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LIVErNEWS

Liver Patient Support Newsletter
Summer 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 (now known as Liver Blood Tests)
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	MASH	Metabolic dysfunction-Associated Steatohepatitis
ARLD	Alcohol Related Liver Disease	MASLD	Metabolic dysfunction-Associated Steatotic Liver Disease (see also NAFLD below)
BP	Blood Pressure	MetALD	Metabolic dysfunction-associated Alcohol-related Liver Disease
CCG	Clinical Commissioning Group	MRC	Medical Research Council
CHB	Chronic Hepatitis B	MRHA	Medicines & Healthcare products Regulatory Agency
CRESTA	Clinics for Research and Service in Themed Assessments		
CQ	Chloroquine phosphate	MRI	Magnetic Resonance Imaging
CQC	Care Quality Commission	NAFLD	Non-Alcoholic Fatty Liver Disease
CT	Computed Tomography	NASH	Non-Alcoholic Steatohepatitis
EHIC	European Health Insurance Card	NFIB	National Fraud Intelligence Bureau
FLI	Fatty Liver Index	NICE	National Institute for Health and Care Excellence
GHIC	Global Health Insurance Card	NHS	National Health Service
GIT	Gastrointestinal Tract	NHSBT	NHS Blood & Transplant
GP	General Practitioner (doctor)	NIHR	National Institute for Health Research
		NSAID	Non-steroidal anti-inflammatory drug
HAV	Hepatitis A Virus		
HCC	Hepatocellular carcinoma	PALS	Patient Advice and Liaison Services
HCQ	Hydroxychloroquine	PBC	Primary Biliary Cholangitis
HCRG	Hepatobiliary Clinical Reference Group	PHE	Public Health England
HCV	Hepatitis C Virus	PPE	Personal Protective Equipment
HCU	High Dependency Unit	PPI/E	Patient and Public Involvement/Engagement
HE	Hepatic Encephalopathy	PSC	Primary Sclerosing Cholangitis
HEV	Hepatitis E Virus		
HIV	Human immunodeficiency virus	TED	technology, entertainment, design
HPB	Hepato-Pancreato-Biliary	TX	Transplant
HRCT	High-Resolution CT	T2DM	Type 2 Diabetes
ICP	Integrated Care Plan		
ICS	Integrated Care Scheme	URSO	Ursodeoxycholic acid

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

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WELCOME TO THE SUMMER 2024 ISSUE OF LIVErNEWS

Another issue of LIVErNEWS in full colour to celebrate the **30th**

Anniversary of LIVErNORTH. Our printer friend (Prontaprint Sunderland) has come up with a special deal for us for full colour so we're going with it! There's a page from an early newsletter on page 3 and a few more photographs on page 4 (more in future issues)

There are some really interesting articles inside this issue and you can read them at your leisure. Back in 1996, an intrepid supporter, Graham Ratcliffe, who was the first British climber to reach the summit of Mount Everest twice, embarked on an epic journey raising over £1300 for LIVErNORTH (see page 3). Graham wrote about his journey in his book 'A Day to Die For: 1996: Everest's Worst Disaster' which is available from Amazon. Now I would like to bring your attention to another epic fund raising journey undertaken by our supporter Liz King and her friend Rachel, both WRAF pensioners. Her brilliantly illustrated journey started on Saturday 15th June with the Abisko to Abiskojaure (Sweden) trek shown on page 13. Liz aimed to raise £250 for LIVErNORTH but already she's raised over £1200 and if you would like to help her fundraising effort, the details are on page 16. Like Graham, this is another example of the generosity, kindness and huge efforts our supporters make for the charity.

Very many thanks Liz!

We had a surprise call from Chopwell Craft Club who had raised £200 for us in memory of a Eunice House. When we met them to receive the cheque we were given a beautiful patchwork quilt and several lovely cushions they had made for us - read about it and make a bid on page 10.

I wanted also to pay tribute to some of the people who help us 'backstage' - read our first hidden helper tribute on page 24, 'The Backroom Folk'.

This issue, like many of our past issues contains webinar reports, quizzes and observations made by my fellow governor Alf Bennett - his witty style and analytical mind are put to full use in his excellent articles and I would just like to pay tribute here to his wonderful contribution to the LIVErNEWS. Alf's wife Liz also does her bit and the lovely recipes are all her own work - [thank you both](#).

If anyone has anything for the Autumn LIVErNEWS please let me have it via email to info@livenorth.org.uk as work will start on that issue as soon as this one goes out.

Lastly, if you need answers or need to talk to other liver patients, we have a private facebook group 'LIVErNORTH member chat' that you can join. Just email us for details.

Best wishes, John

More pics from our 30 year history...This is a page from our Summer1996 newsletter, issue 8, Graham Ratcliffe was eventually the first Britain to climb Everest twice and he did it for LIVERNORTH!



‘I will climb Everest for you’

These words started the group off on one of it's most widely publicised fund raising efforts ever when a local man, Graham Ratcliffe telephoned to say he was climbing Everest in May this year and that he would allow us to use the climb to raise funds.

Needless to say, the offer was taken up immediately and every member was written to and sent a sponsor form to try and make the best of this unique opportunity.

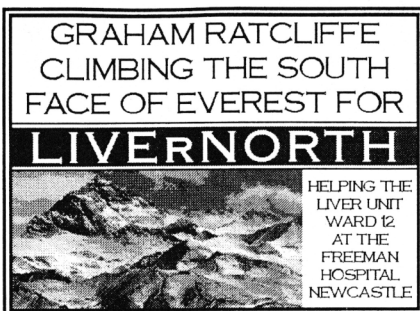
So far this sponsorship has raised over £500 and more is to follow. If you have not sent in your sponsorship form and money by the time you read this, **please do it now.**

Graham was delayed in his climb when he went to the aid of other climbers who were in difficulty but he was still determined to complete his task of climbing the South Face of Everest after helping with the rescue.

If Graham had been successful he would have entered the Guinness Book of Records as one of the few people ever to have climbed both the North and South faces of Everest.

We now know that his attempt had to be abandoned due to atrocious weather conditions but the main thing for us and the people who sponsored him is that he made the attempt.

Very well done Graham, it was a valiant attempt and you have done us all proud. No-one here would have wanted you to neglect another climber in distress and you have our sincere thanks and blessings.□



LET'S GO TO YORK!



Sylvia Dickens has arranged a day trip on 3rd August to the City of

York at a cost of £5.00 per person.

Leaving from the Freeman Hospital at 9.00 a.m. then on to Chester-le-Street and Durham leaving York at about 5.00 p.m.

Please complete & return the enclosed reply form by 30th June.

Liver Awareness Week

Although many of you may be wondering what happened during the National Liver Awareness Week, here at LIVERNORTH we had some excellent local support and publicity in the region.

As well as Graham Ratcliffe's climb, one of his sponsors, the Mercantile Building Society agreed to provide 250 posters for LIVERNORTH and to have 13 collecting cans in their branches.

GO-AHEAD Northern kindly agreed to display our posters on their buses for the whole of May giving us valuable publicity and the collecting cans were accompanied by yet more posters in the Mercantile branches.

What kind of results all this has produced is yet to be seen but if it helps just one person stay away from liver problems it will have been well worth it.

Many thanks Graham, The Mercantile Building Society & GO-AHEAD Northern.□

Christmas is Coming

And it seems to get earlier every year... This year, like last year we are selling Webb Ivory Christmas cards and gifts and all profits go to LIVERNORTH.

Everyone who bought these items last year will remember that they were very good value and high quality.

Many new and distinctive items are in the 1996 catalogue as well as the regular favourites and if you would like a copy then please ring Joan Bedlington on 0191 3701713 as soon as possible.□





More photographs from our archives. Our Autumn Fairs were always popular and very well supported - a very young looking Prof (then 'Mr') Talbot and a young (ish) John B chatting before making the prize draws.

More photographs of our many lovely supporters and friends over the past 30 years in the next issue



Past, Present and Future of Liver Perfusion - 19th March 2024



Presentation given by Rod Figueirido Consultant HPB/Transplant Surgeon. For those of you who missed it, here are some brief notes. Don't forget, you can

view the full presentation on YouTube. Details on how to access this are on page 9. This incredibly informative talk outlined the changes which have taken place in transplantation with the increasing use of perfusion. That is to say, the techniques of delivering blood or oxygen to a donor liver using a machine that keeps the organ functional for transplantation.

Over the last ten years, there has been an increasingly upward trend in transplantation. However, this has not been matched by the supply of donor livers. Donations after Brain Death (DBD) have been decreasing over this period. This has put greater emphasis on Donations after Circulatory Death (DCD) i.e., from non heart beating donors. It is therefore essential that we learn from our assessment of selecting these livers for transplantation. At Newcastle, patients are fully aware of the decision processes which are involved in selecting livers for transplantation. The trend nationally has been to increase the use of DCD livers. More than half the number of transplants done in Newcastle use DCD livers, which is more than any other Centre. A problem with DCD livers can be Ischaemic Cholangiopathy, a condition where the bile ducts do not survive. Perfusion has radically improved this. An outline was given of the range of machines now available at Newcastle to carry out different perfusion techniques. They are either Normothermic where the liver is perfused with a red blood cell solution at body temperature or Hypothermic where a

red blood cell free solution at low temperature is used to keep the organ alive, oxygenated and metabolically functioning prior to assessment for transplantation.

Newcastle have carried out a review of the World Wide research on the merits of Normothermic and Hypothermic Machine Perfusion which shows statistically significant improvements in survival rates.

Data was provided on all of the transplants done over the last eight years. Three categories are involved:

50 transplants carried out using Hypothermic oxygenated machine perfusion (HOPE)

7 transplants using Normothermic machine perfusion (NMP)

11 transplants using Normothermic regional perfusion (NRP), where in situ perfusion of part of the donors body takes place.

The results are dramatic and show the value of perfusion.

The talk then concluded with the quality of the different donor organs received. The analogy with different cars was used to enhance understanding. Ranging from those which can be used straightaway without perfusion. Secondly, those which are transplantable and are perfused. Finally, those which may be potentially untransplantable. These are put on NMP To gather more information to determine if they can be used. The Algorithm used by Newcastle to determine which livers can be used was explained.

The talk concluded with a very wide ranging set of questions on the perfusion techniques and what future developments may be.

AB

“MASLD” new name, new treatment



Presentation given by Professor Quentin. M. Anstee at the LIVERNORTH Meeting on the 23rd April 2024.

- What issues of current nomenclature (system of naming) would impact on renaming?
- Should the role of alcohol be accounted for?
- How would any name change impact on awareness of the disease?

This fantastic talk provided 'hot off the press' updates on recent developments involving this condition. Please note,

MASLD is what was formally known as NAFLD

Considering the changes which have taken place of late. The renaming of this condition and of possible treatments which may come on stream, this must now be the most up to date “go to” information. Anyone affected or interested in the condition is strongly recommended to read on and access the full talk on YouTube.

The old name of NAFLD or Non Alcoholic Fatty Liver Disease was problematic, in that it was a negative definition. It tells you what you don't have, not what you actually have. It is not alcohol related and the use of fatty has other connotations. In 2019, a number of medical papers were produced outlining what was wrong with the name. This resulted in the setting up of a Global Steering Committee which looked at a wide range of issues associated with the condition.

They included:

This led to the new name of:

Metabolic dysfunction Associated Steatotic Liver Disease or MASLD

The new name is now applicable across the World and replaces NAFLD.

Details were provided on a series of drugs which are undergoing trials. A number of promising agents have now been identified for possible use in treatment. It may be, in the future, a single drug or 2 or 3 medicines are used as part of “combination therapy” for treatment of the condition. In the USA, the drug Resmetirom has just been approved for use. It remains to be seen whether the UK and Europe will follow.

Don't forget you can access the full talk as well as answers to a range of questions posed by accessing LIVERNORTH on YouTube (index on Page 9). This should be essential watching for anyone affected by this disease.

AB

How can we improve detection and management of liver disease in Primary Care?



Talk given by Dr Helen Jarvis at the LIVERNORTH meeting on 23rd May 2024.

Dr Jarvis is an Academic Clinical

Lecturer at Newcastle University as well as GP in Northumberland. The talk was given from the GP perspective, where many Primary Care practitioners may not have detailed knowledge of the range of liver conditions. Dr Jarvis has significant detailed knowledge of liver conditions and is ideally placed to comment on the current position in the Primary Care setting. This coupled with the research she has carried out made for a fascinating and informative talk.

The talk commenced with, why is improvement necessary? The fact is that, unlike in other diseases where mortality rates are falling, in liver diseases mortality rates continue to rise. Many people who present at Primary Care level, with decompensated cirrhosis, find it is often too late. Up to 70% of acute admissions to hospital have had no previous identification of problems with the liver.

The talk then covered what we are currently doing. At present, we have reactive medicine for liver conditions with multiple guidelines, together with, repeat testing which may not be acted upon.

Surveys carried out with commission groups at regional level in 2020 and 2023 showed that across the UK variable diagnostic tests were carried out plus variable treatment pathways, resulting in a postcode lottery of care.

The talk then went on to discuss what we could be doing in Primary Care to improve the situation. Suggestions here, included;

- blood testing for those at highest risk
- use of updated guidelines
- getting to a diagnosis, not just repeating tests
- going beyond the test results to assess liver damage.

The Dundee example was quoted, with so called intelligent blood tests. Here GPs were given the blood test results together with possible further treatment actions.

Beyond the limitations of the basic liver blood tests, there is the need to make an assessment of liver damage. Here there was good news, for there has been a big shift over the last ten years with the availability of testing for fibrosis through the use of Fibroscans.

This was a fascinating, eye opening talk outlining the issues around liver disease which GPs have to face on a daily basis. The full presentation including question and answer session is available on YouTube.

AB

ZOOM TALKS 2024 - email us for your link to join

Liver
NORTH

WEBINAR

Online Via ZOOM

**7.00 pm, Thursday
25th July 2024**



Rachel Howarth & Thomas Crame

Rachel is a dietitian currently working in HPB and liver in Newcastle who sees patients on acute inpatient wards, in outpatient and specialist MASLD services.

She also sees patients pre- and post- liver transplant.

Thomas is a hepatology dietitian at the Freeman Hospital Liver Unit working with people with a wide range of liver conditions. He is currently setting up a new patient education service for those with MASLD.



Nutritional considerations in liver disease with Q&A

**▶ 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

June	2024	Prof Helen Reeves	Liver Cancer. Choosing the right treatment for each patient
May	2024	Dr Helen Jarvis	Improving Detection and Management of Liver Disease in General Practice
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	Professor 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	Professor 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	Professor 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	Professor David Jones	PBC - Where We Are In 2020.
Nov	2020	Prof Quentin Anstee	NAFLD
April	2020	Professor Matt Wright	Environmental chemicals and PBC

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





Some of you will remember a lady called Eunice House, who was a member of the Chopwell Craft Club (pictured). In a sale

of works Eunice's fellow members raised £200 for us in her memory. When we went to receive the cheque on 5th June they presented us with the beautiful items pictured here. The reversible quilt is approx 7ft long by 6ft 9 ins wide. If you would like any of these items, simply email us with your suggested donation and it will go to the highest bidder.



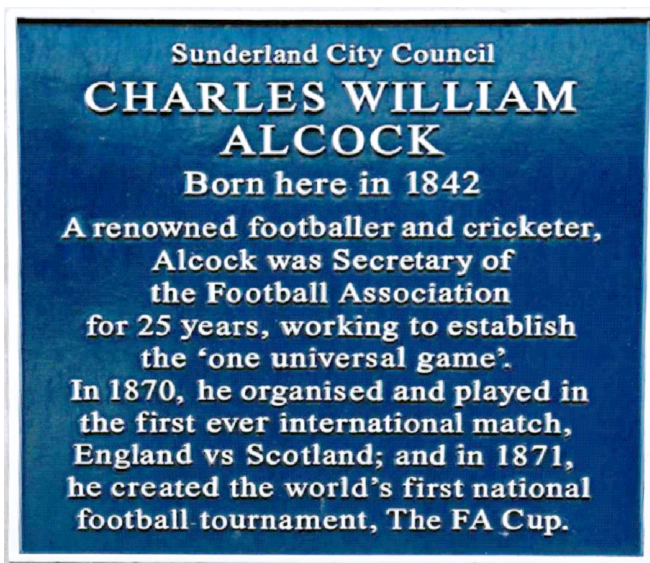
Always look up – You will be surprised what you find out

At the time of writing this, the European football championship in full swing. England have four points from their first two games. Sorry, I have not got a crystal ball to inform you how it turns out. However, by the time the newsletter is out, we will probably know the result. The Euros are huge, with intense interest across Europe. Coverage on TV is total, even Coronation Street has been replaced. Such is the demand that seats at the Final on July 14th are already selling for thousands of pounds. But, how did the idea of football competitions begin?

The answer is surprising and has its origin in the North East. This, I discovered purely by chance this week by actually looking up, beyond street level. I must have been in Norfolk Street in Sunderland many times, but failed to notice the blue plaque pictured below

Further research on Charles Alcock provided an even more remarkable story. While he was born in Sunderland, the family later moved to Chingford in Essex. His father set up a Marine Insurance Business in London. Charles himself was educated at Harrow School. On leaving school, he had a fascinating career.

Charles was an accomplished footballer and cricketer. He captained the England team in all five of the England v Scotland matches. While at cricket he captained Middlesex. He and his elder brother John were founders of Forest Football Club based in Leytonstone in Essex. This club later became the Wanderers F.C, which he captained to win the first FA Cup Final in 1872. He also played for Upton Park and the first Crystal Palace.



He was the pioneer of modern football playing styles with the emphasis on passing and teamwork known as the "combination game". So the football managers of today owe their tactics to Charles Alcock. The TV pundits of today clearly have no knowledge of Charles Alcock, otherwise they would all be talking about the "combination game".

He had even greater influence, firstly member, then secretary of the Football Association (1866- 1895). In this role, he proposed, "...that it is desirable that a Challenge Cup should be established in connection with the Association, for which all clubs belonging to the Association should be invited to compete...". This would be later known as the FA Cup. Fifteen clubs entered the first competition, won by the Wanderers, captained by Charles. He also worked to introduce regulated professionalism into the game. Throughout most of his career, he

supported himself and his family with work as an editor and author of many periodicals and books on both football and cricket. Such was his impact on the two sports, that a book was written about him, entitled – The Father of Modern Sport: The Life and Times of Charles W Alcock. Now there's an epitaph!

I would not have any idea of the existence of this remarkable man, if I had not looked up.

Alf Bennett

Scam Emails

Emails that seem genuine are being sent by criminals now to trick you into giving them your bank details, personal information and/or passwords.

It's very difficult to know which emails are genuine and which are not. Generally, if they don't use your name or your role, be suspicious. Check where the email came from and see if the sender's address seems genuine. If you've had a genuine email before from the same company, look at their previous address to see if it's the same. If in any doubt, delete it. If you want to stamp out this type of thing, forward the email to Action Fraud (report@phishing.gov.uk) (then delete it!).

Action Fraud will respond and say something like this:

As of May 2024, the number of reports received stands at more than 32,246,000, with the removal of more than 181,100 scams across 329,900 URLs.

We are unable to inform you of the outcome of our review, but we can confirm that we do act upon every message received. We will analyse the content of the email you have sent to us and any websites it links to. If we discover activity that we believe to be malicious, we may:

- seek to block the address the email came from, so it can no longer send emails
- work with website hosting companies to remove links to malicious websites
- raise awareness of commonly reported suspicious emails and methods used with the help of our partners

Please note...You should not report a suspected crime to us. If you think you may have been a victim of fraud or cyber crime, you should report it to Action Fraud if you live in England, Wales or Northern Ireland: www.actionfraud.police.uk, or call 0300 123 2040 to Police Scotland if you live in Scotland: call 101

Kungsleden Trek June 2024



After lots of planning, booking flights, fretting over train schedules and packing/repacking rucksacks we set off for our adventure in the Swedish Arctic on 10th June 2024.

This crazy adventure has been on my "to do" list for years and, now that I have AIH with cirrhosis, doing the trek and raising

funds for LIVErNORTH seemed an ideal combination.



My close friend Rachel was coerced into becoming my trekking companion, primarily to prove to her grandchildren that she still has what it takes. So there we were; two ex-WRAF pensioners, in the Arctic, with one functioning liver between us. What could possibly go wrong...?

Saturday 15th June Abisko to Abiskojaure. Set off at 08.00 after offloading loads of kit out of our packs. Dumped or ate loads of stuff to make the pack bearable. Probably got it down to a reasonable 10kg now.

Lovely walk through birch forest. Lots of wild flowers. Saw a couple of very pretty birds. Grouse sized, female brown and camouflaged, male more striking with red plumage around head. Possibly ptarmigan? Saw a whole herd of reindeer quite by accident. At least 30 of them.

Arrived at Lodge at 13.15 (4.5 hrs). Not a bad pace for 16km. Lodge quirky but nice. Met Stuart and Brian from Canada. Stuart fell in the lake when collecting water!! Played cards then bed at 20.34. Alarm set for 07.00.



Sunday 16th June
Abiskojaure to Allesjaure.
Porridge for breakfast.
Long long trek, 24km.





Completely ran out of energy at 18km point (very little glycogen in my liver). Ate chocolate to keep going! Good excuse. Really difficult slog in hot weather (is this really the Arctic?!!). Feet hurt. Had to stop and dress the feet about 6km from finish. Completed walk at 16.00 ish. Dressed and washed feet then lay on bed. Nice



station. Ate chilli and rice for supper.

Monday 17th June Allesjaure to Tjktjka.

Nice trek. Cooler weather today. Last 3 km seemed to go on forever though. Passed through a few snow fields. Fabulous waterfalls. Skipped (plodged) across two or three rivers. Lovely scenery. Spectacular setting for Lodge. Spag bol for supper with pineapple slices for pud. Feet a bit better today thanks to Rachel's tubigrip.

Tuesday 18th June Tjktjka to Salka via Tjktjka Pass (1100m)

Good day today despite heavy rain. Rocky hike up towards the pass, but the climb up to the summit was easier than expected. We scaled a couple of small snowfields up to the refuge hut where we rested for a few minutes before beginning the descent.

A bit slippery and scrubby but we made short work of it without disaster. Nice but rocky walk for a further 10km to the Salka hut. Saw some cute reindeer when we stopped for a drink. The bridge to the hut had collapsed so we had to ford the river just before the hut. Rachel took her shoes and socks off even though the



water was freezing. Great fun!! Arrived about 14.30. Mushroom risotto and tinned fruit for dinner. Huge, lonesome reindeer came to visit the camp about 20.00hrs. Very large antlers. Seemed very unconcerned!!





Wednesday 19th June
Salka to Singi. Nice day.
14km along a wide, river
valley. A couple of dodgy,
river crossings to
negotiate. Rachel took her
boots off again and used
her "ballet" shoes! Nice
refuge hut at 7km. Singi
camp is close to a large
Sami village. Nice to be

sharing accommodation with the "pack" again, aka
Canadian duo plus Alistair and Linda from
Hertfordshire and young French man and father. Feet more or less OK. I was
scolded for putting my boots on top of the drying room heater - which actually
was next to useless anyway!! Lots of discussion about the terrifying river crossing
tomorrow!! Very fast flowing and no bridge. I went to sleep dreaming about it...!



Thursday 20th June Singi to Kaitemjaure

Well, managed to cross the river OK. Hop, skip and a huge leap of faith. Nice hike
past some fierce cliffs and a fast flowing river. Alistair, Linda etc branched off for
Kebnekaise and Nikkolouka.

The river gorges really are spectacular. Carved out by the power of water. Finished
hike in birch woodland, lovely except for the mosquitoes. Hosts and camp at
Kaitemjaure are nice but the mozzies are a pain. Took antihistamine pill this evening
to stop the mozzie bite on my nose throbbing! Oh, oh! The mosquitoes! All night,
bitten to death even through my trousers and jumper. I resorted to wearing my
mozzie mask, plus coat, socks and gloves. Maybe two hour's sleep at the most...

Friday 21st June Kaitemjure to Teusajaure

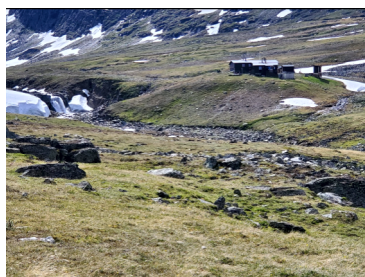


Up early just to escape the mozzies. Left about 08.00.
Trail very rocky up to
800m then sharply down
to the hut near the lake.
Great crowd at the hut
and fun watching people
trying to row across the
choppy lake. German guy
went fishing. Caught two
Arctic Char, a type of
trout. Looked good and
most people had a taste.





A few mozzies around but hopefully not as many as last night. Took antihistamine just to settle some itching and swelling. Boat crossing booked for 06.30 tomorrow.



Saturday 22nd June Teusajaure to Saltololuoka via Vakkotavare

Lovely but hard hike today. Boat crossing was smooth and we were really grateful for the extra crossing paid for by Brian. We landed on the south shore and set off at 06.45 after the crossing. Tough hike up hill for the first 4 hours (to about 900m). Nearly went off trail at river crossing but salvaged by Stuart at 11th hour! Lovely final 5 km along rough paths with views of snow covered peaks over towards Norway. Best hike of the whole trek. Ended at Vakkotavare at 13.30. Went down to river and had a paddle. Lovely to feel cold water on my feet after almost 150km (about 95 miles).



So now waiting for the bus and ferry to Saltoluoka and onward to Gallivare and back to Stockholm.

When I began planning this trek and began raising sponsorship I thought maybe £250 was a realistic target. However, I have been amazed at the faith and generosity of my friends, relatives and colleagues. Together, Rachel and I have raised nearly £1200 for LIVErNORTH. On behalf of liver patients in the

north east of England and beyond, thank you all so much.

Liz King

Please support my fundraising page:

<https://www.peoplesfundraising.com/fundraising/kings-trail-challenge-for-liver-north>



THINGS YOU NEED TO KNOW (and some you don't)

+ 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

<https://haveibeenpwned.com/>

This website allows you to search across multiple data breaches to see if your email address or phone number has been compromised. Simply type it into your browser and it will ask you for the email address you want to check. It's safe and it's free.

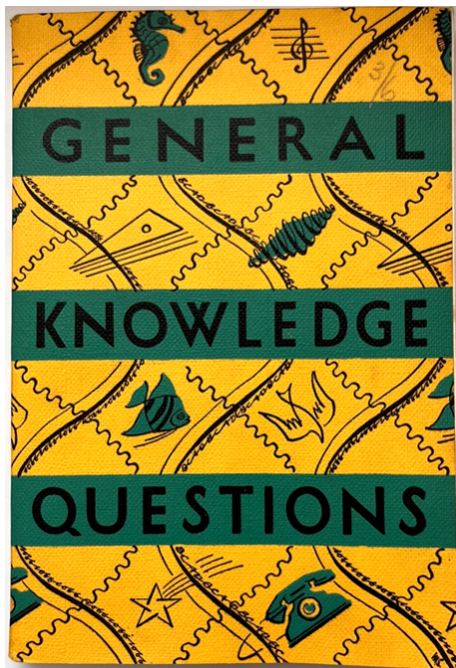


Our intrepid reporters go to incredible lengths to ensure that you are kept 100% up to date with essential information. Here's an exclusive photo report from our facebook friends 'Military Humour':



Quiz Questions and Answers – How things have changed?

While compiling the latest Barista Quiz, I came across the book shown below. This I purchased in 1958 from the local



book shop for the princely sum of 3/6p [I only know this because it is written on the front. Did I really get so much pocket money?] Looking back you realise now that it was quite philosophical in its approach. The preface informed me that;

This book has been designed to increase your knowledge and interest in the world around you and that the search for knowledge is a long trail, but the rewards at the end of it are well worth the journey.

I can think of a few occupations which

could take this up as their mantra. Plus, the “search for knowledge” part could have been part of the script of any magical block buster movie or a T shirt slogan for that matter.

It then went on to divide the contents into:

What you know
What you should know
What you should find out

So all bases were covered

Each section began with a quotation.
The best one was:

‘...when you know a thing, believe that you know it; and when you do not know a thing, admit that you do not know it: this is knowledge...’
Confucius

This would be a great introduction to any political Manifesto?. Somehow, I don't think it will taken up.

What was particularly interesting was how questions and critically how their answers have changed in that time. They reflect the incredible changes which have taken place in the World in such a relatively short period of time.

See if you can answer a few questions set in 1958. Remember, if possible try to get into 1958 mode for your answers. Sorry, but we do not have access to a time machine.

Full answers for 1958 and the present day are given at the end.

1. How many sheets in a ream ?
2. Can you name the tallest building in the World?
3. Can you name the tallest building in England?
4. If you are going abroad you will need a British passport. How much does it cost?
5. How many States are there in the USA?

At the end of the book were the so called twenty most common general knowledge questions, two which I found particularly interesting.

Why does a railway platform slope at the end?

Do you know the value of the most expensive postage stamp you can buy at the Post Office?

ANSWERS

1. This relates to paper, there are 480 sheets. Note, a later question asked, how many sheets in a quire[24]. Nowadays we are used to buying photocopier paper in pack of 500 sheets.
2. At the time, it was the Empire State Building in New York with the top floor at 380 metres and the tip at 443 metres. Since this time the record has been been beaten many times. Currently, it the Burj Khalifa in Dubai at 828 metres.
3. It was Salisbury Cathedral at 123

metres tall. Now it is the Shard in London at 309.6 metres

4. One pound Sterling. Today it would cost £88.50 online or £100 for a postal application. Now there's a change, you could not have dreamt of online purchases in 1958.

5. 48 States, today it is 50. The 49th State was Alaska and the 50th was Hawaii both became States in 1959.

Answers to the last two questions:

The Board of Trade regulation insists on a slope instead if an abrupt drop, or steps. This rule was made in order to prevent people from falling off in the dark or in fog.

The highest value postage stamp is £1. Today, it is £5, complete with barcode and the possibility of forgeries.

As the answers show, a lot has changed in that time. What will the next 60+ years bring?

(Another really interesting and informative article from our resident quizmaster Alf Bennett - I read these things from Alf and always say 'I never knew that' to myself! You have done it again Alf... Ed)



CHOCOLATE & GINGER FLAPJACK - LIZ BENNETT

As a lover of ginger, I developed this recipe to make a batch for my local sewing group.

Grease and line a 11 x 8 tray bake tin – pre heat oven 170c or 160c fan

Ingredients

250g butter

180g golden syrup

200g light soft brown sugar

400g oats

Stem ginger balls 4-5 depending on your taste (chopped)

Chocolate of your choice and amount – depending if you want to drizzle or coat



Method

In a pan, warm butter, syrup and sugar until melted together. In a bowl, place oats and ginger, pour over butter mix. Mix well making sure all oats are covered.

Press mix into tin, make sure it's even and into the corners.

Bake for 20-25 mins until corners/edges are golden but centre still a little soft wobble. It will set as it cools.

Leave in tin to cool, drizzle over your chocolate let it set then remove and cut it into squares.

Keep in air tight container.

The recipe was a hit as all of it was eaten with many asking for the recipe. So I hope you also enjoy.

LETTERS - email us or post to 'freepost livernorth'

Dear John and Joan,

I hope you are both well . It's hard to believe I retired from the post of liver unit dietitian almost 7 years ago ! however I am delighted to receive the newsletter which keeps me in touch with the comings and goings and all the research news from the liver unit and the university.

Thank you in particular for this latest edition which was a lovely reminder of Liver north's generosity (as well as a shock to the system when I saw how young I looked!!) with the dynamometer and other equipment you kindly provided over the years, I was able to carry out nutritional assessments which were much more accurate, monitor patients recovery from surgery and occasionally help the medical staff show off their strength !!

Wishing you and all the team the very best for this year and the next 30!

Kind regards

Barbara Davidson

Dear LIVErNORTH,

Well today marks the end of a bumpy but miraculous chapter.... 32 months ago my tests for going on the transplant list for my new liver began at The Freeman, today I have been discharged from my regular visits to the transplant clinic back to my normal consultant. Amazing news, but emotional too, I've seen these people sometimes weekly for all those months, and they've been with me through so much in that time, they are amazing, and I will always be grateful for their care and support. None of this would have been possible though without my brave and selfless donor and their family, the true heroes in all of this. Here's to making my second chance count ♥

JP

Cumbria

Hi,

I've been very close to needing a transplant and my life is pathetic. Can't physically do much and sleep a lot. Is there any other transplant patients around my age (45) who would be willing to chat? Message? Email. Just to ask questions about pre and post transplant and their experience.

Thank you,

K, South Tyneside

(this lady was told about the LIVErNORTH Member Chat facebook group and invited to join - Ed)

Joyce Widdis - GOING TO THE DOCTORS...

THE QUACK OR THE CROAKERS
(as me dad called them!)

No receptionists, you just turned up, you knew when you were next didn't you.

My dad would say, 'I was after the fella with the axe in his heed!..

Sometimes the doctor himself would call you in.

Hoping he could see you through the thick fog of his cigarette smoke, writing your prescription out on his desk scattered with cigarette ash next to his whisky glass, over spilling glass ash tray and pet dog under his desk..

Sick notes, signing you off, remember them?

Unlike now when you have to set your alarm and start ringing and redialling at 3 a.m. to get an appointment for that day, and then, when you do get through, appointments are all gone, you also have to tell them what's wrong with you, silence when you say, 'Well, I've lost the will to live and I've grown two heads while waiting for you to answer!!'..

Growing up in our house you had to be literally dying not to go to

work or school.

A cure for all ills was a cup of hot milk, and an aspirin.

You knew you were poorly when you got that bottle of Lucozade with the yellow transparent wrapper (you could play masks looking through it)..

Camphorated oil in that midnight blue bottle rubbed on your chest and back, a dollop of cod liver oil and given one of me dad's handkerchiefs and 'you'll be better tomorrow'..

I've put off going to see our GP for a week, despite having a sore throat, runny cold and horrendous coughing fits.

I didn't know what to hold first, me head, me chest, me ribs or bladder!..

You go in and see the doctor, feeling a fraud and feel so vindicated after he examines you and he tells you that,

'Yes, you do have a chest infection' and he prints out a prescription straight to your pharmacy, (one good thing now!) unlike the old days, a scribble you could never decipher..

'Experience is the hardest kind of teacher. It gives you the test first and the lesson afterward.' Oscar Wild

'A fool is known by his speech; and a wise man by his silence.' Pythagoras

Joyce Widdis - THE TIMES, THEY ARE A CHANGING

I'm feeling rather confused,
(Me hubby says it wouldn't take a lot),
With all the new phrases and technology,
I feel I'm losing the plot...
I still remember when Weed was down the garden,
Beside the greenhouse in a pot with Bill & Ben,
When you were really excited,
Getting 4 colours in a pen...
When Spam came in a tin,
You were either fat or you were thin...
Tattoos were what old sailors had,
An anchor, 'love or hate! or 'mam and dad'...
All that cosmetic surgery to look pert and neat,

Just wait until they're old,
And their boobs and bums will be down by their feet...
If I told me dad he'd think it a joke,
That seaweed and kelp have been made into soap...
I've ruled out the idea of going in the garden searching for snails,
To lather me skin in mucin,
By following their trails...
I'll stick to me cocoa and a plate of toast,
To snuggle with me hot water bottle,
Under the army great coat...
Well my friends, it's been good to unload,
I'm just off to find me a Boy Scout,
To help me cross the road.

Church Bulletin board

The sermon this morning: 'Jesus walks on the water.'
The sermon this evening: 'Searching for Jesus.'

Don't let worry kill you off - let the Church help.

Miss Mason sang 'I will not pass this way again'...giving obvious pleasure to the congregation.

Joe Benson and Clara Carter were married on June 24th in the church. So ends a friendship that began in their school days.

At the evening service tonight, the sermon topic will be 'What is hell?' Come early and listen to our choir practice.

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



THE BACKROOM FOLK...

The charity is often helped out by folks who you never see and who don't make a fuss about it. The lovely lady pictured on the right is Alison Bate who is Professor Stuart McPherson's Secretary. For years now, Alison has been meeting me in the Freeman drop off area to collect leaflets for the clinics. This most recent batch was a monster order and she was waiting for me with a trolley as I drove in. Not only does she wheel them up to the 6th floor, stores them and issues them, she even unloads the car for me to save parking time. Thank you Alison from myself and all of us for everything you do for our charity and for liver patients - it is very much appreciated.



HELP SUPPORT LIVER PATIENTS BY JOINING OUR LOTTERY



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

To join the 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@livenorth.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. Proceeds of the lottery are used solely for
liver patient support & research.**

£250 prize winners this year:

MR	Lanchester	no 51	drawn on 24/4/2024
SB	Whickham	no 92	drawn on 23/5/2024
NE	Watford	no 90	drawn on 27/6/2024

£2500 Jackpot Prize winner

****Drawn at our Winter 2024 Meeting****

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!

Well, what a strange night, my intruder light went off at 3am, got up, looked out of the window! Guy in my back garden, wearing a American football helmet, a Liverpool football shirt, he had cricket trousers and pads on, a pair of golf shoes, a tennis racket in his left hand and a rugby ball in his right hand! So I shouted, Oi, what's your game!!!

I refuse to accept the fact that I fell overboard on an Egyptian river cruise...*
(this is one of the funniest jokes Billy Venus has ever posted, if you don't get it, go to the end Ed)

I was going to the pub the other day and decided to time myself there and back. It took me 5 minutes to walk there. I had a good night with my pals then set off home but it took me over 20 minutes to get home. I couldn't believe it! the difference was staggering!

I've just made a ventriloquists dummy out of bits of old carpet - it's ruggish.

What is the difference between a Camera and a sock ? One takes photos and the other takes 5....

I went into an electrical shop and I said to the owner
"I need a battery so I can tell the time."
He said, "Is it for a clock?", I said
"I don't know. That's why I need the battery."

The man who invented optics has passed away, I would like you all to raise a glass...

I used to go out with a girl called Lyndsey Doyle, canny figure but smelt like a cricket bat

Our Wi-Fi went down last night, so I sat and chatted to the wife for a change. I'm surprised to hear she no longer works at Woolworths.

My mate phones me and said 'I'm in a quiz, what's the second largest state in the USA?'. I replied 'Texas'. Thirty seconds later I got a text asking 'what's the second largest state in the USA?'

My latest hobby is collecting old-fashioned heaters, lamps and other paraffinalia...

My friend got the sack from a clock making factory...apparently he sat there all day making faces!

Did you hear what's making headlines?... Corduroy pillowcases!!

Friday is a sad day, but wait 1 day and it will be a sadder day.

I got fed up with my mate accusing me of not being a true cockney.
So I pushed him down the apples and

oranges.

I've just got in from a local fancy dress competition in which I only came second with my giraffe outfit. Ok I didn't win but I can hold my head up high.

Just heard a right commotion outside. Found a hedgehog and a rat fighting on my door step. Anyway eventually the hedgehog won on points.

Parenting tip:
Avoid being pestered by wasps at BBQs this summer by covering a small child in jam.

A man came up to me in a pub last night and said did you sell me a faulty alarm clock last week. I said It doesn't ring a bell.

It wasn't until we were moving into the construction phase that it dawned on me... my design for a Barbie bungalow clearly had one tiny flaw...

Just been playing with my granddaughter, the apple of my eye, she's just asked " Granda when you going to turn into a frog" I said " what you on about my little pet lamb " her reply "Nana said when you croak we are all going to Disneyland "

Got kicked out of Timpsons today. I was just standing there. I was a bit disgruntled as the sign outside said 'watch repairs'.

The inventor of the throat lozenge has just died...there will be no coffin...

I looked at my bank statement and saw items which I hadn't bought: A water pistol, Size 18 red shoes, A false red nose, Colourful trousers, A trumpet...
I think I've been clowned.

My wife has just called me to tell me she saw a fox on the way to work this morning, I said how do you know it was on its way to work?

My wife has just told me I should do lunges to stay in shape. That would be a big step forward...

I've got a chicken proof garden, it's impeccable...

What has 4 wheels and flies?
A bin wagon...

I'm so bored, I've decided to read the Oxford English Dictionary from start to finish...I'm past caring.

I left 2 Justin Bieber tickets on my car passenger seat last night. When I went out this morning some yob had smashed the windscreen and left 4 more.

I don't have time to google lyrics. I sing what I hear: "Dancing queen, young and sweet, only seven teeth."

I recently got divorced from my wife. We decided to split the house. I got the outside!

I'll never forget the look on the cashier's face when she scanned the packet of bird seed and I asked her how long does it take for them to grow, once I plant them.

A passenger in a taxi leaned over to ask the driver a question and tapped him on the shoulder.

The driver screamed, lost control of the cab, nearly hit a bus, drove up over the curb, and stopped just inches from a large plate glass window.

For a few moments everything was silent in the cab, and then the still shaking driver said, "I'm sorry but you scared the daylight's

out of me."

The frightened passenger apologized to the driver and said he didn't realize a mere tap on the shoulder could frighten him so much.

The driver replied,

"No, no, I'm sorry, it's entirely my fault"

"Today is my first day driving a cab"

"I've been driving a hearse for the last 25 years."

I thought that training as an airport baggage handler would be fairly simple ...

But actually, there's a lot to take on board.

Eaten ten Kinder Eggs for breakfast this morning. Full of surprises me!

A bloke walked into a bar carrying a lump of Tarmac on his shoulder and asked the barman for a whiskey and one for the road.

I took my pet newt to the pub last night and asked for a pint of lager and a glass of water for Tiny .The Barman asked ".Why do you call it Tiny? I said. "Because he's my newt"

I asked a wise man, "Tell me sir, in which field could I make a great career?"
He said with a smile, "Be a good human being. There is a lot of opportunity in this area and very little competition."

Police have warned that a man who stole a Stradivarius should not be approached, as he has a history of violins.

I bought a Stradivarius last week. If it's not a Stradivarius I've just wasted £20.

I was in the Natural History museum in London last week and marvelling at some dinosaur bones. I asked one of the staff, "Can you tell me how old the dinosaur bones are?" The the bloke said, "They are sixty five million, four years, and six months old." "That's pretty accurate ," I said "How do you know their age so precisely, are you a palaeontologist ?" The bloke said, "No I'm not, but the dinosaur bones were sixty-five million years old when I started working here, and that was four and a half years ago!"

*He is in denial: 'the Nile'

Yes - I know the jokes are rubbish but you like them!

If you know a joke that might 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*.

Interesting Oxymorons:

Assistant supervisor

New tradition

Original copy

Plastic glass

Highly depressed

Live recording

Authentic reproduction

Partial cease fire

Limited lifetime guarantee

Dry lake

The Pub Quiz or if you prefer the Barista Café Quiz No 8

1. Michael Palin has been back on his travels on television this Spring, but which African country did he visit?
2. In which southern German city is the tallest church in the world located?
3. Which mythical creature represents Scotland on the UK Royal Coat of Arms?
4. Cod liver oil is rich in Vitamin A and which other Vitamin?
5. Which is the largest island in the Mediterranean?
6. What type of animal is a Nuthatch?
7. Which planet is known as the Evening Star?
8. The journalist Marjorie Proops was noted for being what?
9. In what decade was the Channel Tunnel opened to passengers?
10. What fish is included in Worcestershire sauce to enhance its umami?
11. What is the capital of Canada?
12. Which University is located in the City of Norwich?
13. According to dictionary entries which language has the most words?
14. How many teeth do most adults have?
15. What type of nuts are typically in a Waldorf salad?
16. What name is given to the green patina which develops on weathered copper?
17. How many bones are there in a ear
18. What island contains the countries of Haiti and the Dominican Republic?
19. Who wrote the book, Treasure Island?
20. In which country is the Chernobyl nuclear plant located?

(Answers below)

- | | |
|---------------------------------------|--|
| 1. Nigeria | 11. Ottawa |
| 2. Uim | 10. Anchovy |
| 3. Unicorn | 9. 1990's (1994 was the actual year) |
| 4. Vitamin D | Daily Mirror |
| 5. Sicily | 8. She was the Agony Aunt of the morning star. |
| 6. Bird | 7. Venus, it is also known as the |
| 12. University of East Anglia | 17. 3 which are located in the middle |
| 13. English (with 200,000 +) | 16. Verdigris |
| 14. 32, made up of 8 incisors, 4 | 15. Walnuts |
| canines, 8 premolars and 12 | 14. 32, made up of 8 incisors, 4 |
| molars. | 13. English (with 200,000 +) |
| 17. 3 which are located in the middle | 12. University of East Anglia |
| ear, called the hammer, anvil and | 11. Ottawa |
| stirrup. | 10. Anchovy |
| 18. Hispaniola | 9. 1990's (1994 was the actual year) |
| 19. Robert Louis Stevenson. | 8. She was the Agony Aunt of the morning star. |
| 20. Ukraine. | 7. Venus, it is also known as the |

UIOLI SUMMER 2024 - ISSUE 87

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!

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

Easy SUDOKU

Difficult SUDOKU

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

SU DOKU

'Single Digit' (Japanese)

As featured in the Times
Monday to Saturday

©Puzzles by Pappocom

www.sudoku.com

Last issue (No 86) SUDOKU solutions:
Easy

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

Difficult

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

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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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 Information:

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- Read online (<https://issuu.com/livernorth/docs>)
- Email us (info@livernorth.org.uk)
- Phone us (0191 3702961)
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