nightmares for me thinking the water would break through. We'd sing, 'Dayo, daaaayyoo' to hear the echo...

We'd have your mams old frocks or skirts, shoes that were miles too big, old net curtains, anything to dress

up in, to put on shows in the garden with an old sheet on the line for the back drop. We'd do dance routines like the Tiller Girls, 'Keep the sunny side up, up!...

"Zippidy Doodah"... 'Wait, don't yee come on yet, it's not your turn' - the choreographer was very strict'...Always someone in a huff for not getting the main part, 'Eee, I'm not playing anymore'... off she stomped to audition for another show to be the star...

We'd wriggle our hips...'She wears red feathers and a hula hula skirt', 'Living Doll' or 'Sailor, stop your roving'.. doing all the hand actions..

We had nowt, but, we had our freedom and above all, loads of imagination...You couldn't buy that. Such special times to look back on weren't they.

In all honesty, I don't think we turned out too bad...Do you?...





What is Lions Clubs Message in a Bottle?

Lions Clubs Message in a Bottle is a simple but effective way for people to keep their basic personal and medical details where they can be found in an emergency on a standard form and in a common location – the fridge.

Message in a Bottle helps emergency services personnel to save valuable time in identifying an individual very quickly and knowing if they have any allergies or take special medication.

Paramedics, police, fire-fighters and social services support Lions' life-saving initiative and know to look in the fridge when they see the Message in a Bottle stickers. The initiative provides peace of mind that prompt and appropriate medical assistance can be provided, and next of kin / emergency contacts can be notified.

For further details and for the form for ordering Lions Message in a Bottle, type this into your browser:

<https://lionsclubs.co/Public/message-in-a-bottle/>

or phone the Lions on 0121 441 4544



Songs of our past re-titled for our generation:

Herman's Hermits — Mrs. Brown, You've Got a Lovely Walker

Ringo Starr — I Get By With A Little Help From Depends

The Bee Gees — How Can You Mend A Broken Hip?

Roberta Flack — The First Time Ever I Forgot Your Face

Johnny Nash — I Can't See Clearly Now

Paul Simon — Fifty Ways To Lose Your Liver

The Commodores — Once, Twice, Three Times To The Bathroom

Leo Sayer — You Make Me Feel Like Napping

The Temptations — Papa's Got A Kidney Stone

Abba — Denture Queen

Tony Orlando — Knock 3 Times On The Ceiling If You Hear Me Fall

Helen Reddy — I Am Woman; Hear Me Snore

Leslie Gore — It's My Procedure, and I'll Cry If I Want To

And Last but NOT least:

Willie Nelson — On the Commode Again

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 2024 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:

<i>*JH,</i>	<i>Cramlington</i>	<i>no 30</i>	<i>drawn on 9/5/2023*</i>
<i>*EA,</i>	<i>Chester-le-Street</i>	<i>no 111</i>	<i>drawn on 22/6/2023*</i>
<i>*AG,</i>	<i>Great Lumley</i>	<i>no 141</i>	<i>drawn on 1/8/2023*</i>
<i>*IA,</i>	<i>Sunderland</i>	<i>no 16</i>	<i>drawn on 3/10/2023*</i>
<i>*DB,</i>	<i>Ashington</i>	<i>no 114</i>	<i>drawn on 22/11/2023*</i>
<i>*ND</i>	<i>Sunderland</i>	<i>no 54</i>	<i>drawn on 17/1/2024*</i>
<i>*LW</i>	<i>Sunderland</i>	<i>no 24</i>	<i>drawn on 29/2/2024</i>

£2500 Jackpot Prize winner

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

New financial year starts April 2024 - join now!
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

18

material so please send in anything you have or have heard whilst out and about. It doesn't have to be 'professional' – your witty observations on life are always welcome.

If you're feeling a bit low - read on... As they say, laughter is the best medicine!

Thanks for this issue go to my many facebook friends, LIVERNORTH colleagues and 'the internet'.

WARNING - SOME JOKES UNSUITABLE FOR CHILDREN - YOU HAVE BEEN TOLD!

Just spent £30 on a belt that doesn't fit.
Huge waist.

I went to an RNLI Christmas party last night.
They really know how to push the boat out.

My current wife says that my life revolves around nothing else but posting jokes and commenting on Facebook and that it's completely destroyed the way in which we communicate. Anyway, I've blocked her now!

My Therapist said I have trouble expressing emotion, can't say I'm surprised...

Sugar is the only English word where the S is pronounced as Sh? I'm fairly sure.

I asked the librarian if they had any books on pantomimes. They replied they're behind you.

Yesterday I visited the birthplace of the man who invented the Toothbrush. I was surprised there was no plaque?

Just paid £2500 for a sofa and now I've been told it's not going to be delivered for 8 weeks. Does anyone know where I stand?

Is the leaning tower of Pisa a listed building?

Motown weather out there today - Three degrees. Four Tops.

I met a magical Genie. He gave me one wish. I said, "I wish I could be you". The Genue saud, "Weurd wush but U wull grant ut."

How do you woo a farm girl? A tractor.

A little old lady goes to her doctor for a checkup. The doctor asks her if she is having any problems. "Yes doctor I have a problem. I have to fart a lot. I fart all the time. Fortunately no one can hear them or smell them. In fact I have farted twice just since you came in. I bet you couldn't hear or smell them, could you." The doctor gives her an examination and says to her, "I can treat this problem with an over-the-counter medication, a prescription, and a referral." "The over-the-counter medication will help your body produce less gas, the prescription medication will help you recover your sense of smell, and I am giving you a referral to an Audiologist to see if they can help you to improve your hearing."

"My wife and I were walking down the street and turned a corner, and saw six big burly blokes beating the hell out of my mother-in-law. Shocked, my wife asked, "Aren't you going to help?". I thought about it for a while and said to her "No. I think six should be enough."

These next 2 are from a relative in Canada:

A man said to God
"You know God, if you let me win the lottery tonight, I promise you, I will help the poor and the needy around me".
The next day, the man checked the results and did not win.

The following week, the man said to God:
"I am being honest, God, if you let me win, I really will help people"
Results – no win.

The following week, the prize is very large, the man said to God: "Truly God, I will help all needy people". At that point, a voice came down from Heaven: "Come on, give me a break, buy a ticket"

A man says to God:
"Well, God, so far I have not been nasty to people, I have not lost my temper and I have not had any bad thought and did not swear, But in 5 minutes, I will get out of bed and start my day, and things will change."

Jean B, Canada.

ANYONE INTERESTED?: I've got a few G.C.S.E maths books for sale. £2 each or 3 for £15.

A Welsh charity have asked pop groups from the 70's to donate items to be auctioned for local causes. They've had items from Slade and Wizzard; they're just waiting to see if ABBA give any....

I see corduroy pillows are making headlines.

I knew a guy called Roy who was being treated by a psychiatrist for mental and emotional problems. During one consultation the doctor said to him. "Well, Roy, everything looks good now, how are you feeling? Are you at peace with God?"

Roy replies, "God and I are fine now, doctor. He knows I have poor eyesight, so he's fixed it so that, when I get up in the middle of the night to go to the bathroom, poof,...the light goes on, and when I'm done, poof,..the light goes off again."
"Wow, that's amazing," says the doctor.
When Roy has gone he decides to call Roy's wife. "Jackie", he says, "Roy is doing fine, but I had to call you because I'm frankly stunned by his relationship with God. Is it true that when he gets up during the night, poof, the light comes on in the bathroom, and when he's finished, poof, the light goes off?"
"Deary me no", she replies, not at all. He's started peeing in the fridge again."

Bought an old dog from a blacksmith this morning, literally within 10 mins of getting the dog home and he made a bolt for the door.

I never thought orthopaedic shoes really would work for me, but I stand corrected.

People are shocked when they find out I'm not a very good electrician.

I got an old Elvis record down the market, called 'Wooden Leg'. I said to the bloke, "I thought it was 'wooden heart?'" He said "well, yes, but this is a pirate copy".

Motoring Quiz: You see a BMW waiting at a tee junction onto a busy dual carriageway. Which way will they turn?

Remember... If you haven't dropped your phone into a toilet yet, you haven't dropped your phone into a toilet, yet.

Today I bought myself some sensible walking boots, a new Ordnance map, a nice hand

carved walking stick and a rucksack. Then I went into Rothbury, I walked about 3 miles, stopped, sat on a bench and opened my flask of tea and had a cup. Then I walked a further five miles and stopped to eat my sandwiches and then I....

Oh sorry, I'm rambling!

Just drove through our village and someone has dumped a mattress, I don't know how they sleep at night!

The wife said she had 14 reasons why she was leaving me, plus my obsession with tennis...

I said that's fifteen love.

Met a bin man the other day. He said he's quite often down in the dumps.

A man walks into a pub, goes up to the bar "Pint of best" he says to the bar man, Whilst waiting for his drink he notices that Vincent Van Gogh is sitting at one of the tables He goes up to him and says "Are you Vincent Van Gogh?" "Yes" the old man replies "do you want a pint?" "No, ta. I've got one 'ere."

Great Hide and Seek players are really hard to find.

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

3 weeks ago, I sent my hearing aid away for repair...I heard nothing since.

When you teach a wolf to meditate he becomes aware wolf.

The girl in the middle of the tennis court is Annette.

I asked my GP how to increase my fitness

levels. He advised to walk ten miles a day for two weeks. I rang him two weeks later and said "I'm 140 miles away from home so what the hell do I do now!!

Doctors !! I was having trouble with athletes foot and the doctor advised me to put on a pair of clean socks each day, after a week I couldn't get my shoes on!

Walking though the town late last night, I passed an apple pie, an ice cream sundae and a lemon cheesecake. I thought "the streets are strangely deserted tonight"

Engineers have just made a car that can run on parsley. Now they are hoping they can make buses and trains that run on thyme!

I got an email yesterday explaining how to read maps backwards...I deleted it cos I figured out it was spam.

My wife asked if she could have some peace and quiet while she made dinner so I took the battery out of the smoke alarm.

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@livenorth.org.uk or post to freepost livenorth.

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

The Pub Quiz or if you prefer the Barista Café Quiz No 7 (AB)

1. Who won the American Super Bowl in February this year?
2. What do we call a fish or seafood thick soup or stew?
3. What does a Lepidopterist collect?
4. Who in Music was known as the “Little Sparrow”?
5. Who is depicted on the back of the £10 note?
6. Which is Britain's oldest University?
7. Which product had the advertising slogan, “it's the real thing”?
8. What mythical creature represents the 2024 Chinese Year?
9. In broadcasting what do the letters CNN stand for?
10. Who was the Scottish architect and designer who was the outstanding exponent of the Art Nouveau Style in Scotland?
11. What is the only National Park in Britain which begins with the letter Y?
12. Which river flows through the Grand Canyon?
13. Torvill and Dean won their Olympic Gold medal in Ice Dancing in which year?
14. What name is given to a soft leather shoe originally worn by Native Americans?
15. What food has varieties such as, Rome Beauty, Cortland Custard, Lawton's Superb and McIntosh?
16. Which children's book begins with, “The Mole had been working very hard all the morning, spring-cleaning his little home”?
17. Which Bruce starred in “Die Hard”?
18. Which major company is also the name of one of the longest rivers of the world?
19. In tennis, what fruit is found on top of the men's Wimbledon trophy?
20. What is longer, a nautical mile or a mile?

(Answers below)

- | | |
|---|--|
| 11. Yorkshire Dales – established in 1954 | 1. Kansas City Chiefs |
| 12. The Colorado river | 2. Chowder |
| 13. 1984, it is 40 years ago that they did that remarkable ice dance to the music of Bolero | 3. Butterflies and Moths |
| 14. Moccasin | 4. Edith Piaf – French singer whose most famous song was, “Non, Je Ne Regrette Rien” |
| 15. They are all varieties of Apple | 5. Jane Austen |
| 16. Wind in the Willows by Kenneth Grahame | 6. Oxford, which was founded in 1249. |
| 17. Willis | 7. Coca Cola – the slogan was first used in 1942 |
| 18. Amazon | 8. The Dragon |
| 19. Pineapple | 9. Cable News Network |
| 20. A nautical mile is 1.15 miles | 10. Charles Rennie Mackintosh |

UIOLI SPRING 2024

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!

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

Easy SUDOKU

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

Difficult SUDOKU

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

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

Difficult

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

Insurance Matters

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

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

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

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

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

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

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



Information Leaflets Available (read or download):

- 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. Lifestyle and your Liver (MASLD/NAFLD)**
- 12. Liver Disease**
- 13. Skin Care for Liver Patients**
- 14. Diet and Liver Disease**
- 14a. Nutrition Support in Liver Disease**
- 15. Hepatitis C**
- 16. Travel Insurance for Liver Patients**
- 17. Hepatitis E**
- 18. Fatigue in Liver Patients/A Patient's Journey**
- 19. Understanding Your Tests**
- 20. Liver Cirrhosis Self Management Toolkit***
- 21. Exercise & Osteoporosis in Liver Patients**
- 22. Hepatic Encephalopathy**
- 23. Our Livers, Our Lives (reflections of liver disease)****
- 25. Allowances (DLA & PIP)**
- 30. Wellness Walks (various)*****

* only from your healthcare professional - email for more information

** Patient & Carer art - online only via ISSUU (details below)

*** View via ISSUU. Printed copies on request.and

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to get our new
interactive
poster



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 |

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

SUE 01642 706302

KATHRYN 01207 505231

FIONA 0781 5071918

SUSAN 01207 271707

ANN 0191 4131827

**FOR ALCOHOL MISUSE 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



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