

88

LIVErNEWS

Liver Patient Support Newsletter

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

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

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Professor Helen Reeves BM BS BMedSci FRCP PhD, Mr Colin Wilson MBBS FRCS PhD

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

LIVERNORTH National Liver Patient Support

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WELCOME TO THE AUTUMN 2024 ISSUE OF LIVERNEWS

It's Autumn, can you believe it? Seems like only days ago we saw newborn lambs in the fields and green shoots bursting through the hedgerows and trees here in the UK. It all points to time passing too quickly to fully enjoy everything you want to so let's all take a step back, relax and take in what we have all around us. You might like to start by looking at the photographs on Page 17 taken by David Smith, a gifted photographer who has kindly given us permission to print some of his images. He really knows how to capture the scene in a wonderful way. Use It Or Lose It (UIOLI) on page 35 and the Barista Quiz on page 34 are also ways that can help you to relax. Having a look at these things, having a go at the quizzes and just reading the interesting articles will all help you take a breath, lower anxiety and help your mind - it's why we publish them.

Once again we have coverage of our 30th Anniversary with some brilliant photos and a cover page from the past (Page 3). Those of you who have been with us from the start will enjoy reminiscing and those of you who haven't may get some idea of our long heritage helping liver patients. One of our long traditions is the Annual CHARITY DRAW and you should have received some tickets with this issue. If you get your LIVERNEWS via email and would like some tickets to buy (or to sell), please get in touch and we will post some out to you. Every year we are supported with gifts from anonymous donors and of course, from the Barbour Foundation. We are extremely grateful to

everyone for their continued support for our main fundraiser - we never ask you for money or for donations so please don't feel any pressure to buy or sell the tickets - it's up to you.

As in previous issues, our reporting governor Alf Bennett has contributed so much to this newsletter and his roving mind is always seeking new things to publish or comment on. Please let us know what you think and whether there's anything you would like to see our intrepid reporter investigate. There's not much he doesn't know about and if you need an insight into something of interest, just let us know and we'll see what can be done.

Lastly, I don't want to dwell on politics but I have to take issue with the statement from Wes Streeting, Secretary of State for Health and Social Care when he said 'The NHS is broken'. I'm sorry but it's not broken - things that are broken don't work and the NHS is working - it's under stress, it's straining but it's working. Please don't assume that our NHS is not working, there are 1.5 million staff in the UK doing their best to look after people - they are doing a brilliant job. Use the NHS, don't abuse it and remember the people working there are doing their best whilst under a lot of pressure.

If you have anything for the Winter LIVERNEWS please let me have it via email to info@livenorth.org.uk as work has started on that issue now.

Best wishes, John

LIVER NORTH



The Newsletter of the British Liver Trust - Nothern Support Group - Issue 3

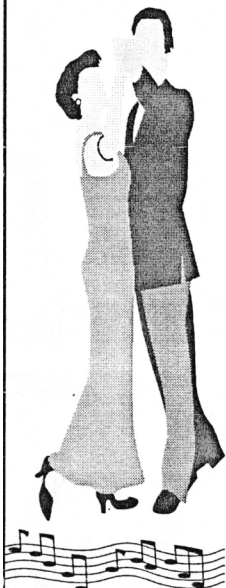
MIDSUMMER BALL

17TH JUNE 1994

THE GOSFORTH PARK HOTEL

There are still a few tickets left for our very first Midsummer Ball but they are selling out fast. Please contact Sandra Beal (tel. 0191 2525420) as soon as possible to ensure that you do not miss this prestigious event which promises to be a memorable occasion. Tickets are 30.00 per person. All profits will go directly to The Liver Unit at the Freeman Hospital, and will be used exclusively to benefit patients in the area. The evening includes a Champagne reception on arrival, a 5 course Gourmet Dinner, a Personality Guest Speaker, Auction and Dancing to a Live Band. Concessionary room rates are available for those who wish to stay overnight.

See you all there!



THE TYNESIDE KIDNEY PATIENTS ASSOCIATION

RIVER TYNE CRUISE

will be held on Thursday 6th July, 1995,
at 6.45pm until 10.30pm
from the quay opposite the new law courts.



This will be a fun night out on the River Tyne with a bar and music on board. Food is included in the price of 5.00 for adults and 3.00 for children.

Although this is being organised by the T.K.P.A., everyone will be warmly welcomed.

For more details please contact: Katherin Wright on 0191 2522551 a.s.a.p.

NEWS FROM WARD 12

We have a number of new members of staff. There are three new doctors on the ward, namely Dr. Christopher Plummer, Dr. Glen Clack and Dr. Fred West. Two other Doctors have joined the team. They are Dr. Sharma and Mr. Talbot. Marion O'Doherty and Gillian Keene are two Health Care Assistants that have joined us recently. Many of you will have already met them either on the ward or whilst having your blood taken. The Staff Nurses who will be joining us on the ward include Debra, Joan, Lisa and Sarah. We are sure that you will join us in giving our new staff a warm welcome.

At last we have got rid of all the fixed height beds. All our beds can now be adjusted to allow easier bed making for the staff and easy access for the patients (stepladders no longer required). Six new Parker Knoll chairs are to be acquired by the ward to enable every patient to have a comfy chair at their bedside. We are also hoping to buy a new Blood Gas machine, for the ward, which will be extremely useful and will benefit the patients.



Peter, Joanne and Natasha are actively training for the Great North Run and hope to raise money for LIVER NORTH. Hopefully many of you will sponsor them. Please join us in thanking them for their efforts and gruelling dedication. Denise is leaving the ward soon to have her first baby which is due mid August. Hilary has recently discovered that she is a happy mum-to-be. We send our best wishes to them both.

MORE PICS FROM OUR 30 YEAR HISTORY



2003 Transplant Ball with Profs Manas & Day providing the music

14.6.2003



2012 at Portcullis House, Westminster



2016 Carol Service at the Freeman



Testing for Hepatitis B at the Chinese Healthy Living Centre in 2010



Everyone up dancing at our 5th Birthday Bash in Newcastle



Celebrations after the 2001 transplant games



Annual Coffee Day at Beamish



Talks at Appleby Grammar 2008

Liver Cancer. Choosing the right treatment for each patient

Talk given by Prof Helen Reeves at the LIVERNORTH meeting on 27th June 2024.

Professor Reeves is based at the Cresta Clinic at Newcastle and is also a Senior Lecturer at Newcastle University.

The talk focussed on how treatment of Liver Cancer over the last ten years is now geared to, “choosing the right treatment for the right patient”. Background Information was provided on the stages of cancer development. In scarred livers, the nodules can become cancerous, which may cause the cancer to spread. Because the liver has numerous key functions within the body, it is essential that you take into account the effect of any treatment given on liver function as well as the cancer.

Things have changed over the last 10 years in what treatments are available. The most common cause of liver disease today is obesity. The implications of the obesity surge were outlined. People are living longer and therefore have a greater chance of developing Fatty Liver Disease.

The talk then went on to discuss the management of liver cancer and what is done for those with the disease. Information was provided on the Barcelona Clinic Liver Cancer Algorithm and how treatment options try and do the best for individual patients. It was

emphasised that the majority of people are treatable. In the UK, a multidisciplinary approach is used in treatment. The UK guidelines of 2024 with cyclical audits want the best treatment for individual patients using the range of options available.

Other issues raised, included the latest Hunter studies research on linking specific genes to responders and non responders to treatments. This has the potential for future treatments linked to individuals with specific genes. Alongside drug therapy, “holistic support care” is important trying to get patients to eat better and exercise.

The good news is that comparing the survival rates of patients in 2010 with those in 2022 the improvements are significant.

The talk had so much to offer patients and carers, there is something here for all including the detailed question and answer session at the end. Don't forget the full talk is available on YouTube.

Alf Bennett



Nutritional considerations in Liver disease with Q&A.

Talk given by Rachel Howarth and Thomas Crame at the LIVERNORTH meeting on 25th July 2024.

Another great talk, which focussed on 4 key areas:

- Functions of the Liver

A wide range of functions were discussed from its role in processing digested food from the intestines to storage of iron and blood clotting.

- Role of Dieticians

Which is to translate the science of nutrition into everyday information about food and to advise people on food and nutrition choices. This involves supporting people with their nutrition and weight management on a group or one to one basis.

- Balanced Diet and Liver Disease

The main part of the talk then focussed on the Eatwell Guide which helps you get a balance of a healthier and more sustainable food. It shows how much of what you should eat overall should come from each of the six food groups including those you should eat less often and in small amounts. Each of the 6 food groups ranging from the starchy



carbohydrates through to the the need to eat at least 5 portions of a variety of fruit and vegetables per day were dealt with in detail and linked back to how it could support people with liver disease (*the Eatwell Guide is on the next page and can also be found in the the LIVERNORTH booklet No 14 Diet and Liver Disease*).

- Dietary considerations with cirrhosis

In this section a range of dietary considerations were discussed, including the need to eat on a regular basis, portion sizes and the possible need to reduce salt intake.

Throughout the emphasis was clearly on the way in which a balanced diet could aid people with a liver condition. The talk finished with a long, illuminating question and answer session. It covered many specific topics such as, diet and liver cancer, difficulties in motivating yourself to eat well when tired, different cooking strategies for example “batch cooking”, good food

hygiene and post transplant best practice.

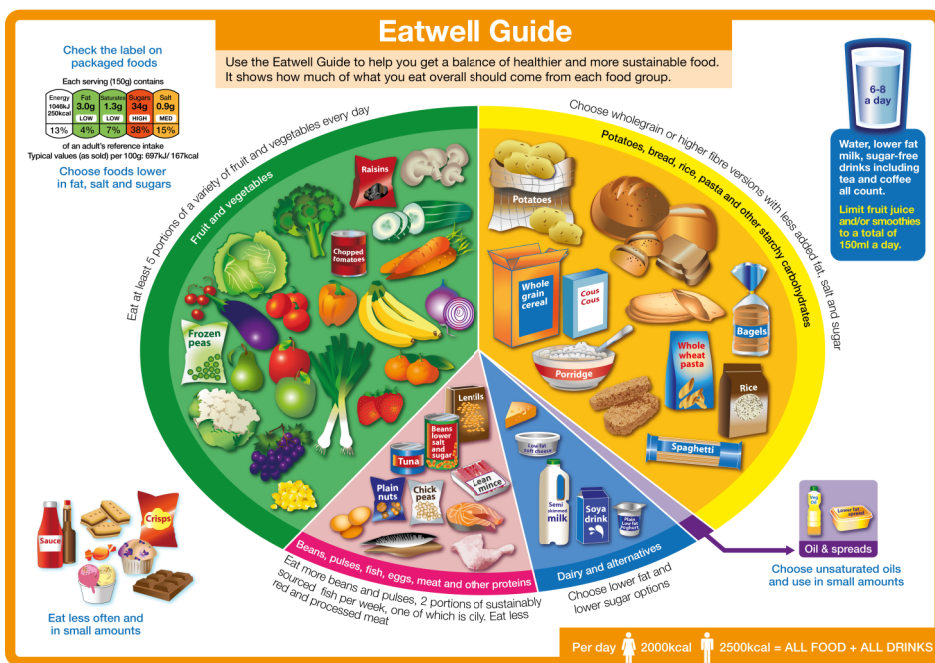
The talk did really emphasise the importance of trying to maintain a balanced diet for people with liver conditions. As usual the full talk is available on the LIVERNORTH YouTube page.

In addition, there are 3 LIVERNORTH leaflets which cover dietary issues and are available to download.

No 11 – Lifestyle and your Liver

No 14 – Diet and Liver Disease.

No14a – Nutrition Supporting Liver Disease.



For more information on the eatwell guide and for better images, please check out this link: <https://www.nhs.uk/live-well/eat-well/food-guidelines-and-food-labels/the-eatwell-guide/>

Alf Bennett

ZOOM TALK - email us for your link to join

Liver
NORTH

WEBINAR

Online Via ZOOM

**7.00 pm, Wednesday
30th October 2024**

Dr Rachel Edwards

Senior hepatology and gastroenterology registrar
who spent this academic year training within the
Freeman Hospital Liver Transplant Unit in
Newcastle upon Tyne



**Fibrosis assessment
in those with alcohol
use disorder - does it
identify cirrhosis?
Followed by Q&A**

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

ALL WELCOME (2 x CPD points for clinical staff)

FUTURE ZOOM TALKS - email us for your link to join

WEBINARS WITH Q&A



PROFESSOR DAVID JONES
28th NOVEMBER 2024

DETAILS TBA

PROFESSOR DEREK MANAS
23rd JANUARY 2025

DETAILS TBA



NCKRF AFTERNOON TEA



Afternoon Tea

In aid of the Northern Counties Kidney Research Fund



To be held at St Aidan's Community Centre, Brunton Park, Gosforth, Newcastle NE3 5TT

Sunday 10 November 2024 at 2pm

A delicious afternoon tea with entertainment, a tombola and raffle

Tickets £14 per person (£7 under 14yrs)
from Pam Yanez- email :pamebuckley@aol.com
or Julia Ibbotson, Matron Renal Services on
0191 2448960.

Please let us know if you have any special dietary requirements when booking.

Donations for the tombola are very welcome. Thank you.

Please support this event for our local charity



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

July	2024	Rachel Howarth & Tom Crame	Nutritional Considerations in Liver Disease
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

Also many other talk/lecture videos dating back to 2015 and earlier.

TEDx TALK A patient's perspective | Tilly Hale | TEDxNewcastle

DVD (not interactive) A Patient's Guide to PBC



LIVERNEWS No. 88 ~ 10 ~ Autumn 2024

Letter from Lord Darzi to the Secretary of State for Health and Social Care, 25 September 2024

Lord Darzi raised some important concerns about the NHS in this letter and we thought you might like to read three of the most telling paragraphs.



19. Patient engagement. The patient voice is not loud enough

The NHS should aspire to deliver high quality care for all, all of the time. That not only means care that is safe and effective but that treats people with dignity, compassion and respect, making their experiences as positive as they can be. Yet patient satisfaction with services has declined and the number of complaints has increased, while patients are less empowered to make choices about their care. A familiar theme in inquiries into care failings has been patients' concerns not being heard or acted upon. The NHS is paying out record sums in compensation payments for care failures, which now amount to nearly £3 billion or 1.7 per cent of the entire NHS budget.

20. Staff engagement. Too many staff are disengaged

There is also compelling evidence that, post-pandemic, too many staff have become disengaged, and there are distressingly high levels of sickness absence – as much as one working month a year for each nurse and each midwife working in the NHS. The experience of the pandemic was exhausting for many and its aftermath continues to reverberate. NHS staff not only mourned deaths of their colleagues on the frontline but were at the sharp end of the Covid rules. They had to insist that mothers gave birth alone and that elderly and other patients had to die without the comforting touch of their loved ones. The result has been a marked reduction in discretionary effort across all staff groups.

25. Despite the challenges, the NHS's vital signs remain strong

The NHS has extraordinary depth of clinical talent, and our clinicians are widely admired for their skill and the strength of their clinical reasoning. Our staff in roles at every level are bound by a deep and abiding belief in NHS values and there is a shared passion and determination to make the NHS better for our patients. They are the beating heart of the NHS. Despite the massive gap in capital investment, the NHS has more resources than ever before, even if there is an urgent need to boost productivity.

At no stage and at any time did Lord Darzi say that the NHS was 'broken'. What he did say is that it is struggling to cope and needs help. Please help - use our NHS with care and only when you need it ...

The full letter and report can be downloaded here:

<https://www.gov.uk/government/publications/independent-investigation-of-the-nhs-in-england>

2024 LIVErNORTH Charity Draw Prizes

To be drawn online via Zoom on 2nd December

1st Prize £500 Cash

Prize:	Donated by:
2 Barbour Quilted Jacket Voucher	(The Barbour Foundation)
3 £250 Cash	(J Bedlington research payment)
4 £100 Cash	(J Bedlington research payment)
5 £50 M&S Gift Card	(Anon)
6 £50 John Lewis/Waitrose Gift Card	(Anon)
7 £40 M&S Gift Card	(Anon)
8 £30 John Lewis/Waitrose Gift Card	(Anon)
9 £30 M&S Gift Card	(Anon)
10 £30 Boots Gift Card	(Peggy Oliver)

If you have not received Charity Draw tickets with your newsletter and you would like to purchase or sell some, please contact Joan Bedlington by calling 01913702961 or emailing livenorth@hotmail.com

Liver
NORTH

Please complete in BLOCK CAPITALS

Name.....

Tel: or Address

.....

.....

Post code:

LIVERNORTH
CHARITY
DRAW
2024

tickets

£1

1994 - 2024 - THIRTY YEARS OF LIVER PATIENT SUPPORT & RESEARCH

£500
1st prize

Barbour VOUCHER

PLUS MANY OTHER EXCELLENT PRIZES

Registration No. LOTT211 with the Council of the City of Newcastle upon Tyne

in accordance with the Gambling Act of 2005

To be drawn on 2nd December 2024. Winners will be notified - results published on our website & in LIVErNEWS
Promoter: J. Bedlington MBE, freepost LIVENORTH, LIVENORTH is a Registered Charity (No. 1087226)



Countries of the World - How many are there?

This may seem a relatively easy question, but it has no easy and definitive answer. The answer differs from source to source and can vary from anywhere in the range 193 to 257. This is because there are many disputed zones and nations that have either full or partial sovereignty around the world. Various organisations identify different numbers even the US Central Intelligence Agency (CIA) identifies 237 countries in its literature.



The most common number quoted is that of the United Nations (UN) with 197 countries. 193 of these have full United Nations status plus the Holy See (Vatican) and the State of Palestine, which are non-member observer states. The other 2 States, Kosovo and Taiwan, are recognised by some UN members, but have only been added recently. Becoming a part of the UN is not easy. First of all, the Security Council has to vote on a request. All of the 5 permanent members of the Council (USA, the United Kingdom, France, Russia and China) have to agree the adoption of a new candidate. Finally, the UN General Assembly must approve this decision by no less than two thirds of the vote. So the bar to be recognised as a country belonging to the UN is set very high.

Not on the current list are:

- The Cook Islands and Niue, both states are in a free association with New Zealand.
- Dependencies of other countries.
- Other countries recognised by the UN as not being self governing.

Of the 195, (not including Kosovo or Taiwan) countries of the world:

- 54 are in Africa
- 48 in Asia
- 44 in Europe
- 33 in Latin America
- 14 in Oceania
- 2 in North America

The largest countries by size are:

1. Russia
2. Canada
3. USA

The smallest country is the Vatican. In terms of population, the UN estimates that since 2023, the most populous country in the world is now India with 1.44 billion people, followed by China with 1.42 billion, which had been the most populous.

In Europe the top three countries in terms of population are:

Germany – 83,440,000

France – 68,449,000

United Kingdom – 67,604,000

As the results are normally published on a yearly basis. Trends in population numbers can be followed. Currently, for 2024, the UN estimate that the World population is “at least 8.06 billion”. Now.... There is a number to try and get your head around.

Alf Bennett

Scam Emails

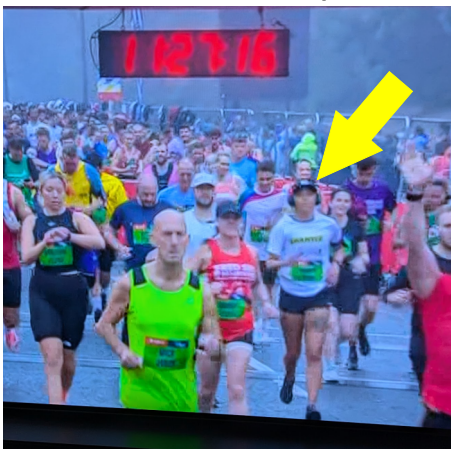
Emails that seem genuine are being sent by criminals now to trick you into giving them your bank details, personal information and/or passwords.

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!).

The Great North Run 2024 photos



Above (and below) Shanice Baird - saw her on TV and took this snapshot!



Left: not the GNR but the Junior GNR! Luke Myhill always runs this for us and his funds are added to John Myhill's who normally does the adult GNR for us. This year it was only Luke and he raised a fantastic £186.00 for our charity - well done Luke, we are so proud of you!



Left to right: Bobby Murray, Joanna Burgon, James Murray before the run...

Below: Damian and Hayley Pearce after the run looking cool & relaxed...



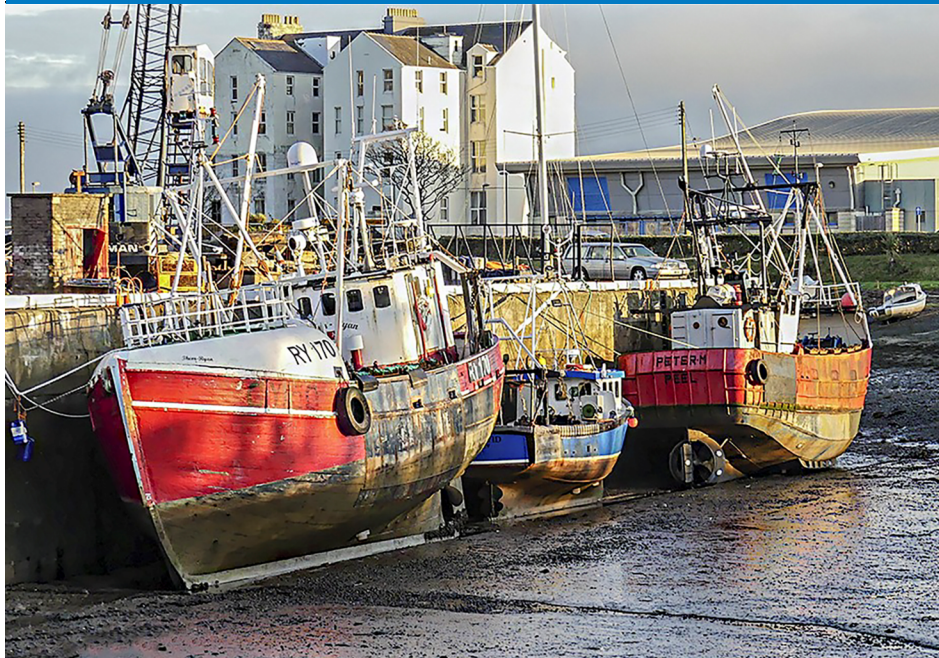
The Great North Run 2024 photos

Myself and my boys did it in memory of my mam Pat Bullock (the boy's grandma Pat) who was fortunate to have your support over many years! It was a memorable experience one that I won't be repeating again as I fear my joints wouldn't take it!
(Rachel Kyle)

Well done folks...Pat died in 2019 and the family have continued to support us every year. So far the family have raised over £1000 between them in this year's Great North Run - here are some of their brilliant photos! (Ed)



Through the lens of Photographer David Smith



Above, Sulby River - Ramsey - Isle of Man

Below, Port Erin on the Isle of Man



Through the lens of Photographer David Smith



Above: Brothers Water at the foot of Kirkstone Pass in the Lake District

Below: Douglas Bay, Isle of Man.



THINGS YOU NEED TO KNOW

+ 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.

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.



RHUBARB BUTTER CAKE - LIZ BENNETT

Ingredients:

250ml	milk
1	sachet of dried yeast
150g	sugar
500g	plain flour
½ tsp	salt
2	eggs
250g	really soft butter
800g	rhubarb
200g	marzipan
75g	flaked almonds

Method:

Make the dough first. Warm the milk to lukewarm, not too warm or it spoils the yeast, and add yeast and a heaped teaspoon of sugar from your ingredients.

In a large bowl put flour, salt, eggs and 100g of the soft butter, 80g sugar and the milk mix. Mix well. Turn onto a board and knead for at least 5 mins. It should be a smooth dough.

Put into a lightly greased bowl cover with cling film, place somewhere warm for at least 1 hour.

When it has risen use floured hands to lightly knead and place onto a greased baking tin 40cm x 30cm. Press evenly into the corners, cover and let 2nd rise about 30 mins.

Now prepare the topping. Coarsely grate the marzipan and the



remaining 150g soft butter, use a mixer beat until very creamy, cover and leave in room temperature. Chop rhubarb into 3cm pieces.

Take the dough, flour hands, using flared fingers press holes evenly over the dough. Take the marzipan mix using a teaspoon place a spoonful into each hole. Spread over the rhubarb and scatter the flaked almonds and remaining sugar.

Bake in oven at 180 deg 25-30 mins. Cool at room temperature.

NB: plums or apricots can be used in place of rhubarb.

OWS - Olympic Withdrawal Symptoms!

Are you suffering from OWS or have you now got your life and your television back?

Yes, I must admit here on the 10th September 2024 I am suffering from Olympic Withdrawal Symptoms or OWS for short. Ever since the start of the Summer Olympics on the July 26th, to the closing ceremony for the Paralympics on September 9th . I have watched hour after hour of the events. Infinitely better than the gloom and doom of the incessant News channels. It really showcased the French Capital, the Parisian Tourist Board must be delighted. They certainly made the most of the Paris landmarks for many of the sports, with the Eiffel Tower and Versailles featured prominently.

After a difficult start with the railway network targeted, issues on the quality of the water in the Seine for the Triathlon and some dubious referee decisions (the women's rifle skeet and some of the boxing decisions were unbelievable) for the viewer was an success. Although the fact that the BBC did not have exclusive broadcasting rights meant that you had to switch channels a lot and use the iPlayer. It certainly helped that many Olympic records were broken and the standards across the both Games were outstanding.

What struck me most was the organisation that must have been in place to ensure a smooth running programme. It is only when you start looking beyond the individual sports that you realise the numbers of

athletes and sports involved. In the 2024 Olympics, 10714 athletes participated in 329 Events in 32 Sports. They represented 204 Nations, which included the Russian & Belarusian 'Athlète Individuel Neutre' (AIN) and Refugee Olympic Teams (EOR). However, technically, you may be surprised to know that Nations do not compete in the Olympics. They are considered to be athletes from National Olympic Committees (NOCs) – try explaining that to the flag waving medal winners. There are more NOC's than countries of the World. All you had to do in the past to meet the criteria for athletes to compete was to have a NOC. It is for this reason 9 one island nations (all territories of, or linked to nations recognised by the United Nations) which sought recognition before a rule change in 1996, can enter their own athletes. They are:

American Samoa
Aruba
Bermuda
Cayman Islands
Cook Islands
Guam
Puerto Rico
British Virgin Islands
US Virgin Islands

The UN also recognises teams from 4 “geographically fraught” areas which can also field individuals. They are, Palestine, Hong Kong, Kosovo and Taiwan. So this explains why there are competitors from countries not on the full United Nations list.

Three new sports were introduced this year, Sport Climbing, which

seemed to defy gravity. 3 X 3 Basketball (effectively uses only half a court) and Breaking, probably better known as Break Dancing. For you aficionados there are 3 elements to this, Top Rock, Down Rock and Freeze (this could be an interesting addition to Strictly). So the number of Olympic sports is growing all the time.....what's next for Los Angeles in 2028?

Can you imagine the problems in organising accommodation and dietary requirements for the range of competitors in the Olympic Village. In fact, the UK athletes had issues with the food, they ate at the UK External Performance Centre located away from the Village, enlisting the services of a specialist chef, with ALDI providing a lot of the food. There were also issues with the beds which not all athletes found acceptable. They were made of cardboard which was to be recycled at the end of the Games providing an environmentally friendly outcome. The Village itself actually housed 14000 Olympic athletes and 8000 Paralympians and support staff. At the end of the Games it is to be transformed into office space for 6000 staff and apartments for another 6000, so leaving a permanent legacy in the French capital.

The Paralympics which ran from the 28th August to September 8th has gone from strength to strength. With a record number of 168 delegations participating in Paris, including 3 new National Paralympic Committee (NPCs) from Eritrea, Kiribati and Kosovo.. In total 4463 athletes participated, involving 22 Sports and 549 medal events. Of these Sports only 2 have no Olympic counterpart.

These are Boccia and Goalball both of which require high skill levels. For those who did not see the excellent coverage by Channel 4, Boccia is a precision ball game rather like bowls played in single and team formats. Watching Stephen McGuire from the UK winning the gold medal in the singles was one of the highlights of the whole Games. Goalball is a fast and intensive team sport played exclusively by athletes with visual impairment and they wear blackout eye masks during the games. The objective is to score points by throwing a ball containing bells past opponents into a net. During play, the crowd must be silent so that the players can hear where the ball is.

Paris has set the bar very high for future cities hosting the Olympics. What will Los Angeles in 2028 come up with? They have certainly got a real challenge. If the Olympic closing ceremony is anything to go by.....Tom Cruise will be involved in some sort of stunt. However by then he will be 66.

Here, only the Summer Olympics have been looked at. I am now looking forward to the Winter Olympics and Paralympics in 2026. So it will be welcome to.....Milano Cortina from 6th February 2026 to March 15th 2026. I really need to get out more in preparation for this.

Alf Bennett



OBITUARY: BARBARA DAVIDSON



It is with great sadness that we have to inform you that Barbara Davidson, whom many of you will have known as the dietician at the Freeman Hospital in Newcastle, died peacefully in Hexham Hospital on 15th August, 2024. Barbara was the much-loved wife of Colin, devoted mother to Alastair and Holly, and wonderful granny to Finley and Felix. She will be sorely missed by her mother Joyce and her sister Kathryn, along with extended family and friends.

Part of Barbara's legacy will undoubtedly be the wonderful way in which she helped so many patients through difficult times in their lives. Her capacity to offer friendship and support to others was brilliant and she will be greatly missed by all those who were fortunate enough to have known her.

Barbara asked that, in lieu of flowers, donations be made in her memory to LIVERNORTH. Having been involved for over 25 years, she held our charity extremely close to her heart

It has been our pleasure and privilege to count Barbara as much more than a health professional, who supported LIVERNORTH; she was a trusted friend to so many people.

Our thoughts and prayers are with Colin and all Barbara's family and friends at this sad time.

LETTERS - email us or post to 'freepost livernorth'

Dear LIVErNORTH,

Please accept the enclosed cheque as my donation to the great and necessary work your organisation does. Long may you continue successfully.

With best wishes and kind regards

AKC

Tyne & Wear

Dear John and Joan,

Please accept this donation from my Dad to show how grateful he is for the work you do. The 'Flat' was a Godsend during my transplants.

Thank you so much.

Much love as always

EF & ER

Lancs

Hello,

I've recently been diagnosed with cirrhosis (non alcoholic) and I'm frightened and uncertain about what lies ahead.

I have Binge Eating Disorder and I've noticed that since cutting out fatty foods it is rearing its ugly head.

I got your email address from British Liver Trust Website and I'm hoping you can help.

Best Wishes

PP

(we responded to PP with some helpful advice - Ed)

My wife has recently been diagnosed with liver disease, I would be grateful if you could post me the latest issue of your magazine

Many thanks

SA



Blue Plaques – you can own one

Blue plaques have appeared in a number of the LIVERNORTH newsletters. The last concerned Charles William Alcock from Sunderland who, “created the world’s first national football tournament”.

The plaques were created to celebrate notable people from the past and the buildings in which they lived and worked. However, I recently discovered this plaque on a house in the North East. What a novel idea, to put up your own explanatory plaque, better than a house number. Has anyone else seen one of these? If so, please let us know. For all we know they may be appearing all over the country. This discovery got me thinking, why were they created and why the date of 1867?



But that is for an article for the 2025 Spring Newsletter.

POPEYE - THE TRUE STORY

Frank 'Rocky' Fiegel, was born in Poland on January 27, 1868. He emigrated with his family to America where in 1887 he joined the Navy. When Popeye's creator met him, he was a retired sailor contracted by Wiebusch's tavern in the city of Chester, Illinois, to clean and maintain order. He had a reputation to be always involved in fighting, so he had a deformed eye ("Pop-eye"). He had demonstrated his strength in so many fights that he became a local legend. He always smoked his pipe, so he spoke only with one side of his mouth. When he was with children he held the pipe with the corner of his mouth and told them the antics of his youth, often boasting of his physical strength and loudly claiming that spinach is the food that makes him invincible.



Popeye's character creator Elzie Crisler Segar was born in Chester and was one of the children who had the privilege of hearing 'live' the stories of the former sailor. (© facebook)

More memories from our own Joyce Widdis (A proud Geordie now living in Essex)

A TRUE STORY..

'The bairn needs her hair cut,
Her fringe is long and she cannot see',
Me sister said, 'I'll take her'..
I think I was aged about three..
'If you're good we can go to Brodie's
sweet shop,
'I'll get you a special treat',
So off we go to the Unique,
The hairdressers at the bottom of
Churchill Street...
There were a lot of stairs to climb,
We eventually reach the top,
To be met by a junior stylist,
With a backcombed beehive with a
ribbon on top...
I was sat in a chair, she reached for her
scissors,
But, before she could cut a lock,
She shouted out,
'This kids got nits!',
Me sister was in shock..
I was scurfed oot the chair,
And dragged doon the stairs
Me feet didn't touch the floor,
Sis said, 'Eee, the shame, I'm
mortified', as I was flung oot of the
door..
Me sister's face was red and burning,
I could really feel the heat,
I really wasn't worried about the nits,
All I wanted was me treat ..
Don't tell me I'm the only one to be
afflicted by this curse,
How many of us remember standing in
line in the school hall,
To see Nitty Nora, the dicky explorer
nurse.
You'd get handed the brown envelope,

To take home to your mum,
You knew what was coming,
And it wasn't going to be fun..
Your hair would be swamped in Derbac,
That metal nit comb was used with skill,
You shouted 'Ouch' and 'Stop',
But your mam was going in for the
kill...
The sad thing about this nitty saga,
It really wasn't fair,
How many times did you hear those
immortal words,
'Nits only go on clean hair'!



*my school photo, me mam had
obviously given up on the Unique and
cut it herself!
A clump of hair, the wallpaper scissors,
tongue out, head on the side and cut,
'That'll dee'..
One side shorter than the other, my
Twiggy cut, she was ahead (excuse the
pun!) of her time...

More memories from Joyce ...

RIGHT, IT'S YOUR TURN TO COUNT, YOU'RE ON..

That excitement when you were playing hidey and you heard,
'Coming, ready or not'..

A few 'skinches' and we were off..

We had already scattered, climbing up on the washhouse roof and lying flat,
crunching over coals to hide at the back of the coal house, jumping in a
neighbour's privet hedge to then hear a hammering on the window, the net
curtains hoisted up and shouts of,
"Get oot you little bu**ers" ..

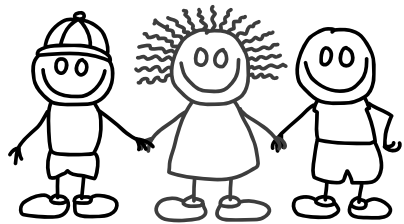
The same neighbour that told you, 'If that ball comes in this garden one more
time, I'm putting a knife through it' ..

and we won't mention who put salt or ashes
on our lethal ice slide in the road!

Aah, such happy, carefree times in our street
playing hidey and lots of other games..

Those halcyon days are what memories are
made of aren't they!! ...

I'm still happy to look at the world then
through me rose tinted glasses ..



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



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
SS	Prudhoe	no 10	drawn on 25/7/2024

£2500 Jackpot Prize winner

****to be 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

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

In Ancient Greece, Socrates had a great reputation for wisdom. One day, someone came to find the great philosopher and said to him:

"Do you know what I just heard about your friend?"

"A moment," replied Socrates. "Before you tell me, I would like to test it with the three sieves."

"The three sieves?"

"Yes," continued Socrates. "Before you speak about others, it's important to take the time to filter what you mean. I call it the test of the three sieves. The first sieve is TRUTH. Have you checked if what you're going to tell me is true?"

"No, I just heard it."

"Very well! So, you don't know if it's true. Let's move on to the second sieve, that of KINDNESS. Is what you want to tell me about my friend something good?"

"Oh, no! On the contrary."

"So," questioned Socrates, "you want to tell me something negative about him, and you're not even sure it's true? Perhaps you can still pass the test of the third sieve, that of UTILITY. Is it useful for me to know what you're going to tell me about this friend?"

"No, not really."

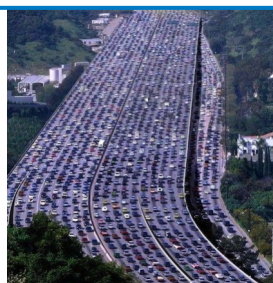
"Therefore," concluded Socrates, "what you were going to tell me is neither true, nor good, nor useful. Why, then, did you want to tell me this?"

The widest motorway in the world is located in Ontario, Canada. At its widest point it has 22 lanes.

Public toilets in Japan are filled with smart glass. The glass remains transparent until the doors are locked and then they turn opaque.

Australia has more than 10,000 beaches. If you were to visit a new one every day, it would take you more than 29 years.

Rolls Royce is the most durable car ever made. Almost $\frac{3}{4}$ of all the cars produced by Rolls Royce in the company's history are still in active use today.



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

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

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

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

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

My wife left a note on the fridge " This isn't working I'm going to my Mams." I opened the door the lights on and the beer for the match is still cold.

My Mother is in a care home, they play nothing but board games. Any chess ? No went private....

Three letter scrabble words are futile.

A fella just said to me, "I bet you don't know how to play scrabble." I said, well.... that's your word against mine.

How do baby dragons blow out their birthday candles?

Scientists have just announced that you are more likely to die of what your Grandad died of, rather than your father as first thought. Bliddy hell.... let me know if anyone sees any German U-boats knocking about...

Bathtub for sale. Barely used.

My wife and I were looking out of the window at the pouring rain when she dared me to strip off and dance in it. Always up for a dare, I stripped off and ran out of the door - I was having a right laugh until I saw the doors close behind me and the bus drive away.

I wish I'd listened to my mother when I was younger. 'What did she say?' I don't know. I wasn't listening.

I've just bought a blindfold. Unfortunately I can't see myself wearing it.

I got home from work and my wife said, "There's some sausages that need to be eaten in the fridge." I said "I'd better put a jumper on first then.

My new car has a button for pretty much everything. There's even one that says, 'Rear Wiper.' I'm still too afraid to try that one.

If at first you don't succeed, skydiving is not for you.

I was going to wear my camouflage shirt today, but I couldn't find it.

The grass may be greener on the other side but at least you don't have to mow it.

Is it wrong that only one company makes the game Monopoly?

Hospitality is the art of making guests feel like they're at home when you wish they were.

Artificial intelligence is no match for natural

stupidity

I can't afford an Ancestry DNA Kit. So instead, I posted online that I had won the lottery.

I have just had my first UFO experience. I told my wife her cooking was terrible. Flying saucers everywhere!

Courage is knowing it might hurt, but doing it anyway. Stupidity is the same. That's why life is hard.

I get most of my exercise these days by shaking my head in disbelief.

I know mirrors don't lie...I am just grateful that they don't laugh!

I am trying to get my head around the fact that 'Take Out' can mean food, dating or murder.

"High sodium, high cholesterol, lots of toxins - your blood test is remarkably similar to a potato chip"

Patient: Is there anything worse than waking up to go to the bathroom?

Doctor: Not waking up to go to the bathroom!

I ordered a chicken and an egg from Amazon...I'll let you know!
Money cannot buy happiness, but its more comfortable to cry in a Mercedes than on a bicycle.

Help someone when they are in trouble, and they will remember you when they're in trouble again.

CHICKENS: The only animals you eat before they are born and after they are dead.

COMMITTEE : A body that keeps minutes and wastes hours.

EGOTIST: Someone who is usually me-deep in conversation.

HANDKERCHIEF: Cold Storage.

INFLATION : Cutting money in half without damaging the paper.

MOSQUITO: An insect that makes you like flies better.

TOOTHACHE: The pain that drives you to extraction.

An old fisherman was walking along the side of a lake carrying a few fish in a bucket. The fisheries officer walks up and asks to see his fishing licence. 'I don't have a fishing licence says the man'. 'You know it's illegal to fish without a licence' says the officer. 'I wasn't fishing officer, these are my pets' 'Your pets?' 'Yes officer, they like a little exercise so when the weather's fine I take them to the lake for a swim around. Once they are done, I give them a whistle and they jump back into my bucket and we head home'. The officer isn't buying a word of it, so the old man says 'Don't believe me? Just watch!' and he throws the fish into the lake. The officer waits for a minute then says, 'Alright, now whistle to your fish and make them jump out of the water into your bucket'. The fisherman turns to the officer and says 'What fish?'

TOMORROW: One of the greatest labour saving devices of today.

YAWN: An honest opinion openly expressed.

WRINKLES: Something other people have, similar to my character lines.

I drank some invisible ink by mistake - I'm in A&E now waiting to be seen.

I had a mate who used to take his fathers ashes in a bottle to football matches until he got told he couldn't take it in anymore, shame when you can't take a bottle of pop to a football match.

If anyone has any idea how to correct cosmetic surgery that has gone badly wrong, I'm all ears.

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

Man goes into a pub, barman says sorry we don't serve exotic fruit.

My mate asked me if I could name any famous Syrians. I said, 'Well, there's Botham, McKellen, Duncan-Smith...'

Bought a first aid kit today! Thought I'd treat myself.

I used to be the security guard at The National Sausage Museum, I got bored stiff because we never got any visitors. I just sat there all day long, staring at the same four Walls.

I spent the first 8 years of life wanting to be

a bin man cos I only thought they worked on a Thursdays cos that's the only day they did our bins. (what a rubbish joke!).

I finally got to see my doctor on Thursday and showed him the rash on my bum. He just ignored me and kept pushing his trolley around Asda...

I'm due to begin a new job on Monday, editing Collins English Dictionary online. I called them earlier to ask if I could start at Noon, but they said no, I've to start at Aardvark, like everybody else.

A white horse walks into a pub called The White Horse, and asks for a pint of lager, which the landlord promptly presents. Landlord then says - 'Funny thing really, but did you know our pub is named after you?' The white horse, with a puzzled look on his face, says 'What, Eric?'

My therapist told me that the best way to control my anger was to write letters to everyone who upset me, burn them and scatter the ashes to the wind. I've done that but what do I do with all of these letters?

I saw an elderly man at the supermarket collecting trolleys today - he must have been pushing seventy.

Yes - I know the jokes are not getting any better but the upside is, they can't get any worse (the only way is up!).

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

The Pub Quiz or if you prefer the Barista Café Quiz No 9

1. Who was the first prime minister of India?
2. What name is given to a triangle with three equal sides?
3. Can you name the monk who is regarded as the “inventor of champagne”?
4. In which English county is the Lizard peninsula located?
5. In which part of the body would you find the cruciate ligament?
6. What is the capital of Finland?
7. Which of the Tennis Grand Slams is played on a clay surface?
8. What was the Turkish city of Istanbul called before 1930?
9. In what US state is the city of Nashville?
10. Which is longer, a mile or a nautical mile?
11. Gary and Martin Kemp were in what band?
12. What was the name of the tower block where Del Boy lived in Only Fools and Horses?
13. Pret A Manger is a popular food chain in the UK, but what does the French name mean in English?
14. What is the currency of Vietnam?
15. What major company is also the name of one of the longest rivers in the world?
16. What is the name of the cowboy in Toy Story?
17. Gordon Sumner is the real name of what famous British musician?
18. Where is the smallest bone in the human body located?
19. Elon Musk is the CEO of which global automotive company?
20. Which characters famous for living in part of Wimbledon released several novelty singles in the 1970's?

(Answers below)

- | | |
|---|---|
| 1. Nehru | 1. A nautical mile which is 1.15 miles. |
| 2. Equilateral | 2. Ready to Eat. |
| 3. Dom Perignon who was a Benedictine monk at Hautvilliers Abbey in France. | 3. The French Open (Roland Garros). |
| 4. Cornwall. | 4. Tesla. |
| 5. The Knee. | 5. Amazon. |
| 6. Helsinki. | 6. Woody. |
| 7. The French Open (Roland Garros). | 7. Sting. |
| 8. Constantinople. | 8. The Ear. |
| 9. Tennessee. | 9. Tesla. |
| 10. A nautical mile which is 1.15 miles. | 10. The Wombles (of Wimbledon Common). |

UIOLI AUTUMN 2024 - ISSUE 88

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

Easy SUDOKU

Difficult SUDOKU

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

SU DOKU

'Single Digit' (Japanese)

As featured in the Times
Monday to Saturday

©Puzzles by Pappocom

www.sudoku.com

Last issue (No 87) SUDOKU solutions:
Easy

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

Difficult

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

Scan the QR
code below
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 Information:

- 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/>)
- Ask to join our facebook LIVERNORTH MEMBER CHAT group
- Scan our website QR code here with your mobile phone

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