

LIVErNEWS

Liver Patient Support Newsletter
Winter 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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Professor Helen Reeves BM BS BMedSci FRCP PhD, Professor Colin Wilson MBBS FRCS PhD

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With grateful thanks to all contributors

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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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Run entirely by unpaid volunteers

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NIHR Non-commercial Partner

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WELCOME TO THE WINTER 2024 ISSUE OF LIVErNEWS

This year we have been celebrating thirty years of liver patient support and taking a look back at what we have achieved since our formation in 1994. There is a saying about a lot of water going under the bridge and that just about sums up our liver patient support journey. During this journey we've picked up many passengers along the way, made and lost some dear friends and members; our journey hasn't always been easy but we've had plenty of people sharing the load with us. Our governors, friends, relatives, clinicians and colleagues have always been there whenever we needed them so although a lot of water has indeed passed under the bridge, we are holding our own and are still run entirely by unpaid volunteers.

Onto the next step of our journey, I hope you enjoy this issue which is the last of our 30 year tributes. There are some great photographs (didn't everyone look so young!) and plenty of interesting bits and pieces from Alf & Liz Bennet, who never fail to provide wonderful reading for us.

Some interesting statistics on page 5 to ponder - how did we end up worldwide and why is there such a disparity in early deaths from non-alcoholic liver disease (NAFLD - now known as MASLD) across the country? This is exactly the kind of research we help to fund - you can see a roundup of recent

funding on page 12. By scrutinising every application before obtaining the necessary approvals, our governors ensure that every penny we spend is within our declared objectives of supporting liver patients and funding research. Only when a majority of governors approve a project will it be funded.

If anyone has any jokes, stories, anecdotes etc. for the Spring 2025 LIVErNEWS please let me have them via email to info@livernorth.org.uk or post to **freepost LIVERNORTH** (see page 28) as work will start on that issue as soon as this one goes out.

Some politicians are saying that the NHS is broken - I dispute this because broken things don't work and our NHS is working flat out to catch up with a backlog of cases. Help them if you can by calling 111 or try Pharmacy First before going to your GP or A&E.

Lastly, don't forget that we are here if you need help over the festive season. Our helpline people will listen to you and provide you with information should you need it.

Wishing you all a lovely, peaceful Christmas and a happy and healthy 2025.

John



LIVErNORTH



The Newsletter of the British Liver Trust - Northern Support Group

Issue 1

WELCOME TO ALL OUR READERS.

HELLO, and welcome to our very first issue of our new quarterly Newsletter which we hope you will all enjoy reading. Our aim is to keep everyone informed of events, news and information that may be of interest and benefit. Please remember, this is YOUR newsletter and YOUR support group. So continue to keep us informed of your ideas, suggestions and queries by contacting any committee member. (Contact information is on the back page)

LIVErNORTH

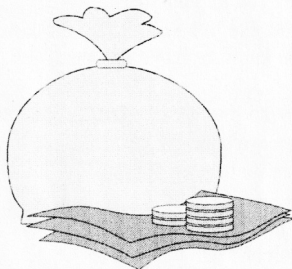
The first thing that you will all notice is our new name.

All of you who have been able to attend the meetings that we have held up to now, will remember that the main request has been for suggestions for a name for the group.

Well we received a number of suggestions and after much discussion and debate, we decided on **LIVErNORTH**.

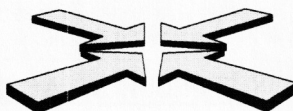
This expresses what we are in a short, to the point manner which we feel is easily remembered as our trade mark.

Our logo consists of the words "British Liver Trust - Northern Support Group" forming a circle, enclosing the outline shape of a liver. Inside the shape of the liver will be the words **LIVErNORTH**. You can see a first try at the logo in the top right hand corner of this page.



CHANGE OF VENUE

We were extremely fortunate to be able to use the facilities at the Freeman Hospital for our initial meetings. Now that we are established as an independent group we have decided to change the venue for future meetings. St Georges Church Hall appears to fit our requirements and is just around the corner from the Freeman Hospital, so we should all know the way there by now! Full directions are on the back page.



FINANCING OURSELVES.

As we are now an independent group, we do need to finance ourselves without depleting the funds that Professor James so admirably raised for us. We do NOT wish to impose a membership fee or an admission charge to the meetings. Instead we would like to suggest that, whenever possible, everyone would make a small donation at each meeting to help towards covering the cost of refreshments, hiring of the church hall and producing these newsletters etc.

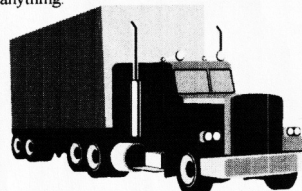
A few pence each (or pounds if you can) would help us tremendously. Thank you all.

BRING ALONG.....

Many of you provided a delicious selection of tempting sandwiches and irresistible cakes to go with our tea and coffee. It would be wonderful if all you home bakers could bring a sample of your specialities to ALL future meetings.



The "Bring and Buy" table, at previous meetings, was a great success and it is felt that we should not restrict items to only books, jigsaws and toys. Next time we would welcome crafts, cakes, preserves, plants, games, books, jigsaws or in fact anything.

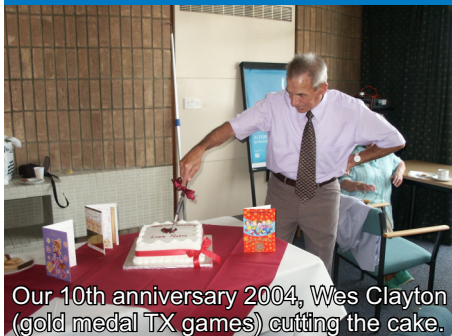


However, as we do not have the facilities for storage or transporting these items, could we ask that you take home any of your own unsold items at the end of the evening.

BIKE RIDE

In September a patient and physician, from the south, will be cycling from Land's End to John O' Groats. Keep in touch for further information of related events, which we hope to organize, to help them on their way.

MORE PICS FROM OUR 30 YEAR HISTORY



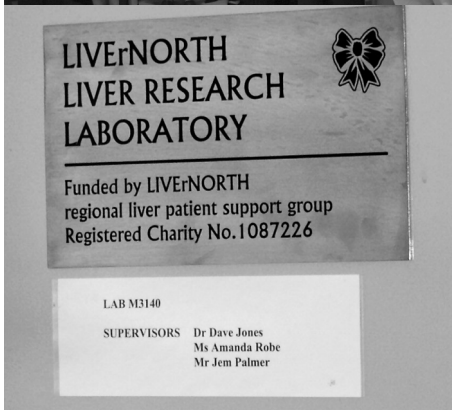
Our 10th anniversary 2004, Wes Clayton (gold medal TX games) cutting the cake.



Some well known faces at the 2001 Transplant Games



Governors and researchers at the opening of the LIVERNORTH Lab 2005



Tilly Hale received the President's award from Prof Oliver James in 2010

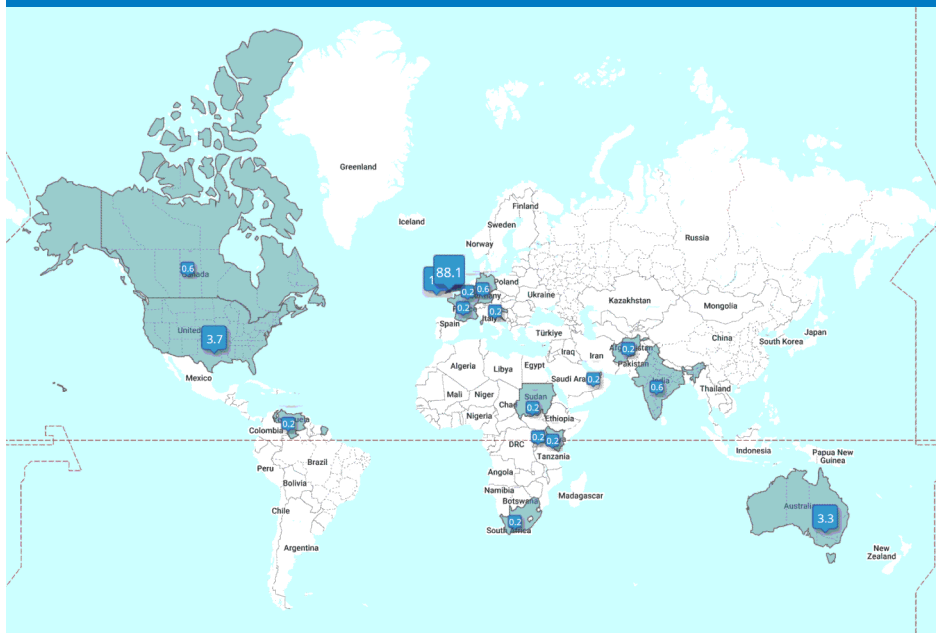


A happy Derek Manas opening our 2016 Autumn Fair



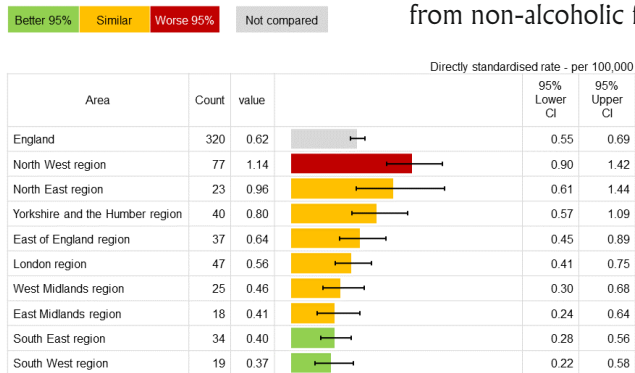
Marjorie Batey loaded down with medals and awards from the 2010 TX Games

WHERE ARE WE TODAY, 30 YEARS ON?



This is a really interesting map and shows the spread of our followers in percentage terms all over the world. Of course the majority of our followers (88.1%) are here in the UK but it's still interesting to see where our overseas followers are living. If you are one of our followers from overseas, please get in touch via email info@livernorth.org.uk to let us know how we are helping you and if there's anything else you would like to see in the LIVErNEWS.

Interesting chart here using the latest data (2023) on the under 75 mortality rate from non-alcoholic fatty liver disease by region.



The North West has the highest number of deaths, closely followed by the North East. Lowest of all is the South West.

Rates for Scotland and NI will be published once they are available to us.

<https://www.gov.uk/government/statistics/liver-disease-profiles-march-2023-update/liver-disease-profiles-march-2023-update>

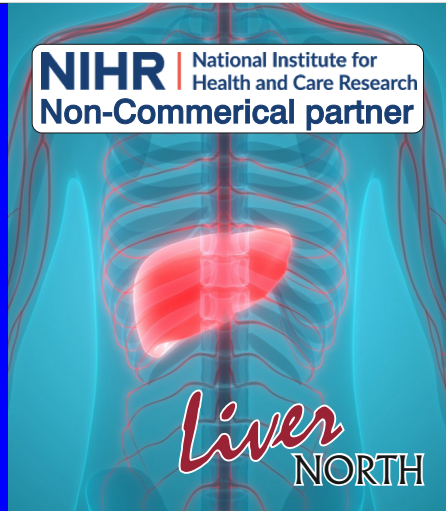
ZOOM TALK - email us for your link to join

LIVErNORTH



**Professor
Derek Manas**

NIHR | National Institute for
Health and Care Research
Non-Commercial partner



**Medical Director, NHS UK Organ and Tissue Donation
and Transplantation Directorate**



23 Jan 2025 | 7.00pm | ZOOM

UK Assessment and recovery centres - fact or science fiction?

to get the link:  info@livernorth.org.uk

ALL WELCOME (2 x CPD points for clinical staff)

Catch up on our YouTube Channel

You can access our recorded talks on our YouTube channel:

<https://www.youtube.com/@livenorth7778/videos>

40+ talks are currently available, all free to watch.

scan here
for the link



RECORDED BRIEFINGS, TALKS & WEBINARS

Nov	2024	Professor David Jones	New Therapies for PBC
Oct	2024	Dr Rachel Edwards	Fibrosis Assessment in Alcohol Use Disorder
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



Fibrosis Assessment - LIVErNORTH meeting on the 30th October



Talk given by Dr Rachel Edwards senior Registrar, Hepatology and Gastroenterology

Dr Rachel Edwards spent this academic year training

within the Freeman Hospital Transplant Unit in Newcastle. During this time, her research focussed on the question: "Does fibrosis assessment among patients with alcohol dependency, identify cirrhosis, promote abstinence or reduce alcohol related admissions?"

This talk started by dealing with the different stages of liver fibrosis and how healthy livers can become inflamed by a multiple range of conditions. This inflammation or hepatitis can lead to fibrosis which is problematic in that it has no symptoms and can lead to cirrhosis. The question was posed as to, how do we identify patients who are at risk of developing non reversible cirrhosis?

Available tests for non invasive and invasive tests for liver fibrosis assessment were discussed, with an emphasis on the use of a Fibroscan. This non invasive test generates a value for stiffness which can determine a healthy liver or one with probable fibrosis or cirrhosis. Details of the Fibroscan scale were covered within the talk and can be viewed on the YouTube video.

The talk then dealt with a range of reasons why it is important to identify patients with fibrosis, including:

Mortality rates due to alcohol related deaths are significant and continue to rise.

The cost to the patient, the NHS and the economy.

Alcohol consumption has risen, it has become normal to consume more at home.

There is now a greater awareness among the general public as to what constitutes high alcohol consumption.

The key element of the research then focussed on the statistics derived from patients admitted to A & E with alcohol related issues. The task was to identify those patients who had no symptoms of fibrosis. This involved 981 admissions; those who already had cirrhosis were excluded. A wealth of detailed statistics were given, all of which are available on the video. In total, 324 patients were identified to be offered a Fibroscan to determine whether fibrosis was present. 49% of these took up the offer. As a result of the tests, about 80% were given lifestyle advice and 20% clinic appointments. Limitations of the survey, including the attendance rates and the fact that it did not address any mental health issues, were discussed.

In summary, the proactive use of the

Fibrosan has increased our knowledge and understanding and can lead to improvements in the reduction of alcohol consumption. The expectation is that it could decrease mortality with more widespread use.

Full details of the fascinating talk can be accessed on YouTube – it's highly recommended.

AB



2024 LIVErNORTH Charity Draw Prizes

**Drawn online in front of a live audience
via ZOOM on 2nd December 2024**

	Prize:	Winning Number
1.	£500 Cash	14545
2.	Barbour Quilted Jacket Voucher	12738
3	£250 Cash	17068
4.	£100 Cash	9638
5.	£50 M&S Gift Card	7864
6.	£50 John Lewis/Waitrose Gift Card	9399
7.	£40 M&S Gift Card	2175
8.	£30 John Lewis/Waitrose Gift Card	13191
9.	£30 M&S Gift Card	2850
10.	£30 Boots Gift Card	10957

ALL WINNERS HAVE BEEN NOTIFIED, THANK YOU FOR YOUR SUPPORT

 **THE DRAW RAISED £3367** 

PBC New Therapies and New Challenges 28/11/2024



What a fantastic, optimistic talk given by Prof David Jones OBE. Today, we are right in the middle of a PBC revolution with things changing

day by day. This was illustrated by comparing the situation when the first PBC clinics started at the Freeman Hospital in 1991 to the present day.

In 1991

- 50% of patients were jaundiced.
- No therapy was available.
- Majority of patients died of the disease.
- Average number of fractures at transplant (due to the frailty associated with the disease) was 9.

By comparison in 2024

- Only 5% of patients are jaundiced.
- There are now multiple therapy options.
- PBC and transplant deaths are uncommon.
- Average number of fractures is zero.

What a transformation! Over the years many things have come together to achieve such a dramatic incremental improvement:

- The introduction of Clinical Practice Guidelines for the diagnosis and management of patients with PBC has ensured a standardised approach by clinicians.
- The use of URSO as the bedrock treatment, then further developments to increase treatment options.

- Use of new second line treatments such as Obeticholic Acid.

Currently, there are good treatments for PBC although they could be better. Patients need to be asked the right questions so that they can get the right treatment. There are still lots of challenges in treating PBC including how to ensure patients get second line treatments. Clinicians now have many new drugs and combination therapy looks to be the way forward in the future. Lots of information was provided on new drug treatments including those being developed. In terms of standard tests for the condition, blood test results inform clinicians of where the patient is starting from in their treatment, while Fibroscan data shows you what happened in the past. The emphasis should be very much on getting the treatment right from the start without delay.

For full details, you should access the YouTube Video.

With PBC, the final frontier to solve is that of fatigue. The good news is that even with fatigue there are trials taking place which are attempting to find a solution.

What a 'good news' story. The full talk is available on YouTube. This surely must be the 'go to' video for anyone with the condition or their carers. Highly recommended.

(AB)

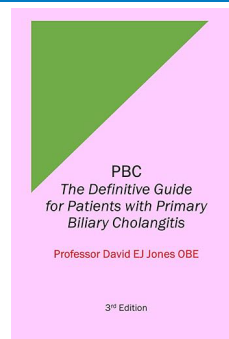
PBC - The Definitive Guide, 3rd Edition (Nov 2024)

Fully updated and expanded for 2025 to take account of the substantial progress in the field over the 2 years since the publication of the second edition.

This book gives you all the information needed to decide which of the new pbc treatments is the right one.

New for the third edition

- Detailed information of the new drugs now available to treat PBC, including Seladelpar and Elafibranor and combination therapy regimes
- Guidance on which treatment might be the right one for you; a really important issue when there are now multiple treatments that are available
- Information on the new targets for treatment, including normalisation of blood tests as a treatment goal
- New thinking on how doctors follow-up PBC in practice, including the role of Fibrosan
- Guidance on the questions that you should be asking your doctor to make sure you get the best possible treatment for your PBC
- Expanded "frequently asked questions" section answering more of the questions that you have asked since the last edition
- All the latest thinking on why PBC patients get itch, fatigue, brain fog and other symptoms and what we can do about them
- Downloadable record sheets for your blood test numbers and symptoms to guide your clinic consultations



This is the definitive guide to help patients with PBC beat the condition. Treatments for PBC have advanced rapidly in recent years and we are in a better position than ever to completely control it. With the information in this book you can make sure you are getting the best possible treatment, and find out what you can do to help yourself. Written by one of the world's leading experts on PBC, this book explains all aspects of the condition, from why people get it, to how it is diagnosed in the clinic, how it is treated and how you can beat the symptoms. It can be read as a thorough explanation; a textbook for patients. Alternatively, with "two-minute versions" for each of the chapters, you get can all the key facts quickly. The book also has a dictionary of PBC which will help you understand the technical terms and medical jargon that you may encounter. The book is also ideal for the relatives and carers of PBC patients to help them better understand this liver disease. It will also be really useful for students, doctors, nurses and other professionals who are encountering PBC for the first time and want to find out more.

Amazon link: <https://amzn.eu/d/7I2rTKB>

FUNDING UPDATE - Winter 2024

We continue with our declared objectives of funding research and supporting liver patients, their carers and families. This involves reviewing research documentation submitted for approval. We also help to find people who are interested in participating in research projects. We provide grant funding for worthwhile projects that are not always mainstream. Here's what we have been up to lately:

1. November 2024 - Request from Mr J.J.French to fund the publication of his Royal College of Surgeons paper on 'Massive simple hepatic cyst triggered sudden cardiac arrest in a middle-aged, female patient due to compression of the right heart'. This is published in the Annals Journal & Bulletin Journal. We have funded the full amount of £720.
2. November 2024 - Request from Professor Derek Manas to support the production of training and informative videos by Transplant TV. We have awarded £5510 initially and as this is an ongoing project, our LIVERNORTH Governor Yvonne Gray is now on the board of Transplant TV and will monitor appeals.
3. December 2024 - Subject to the necessary approvals we have agreed to fully fund an alcohol reduction project up to the requested sum of £8,287.00.

The charity is extremely proud of its record in providing funding for research into liver disease. So far, we have given £1.3m to this cause. This fantastic sum has only been made possible because of the exceptional fund raising provided by our supporters and the fact that we have no paid employees whatsoever.

Every penny donated to us will be used for the direct support of liver patients, their families or to fund research. We are run entirely by unpaid volunteers.



Annual Accounts to 31/3/2024

LIVErNORTH Charities Account for year ended 31.03.2024			
INCOME		EXPENDITURE	
Donations - Charity Draw	£2,241.00	Telephone Charges	£699.62
Charity Draw	£2,990.00	Christmas Gifts - inpatients	£322.00
Grant Repaid	£0.00	Computer Related Expenses	£1,112.44
Collecting Cans	£32.09	Costco Card	£16.80
Donations - Flat	£1,375.00	Charity Daw	£1,375.00
Donations - General	£10,670.21	Education	£12,474.90
Donations - Peoples Fundraising	£5,518.17	Enthuse	£177.95
Costco	£49.60	Equipment	£541.79
Gift Aid	£2,220.19	Peoples Fundraising	£196.03
Great North Run	£6,516.00	Flat	£176.99
Bequests	£0.00	Great North Run	£1,223.72
In Memoriam	£10,548.96	Internet	£0.00
Lottery	£351.00	Insurance	£220.66
Pens, Badges & Key Fobs	£0.00	Leaflets	£5,716.34
Postage	£30.00	Lotteries Registration	£20.00
Repaid Cheques	£20.00	Newsletter	£13,337.27
Account Transfer	£38.99	Lottery	£4,263.00
Sponsorship	£2,220.00	Pens, Badges & Fobs etc	£0.00
Donations - PBC DVD	£0.00	Postage	£992.06
Education	£0.00	Research Grants	£0.00
		Stationery	£161.40
		PBC DVD Copies	£0.00
		Account Transfer	£10.00
		Returned Unpaid Chqs	£20.00
		Video Conferencing	£143.88
Total Credits	£44,821.21	Total Debits	£43,201.85
Balance B/Fwd	£19,340.88	Balance C/Fwd	£20,960.24
	£64,162.09		£64,162.09

LIVErNORTH General Account for year ended 31.03.2024			
INCOME		EXPENDITURE	
Christmas Dinner	£0.00	Christmas Dinner	£0.00
Christmas Dinner Tombola	£0.00	Christmas Dinner Tombola	£0.00
Donations	£10.00	Gifts	£15.00
Raffles	£0.00	Refreshments	£0.00
Refreshments	£0.00	Misc 1	£0.00
Xfr	£0.00		
Total Credits	£10.00	Total Debits	£15.00
Balance B/Fwd	£327.84	Balance C/Fwd	£322.84
	£337.84		£337.84
LIVErNORTH Capital Reserve Account for year ended 31.03.2024			
INCOME		EXPENDITURE	
Interest	£2,868.34	Account Transfer	£0.00
Total Credits	£2,868.34	Total Debits	£0.00
Balance B/Fwd	£213,468.50	Balance C/Fwd	£216,336.84
	£216,336.84		£216,336.84
LIVErNORTH Clubs and Societies Reserve Account for year ended 31.03.2024			
INCOME		EXPENDITURE	
Donations	£86.00	Debits	£115.00
Lottery	£7,813.00		
Interest	£144.55		
Total Credits	£8,043.55	Total Debits	£115.00
Balance B/Fwd	£5,804.10	Balance C/Fwd	£13,732.65
	£13,847.65		£13,847.65

Every year, every charity has to produce annual accounts for the Charity Commission for England and Wales. We publish ours here for your information so that you can see where the money goes. Our biggest single expense is the newsletter (printing and postage) and although we seem to have a healthy reserve balance, we are committed to funding several research projects that will require transfer of funds when they conclude.

Very many thanks to our Auditor, Julie Diamond who audits our accounts every year without payment of any kind. Thank you so much for your continued support.

LIVERNORTH Accounts Balance Sheet for year ended 31.03.2024			
CHARITIES ACCOUNT			
Balance B/fwd	£19,340.88	NatWest Bank Statement to 31.03.2024	£21,210.24
Total Credits	£44,821.21	Cheques not yet presented: 1037	£250.00
Total Debits	£43,201.85		
Balance	£20,960.24	Balance	£20,960.24
GENERAL ACCOUNT			
Balance B/fwd	£327.84	NatWest Bank Statement to 31.03.2024	£322.84
Total Credits	£10.00	Cheques not yet presented:	
Total Debits	£15.00		
Balance	£322.84	Balance	£322.84
CAPITAL RESERVE ACCOUNT			
Balance B/fwd	£213,468.50	NatWest Bank Statement to 31.03.2024	£216,336.84
Total Credits	£2,868.34	Transactions not yet posted to account	£0.00
Total Debits	£0.00		
Balance	£216,336.84	Balance	£216,336.84
CLUBS & SOCIETIES RESERVE ACCOUNT			
Balance B/fwd	£5,804.10	NatWest Bank Statement to 31.03.2024	£13,732.65
Total Credits	£8,043.55	Transactions not yet posted to account	£0.00
Total Debits	£115.00		
Balance	£13,732.65	Balance	£13,732.65
Examined and found to be correct in accordance with the documents and explanations provided to me			
		<i>J E Diamond</i>	
		J. Diamond BSc ACA, 5th November 2024	

2024 Hammer Throw in Memory of Leslie Little

These are just a few of the lovely folk from the Cumbria School of Hammer which held the Lesley Little Hammer Competition in September this year. This was the second time the competition has been held and the second time that money has been raised for LIVErNORTH. Lesley died in February 2023 and was a great



supporter of Cumbrian Athletics. Following her liver transplant in 2007, Lesley enjoyed being part of LIVErNORTH and her husband John (pictured above centre and right) has continued to support our charity in her memory. Joan and I recently met John in Appleby (right) to receive a cheque for £635.00



raised at the hammer throw this year. John Little is the head coach for the Cumbria School of Hammer and is raising the profile of hammer throwing and Cumbrian sport in general. Thank you so much, Cumbrian hammer throwers - your brilliant donation will help to support liver patients and fund research in the UK.

Calling all liver transplant patients and advocates!

The British Liver Transplant Group (BLTG) is looking to appoint a new patient representative to serve on their Committee until October 2028.



As a key member of this influential group, you'll have the opportunity to provide the patient perspective and play a vital role in shaping the future of liver transplant services across the UK.

The BLTG committee meets four times per year (a mix of face to face, hybrid and virtual meetings) and is made up of leading healthcare professionals from various disciplines, working together with two patient representatives to drive strategic development and improve outcomes for liver transplant patients.

If you have personal experience with liver disease or transplantation, a passion for advocacy, and want to make a difference, the BLTG would love to hear from you!

Informal enquiries welcomes - please contact Judy Hawsworth at judy@basl.org.uk and Matthew Cramp, Brian Hogan or Karen Rockell will get in touch. To apply, please email BLTG at judy@basl.org.uk **by 29th December 2024**.

In your email, let them know about your background, why you're interested in this role, and how you can contribute.

This is an amazing opportunity to have your voice heard and help transform liver transplant care in the UK. Don't miss out - apply today!

#Liver transplant #patientvoice #healthcare

For more details about BLTG and the current BLTG committee please see: <https://www.basl.org.uk/index.cfm/content/page/cid/5>

Reflections in Early October 2024

I have always liked mottos or sayings to keep keep me focussed. Many years ago, I purchased the block mount shown below. It has always been in a prominent place in the house, so that I must look at it several times a day helping me to reinforce the idea. I can honestly say by following this it has certainly improved my approach to life.



Don't count the days, Make the days count

However, “is it me?” or is there a developing mood of gloom and doom around? I am beginning to expect private Frazier of Dads Army fame to appear on all TV and Radio broadcasts with the immortal words, “we’re doomed, we’re doomed”. Don't you wish for more positivity. That got me thinking, what thoughts and ideas have the great and the good in the past come up with to engender a more positive approach. Well here are few examples:

Henry Ford, the famous motor manufacturer, the one who said, “you can have any colour car as long as it is black”. Now that's what you call a clear unambiguous message. He also came up with many positive statements, the language of which was of its day, the one I like best is:

“You can do anything if you have enthusiasm. Enthusiasm is the yeast that makes your hopes rise to the stars. Enthusiasm is the sparkle in your eye, the swing in your gait, the grip of your hand, the irresistible surge of your will and energy to execute your ideas.....Enthusiasm is the bottom of all progress...”

Colin Powell, the American statesman and army officer quoted:

“Pessimism leads to weakness, optimism to power”

While Willie Nelson, the American singer/songwriter wrote:

“Once you replace negative thoughts with positive ones, you'll start to have positive results”

But, the one I liked best is by the Dali Lama:

“Choose to be optimistic, it feels better”

Let's hope that things become more positive over the next months. Surely, the

Christmas spirit will prevail.

Just a final thought, on October 7th the price of a first class stamp increased from £1.35 to £1.65 an huge increase of 22%. Surprisingly, there is a positive quote regarding the postage stamp written by the American writer Josh Billings in the 19th century:

“Consider the postage stamp; its usefulness consists in the ability to stick to one thing till it gets there”

We would get a lot of things done properly if we followed this mantra.

By GHF (glass half full, not half empty)



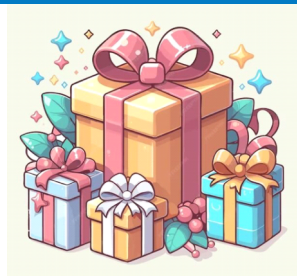
Scam Emails - BEWARE

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 [\[report@phishing.gov.uk\]](mailto:report@phishing.gov.uk)

Most Popular Christmas Presents Across the Decades

Recently, I spent a fascinating hour in a very large toy store looking at ideas for a two year old who is going on four. It had wall to wall toys, which were even stacked up to twenty feet high on all sides. As the kids would say it was “amazing”. It was difficult to really appreciate the huge range of toys, which are available for children today. There was something for everyone. I have to admit that prior to this visit I had no idea that many of these toys existed. Obviously, the current trends in toys have simply passed me by. Although, I did see toys I recognised there was plenty of Lego, even ones which made up into flowers, and, yes, Hot Wheels were still available.



The place was full of parents with their children trying to find out what they really wanted from Santa. You could not help but listen to some of the magical conversations that were taking place. The little girl, who looked her parents in the eye saying, “no, I want it now, not at Christmas”. I never did find out whether she got her wish, although I suspect the parents capitulated. Then there was the little boy who applied sound reasoning to his dad for the toy to be bought today, “are you sure you will remember where this toy is so that it can be sent to Santa”. Ah, the joys of parenthood at Christmas.

The range of toys today is incredible, but what were the most popular Christmas toys in the past? They depict changing social history, technological developments and slick marketing of the time. Here are some examples from previous decades. Many of the Christmas best sellers of previous years remain popular today. You may remember some or even treasured them. It could be a trip down memory lane for toys that you received, or ones you desired but never got. That reminds me, I never did get that Raleigh bike with three Sturmey-Archer gears. Even now it still hurts.

Here are some of the best selling Christmas toys from the Fifties to the Eighties.

1950's

Yes, some of us go back that far! Choices were much simpler then and they were of their time. The most popular included the Hula Hoop, which over two years, world wide sold over 100 million. Now that's a toy in which you would have liked a share of the royalties. Play Doh was a firm favourite which has stood the test of time. Surprisingly, it was initially never developed as toy, but used as a cleaner to remove soot or coal dust from wallpaper. The Painting



by Numbers kits allowed children to produce very acceptable paintings. Spinning tops and Matchbox toys were at the top of many lists. It was also the decade in which the Tonka Truck made its appearance. While in 1959, Barbie who was named after her creator's daughter hit the market, with Ken following in 1960. They certainly have survived the test of time, now with their own full blown successful movie.

However, my own favourite was Mr Potato Head, which had the added advantage that once you completed the game, you could use the spud as ammunition for your Spud Gun. Stocking presents apart from the mandatory satsuma and nuts, could also include pink and white solid sugar mice (no mention of a 'sugar rush' in those days) or a packet of candy cigarettes. Yes, times were simpler then.

1960's

This was really a decade of innovation and creativity. Popular toys were Etch A Sketch and Hot Wheels. GI Joe was introduced as well as Action Man who first appeared in 1966, followed over the years by lots of different outfits and modes of transport. Barbie and Ken had the must have formal wear outfits for 1964. Then, Cindy the rival to Barbie first appeared in the mid sixties. Possibly the most popular toy ever made came with the introduction of Lego on a big scale in this decade. It had been around in a plastic form since 1947, but the development of a new plastic in 1963 resulted in a dramatic increase in its availability. The word LEGO comes from a contraction of a Danish phrase meaning 'play well'. What an appropriately named toy. I am sure many of us have spent many a happy hour playing with Lego- all you need is imagination.

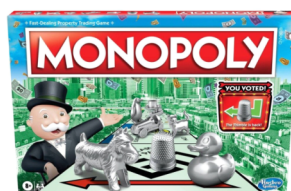


Other popular toys were Operation which came out in 1965, the skill game involving the removal of body parts (I could never manage to remove the funny bone). The Spirograph, the drawing tool allowed you to make intricate patterns and who could forget the contortion game of Twister.

Finally, especially after viewing the travels of Paddy McGuinness and the monumental fund raising for Children in Need we come to the Raleigh Chopper Bike. First introduced in 1969, it remained in the list of most popular toys for several years. Over one and a half million Choppers were sold.

1970's

This was the decade in which technological items started to appear. In 1971, the Space Hopper appeared with a price of £2.25. Then in 72, Skateboards became very popular at Christmas.

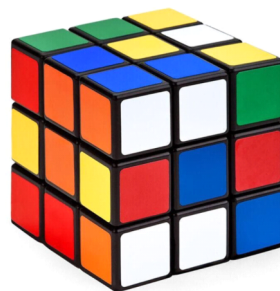


Monopoly was a very popular toy in 75, it sold for the princely sum of £1.81, while in 76, the 'go to toy' was the Pogo Stick. I can honestly say that trying this toy for the first and last time, things did not go well. I still have the scars. Towards the end of the decade technology toys became available and popular. The Atari 2600 video game console appeared in 77, but at over £100, it was an expensive Christmas gift. Just as an aside, a guy called Steve Jobs left Atari in 1976 to found Apple Computers inc.....and the rest is history.

Star Wars figures appeared at the end of the 70's and the spinoffs continued to be in the most popular Christmas toys for many years, who can forget the Millennium Falcon.. However, if you were really lucky Santa may have left you a Sony Walkman in 79.

1980's

This decade had some of the most iconic toys. Starting in 1980 with the Rubik's Cube which was a great stocking filler. It was one, if not the number one toy ever produced. It was first introduced at a retail price of just under a pound. Remarkably, as of January 2024 it is estimated that 500 million have been sold worldwide. The BMX bike was a popular main present in 82 and beyond. Today, it is even a sport in the Olympics. The same year, saw a significant development on the technological side with the introduction of the ZX



Spectrum Computer, which became a must have present for that Christmas.

1983 saw the introduction of three very popular and seriously in demand toys Care Bears, My Little Pony and who could forget the Cabbage Patch Doll. Sixteen inches high, a plastic head, fabric body and typically yarn hair it turned out to be one of the most popular toys of the decade.

Optimus Prime and the whole Transformer series were first introduced in 84. They are still going strong today with 'spin off' films. Other most popular key toys of the late decade were Trivial Pursuit and Sylvanian Families, again both of which are still popular to this day.

Well back to 2024, I now need to gen up on Gabby's Dolls House to have any street cred this Christmas. Just to be correct other Dolls Houses are available.

Hope you have enjoyed this brief trip back to Christmas pasts'

Merry Christmas,
Alf Bennett

THANK YOU

To **ALL** of our
2024 Great North Runners

Together you raised
£5100 in Sponsorship

*Your continued support is
very much appreciated*



Liver
NORTH

Registered Charity
No. 1087226

All runners receive a personal thank you card similar to this. The sum above includes Gift Aid and a donation from young Luke Myhill who raised £186 in sponsorship doing the Junior Great North Run (well done!). Places are available for the 2025 GNR so please email us now if you would like to run for us in 2025. (info@livernorth.org.uk)

Through the lens of Photographer David Smith



More photographs from gifted photographer David Smith. David says that he's a Summer photographer and hasn't got many winter scenes.

He sent us these lovely wildlife pictures for our Winter issue.

An amazing English 2 letter word

A reminder of one word in the English language that can be a noun, verb, adjective, adverb and preposition.

A two-letter word in English which has more meanings than any other two-letter word, and that word is 'UP.' It is listed in the dictionary as an [adv], [prep], [adj], [n] or [v].

It's easy to understand UP, meaning toward the sky or at the top of the list, but when we awaken in the morning, why do we wake UP?

At a meeting, why does a topic come UP? Why do we speak UP, and why are the officers UP for election and why is it UP to the secretary to write UP a report? We call UP our friends, brighten UP a room, polish UP the silver, warm UP the leftovers and clean UP the kitchen. We lock UP the house and fix UP the old car.

At other times, this little word has real special meaning. People stir UP trouble, line UP for tickets, work UP an appetite, and think UP excuses.

To be dressed is one thing but to be dressed UP is special.

And this UP is confusing: A drain must

be opened UP because it is blocked UP. We open UP a store in the morning but we close it UP at night. We seem to be pretty mixed UP about UP!

To be knowledgeable about the proper uses of UP, look UP the word UP in the dictionary. In a desk-sized dictionary, it takes UP almost 1/4 of the page and can add UP to about thirty definitions.

If you are UP to the task, you might try building UP a list of the many ways UP is used. It will take UP a lot of your time, but if you don't give UP, you may wind UP with a hundred or more.

When it threatens to rain, we say it is clouding UP. When the sun comes out, we say it is clearing UP. When it rains, the earth soaks it UP. When it does not rain for awhile, things dry UP. One could go on and on, but I'll wrap it UP, for now . . . my time is UP!

Oh . . . one more thing: What is the first thing you do in the morning and the last thing you do at night?

U P !

Did that one crack you UP?

Don't screw UP. Send this on to everyone you look UP in your address book. . . . Or not . . . it's UP to you. How about: You're really Fed UP?

Now I'll shut UP!

(from Ole King Cole, a reader from Oz)

CHRISTMAS TRADITIONS

For many years we have used greenery – holly, ivy, spruce, yew and mistletoe as part of our Christmas decorations. But do we know why and their origins?

Was it, because they were evergreen and used at a time of year when there was little else, or was it part of history? Many ancient traditions used holly and ivy as a belief in eternal life and rebirth. Some examples are:-



The Romans used holly in a festival dedicated to Saturn, God of Agriculture.

In Norse mythology, holly was associated with Thor, God of Thunder, holly plants were thought to prevent lightening. They believed the mistletoe symbolised love and peace. The Goddess Figg lost her son, killed with an arrow made from mistletoe. She vowed that mistletoe would only kiss anyone who passed beneath it, and it would never again be used as a weapon.

Greeks saw the ivy as a symbol of Bacchus, the God of Wine.

The Druids believed the holly protected us from evil and the trees were a barrier against witches. They protected the tree, it could be trimmed but never cut down. They used branches from the holly for wands. Along with the use of winding ivy which also wards off evil spirits.

They were quoted by Pliny the Elder, (born AD 23/24, Roman Historian /Naturalist & Philosopher) when he described Druids from Gaul harvesting Mistletoe from oak trees, but no mentioned of the time of year.

In Celtic mythology, the Holly King rules over half of the year, passing his crown to the Oak King at the approaching Solstice.

Britain has more ancient yew trees of more than 500 years old than anywhere else in Europe.

There is much symbolism about these trees being closer to death and rebirth. Old beliefs of Roman, Celts and Norse thought they guarded against evil. Although people think of death with many yew trees having been planted in churchyards among grave stones.

Over a period of time, customs evolved from non Christian, to Christian religious holidays, the holly and ivy became established as Christian symbols at Christmas. Even though for a period ivy was banished, due to its ability to grow in shade, which was thought of as secrecy. In pagan times, holly was thought to be male and ivy female. Old English traditions says which ever was brought first into the house, tells who would rule the next year.

Part of this evolution of traditions was the bringing of mistletoe into the home.

It would be hung up, where people passing underneath at same time had to kiss. As a child I remember this, But it has been declining. I recently read an article about the yearly auctions of holly and mistletoe. It stated that the decline of buying mistletoe is due to young people either not knowing the tradition or not interested. Where holly is in higher demand and prices are up to £5 kilo. (wish I'd known this when we trimmed ours).

Christians today use both holly and ivy as part of Christmas celebrations. It is now believed the sharp leaves are a symbol of Christ's crown and the red berries his blood. In Scandinavia it is known as the Christ Thorn.

Then we have the carols; 'The Holly & the Ivy' and 'Deck the Halls with Boughs of Holly', originating in the 16th century, highlighting the continued acceptance of the holly at Christmas. Advent wreaths may have origins from Germany and the Lutherans, also believed to have been around from 16th century. However, the first record of the custom, is from 1833. Where a Lutheran Pastor, lit the candles hope, peace, joy and love on each Sunday in Advent, becoming a well known part of our Christian service. In the Catholic Church they have 5, the fifth being white for purity. This has become a popular adaption in modern day.

The spruce or Christmas tree is said to have been introduced in 1840 by Prince Albert, consort of Queen Victoria, but actually it was Queen

Charlotte, German wife of George III in the Queen's Lodge Windsor in 1800. From that history, many homes now follow the tradition of having a tree (or more). Some still have the original fresh real tree but many now prefer the artificial ones.

At this time of year, you only have to look at the number of Christmas wreaths for sale, mostly made with spruce, continuing both tradition and the use of our evergreens. Some are brought inside, some are hung outside and some are placed on the gravestones of loved ones.

Thinking of all the above information and where our current customs came from, it's the rebirth of traditions and beliefs, be that ancient or modern. These evergreen plants have survived, grown and adapted to the times they live in.

Liz Bennett



LETTERS - email us or post to 'freepost livernorth'

I would like to say a big thank you for sending me your magazine LIVErNEWS for so many years now and which has been so very useful and interesting.

EL
Newcastle

Hi Joan,

Please find enclosed cheque for the raffle and a small donation. My husband is doing OK. November 23 years ago since his transplant. Still thanking our lucky stars that he was fortunate to receive a donor liver.

MY
Tyne & Wear

Dear LIVErNORTH,

Please find enclosed raffle tickets, payment and a small donation.
Thank you so much for the regular newsletters, I appreciate them very much.
Regards

L
Lanarkshire

Hi, Hope you are well.

You recently helped my brother and family during his liver transplant journey. Father Christmas makes a donation to a charity each year in lieu of lots of presents. Our 3 year old daughter when asked what she wants to ask father Christmas to donate to said she would like to help "make uncle better so I can have fun going and getting water from the sea with him" it won't be a big sum but could you let me know some details for donations please and gift aid information? Father Christmas writes a letter each year telling her about the donation and normally includes the logo from the charity. Any objection to him doing that?
Thanks, A, Derbyshire (Santa's response will be published in the next issue)



The Wonderful English Language...A Pronunciation Poem

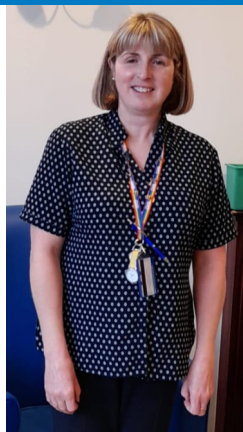
I take it you already know
of tough and bough and cough and dough
Others may stumble, but not you,
on hiccough, thorough, laugh and through
Well done! And now you wish, perhaps,
to learn of less familiar traps?

Beware of heard, a dreadful word,
that looks like beard and sounds like bird.
And dead...it's said like bed not bead...
And for goodness' sake don't call it deed!
Watch out for meat and great and threat
They rhyme with suite and straight and debt.

A moth is not the moth in mother,
nor both in bother, broth in brother.
And here is not a match for there,
nor dear and fear for bear and pear.
And then there's dose and rose and lose...
Just look them up...and goose and choose,
and cork and work and word and sword,
and do and go and thwart and cart...
Come, come I've hardly made a start.
A dreadful language? Man alive,
I'd mastered it when I was five.

THE BACKROOM FOLK...

The charity is often helped out by folks who you never see and who don't make a fuss about it. This lovely lady pictured on the right is such a person. She is Lisa Nuttall who is the Ward Clerk on W16 at the Freeman. Lisa is our friend on the front line and manages the Beechwood House flat lettings on our behalf as well as looking after the W16 notice board, requesting, storing and distributing the W16 Christmas Gifts for Dec 24th overnights and generally being a great help for the charity. When she can, she also keeps an eye on the flat and also lets us know if there are any problems with it.
Thank you Lisa from everyone in LIVErNORTH.



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

'TIS THE SEASON TO BE JOLLY
MEMORIES'...

The weeks before Christmas we were full of busy at school.

Rehearsing our Christmas carols for the concert and the Nativity.. (the shepherds wearing tea towels on their heads and a sheet tied in the middle with a pyjama cord)...

The angels with a tinsel halo...

Lots of gluing, sticking, licking and cutting out, making paper chains and Chinese lanterns, making Christmas party hats, cutting out snowflakes and stars for the classroom windows and glass in the classroom door and sticking on cotton wool for snowmen for a snowy scene...

Making your mam & dad a personal Christmas card and a calendar from old Christmas cards, gluing on the months of the year...

...and then, best of all, we had that pure excitement of the Christmas party!...

Us girls in our pretty coloured party frocks from C&A, fluffy boleros, shiny patent new shoes and socks (if you were lucky), oh, I'd of loved some silver party shoes, never did...

... and the lads looking smart in their shirts and new trousers, knitted tie or one on elastic and a hand knitted, v neck, sleeveless pullover and new zip up jerkins..

You'd take in your own plate and beaker with your name sellotaped on the bottom...

Long trestle tables would be set with

sandwiches, jam tarts and biscuits..

you'd sit with your friends..

We'd pull crackers and put on our hats...so excited to be taking home a balloon...

In teams playing pass the balloon between your legs and musical chairs, (you got elbowed and shoved to get that chair!) and we played statues, the teacher playing the piano...

You'd always get the naughty lads skidding across the floor on their knees...

Awww, the excitement of those school Christmases, I wish I could've bottled it, wouldn't it be priceless!

MEMORIES OF CHRISTMAS
COMING.....

So, as Christmas was looming, me mam would be making her Christmas cake and Christmas puddings

She'd get all the ingredients measured out on her scales and the recipe from her Bero cook book.

Dried fruit, spices, nuts, mixed peel etc...

She'd let us have a stir of the mixture in the bowl and make a wish and lick the bowl and wooden spoon when she'd finished, always a treat!

A sixpence wrapped in greaseproof paper would be put in the mixture for luck..

She'd line a round cake tin with greaseproof paper and the puddings were put in pudding basins and tied with string...

Ooh, that amazing aroma coming from

More memories from Joyce ...

the scullery!

When the cake was cooked and cooled, she'd put it in the pantry and over the weeks would skewer it with a darning needle and 'feed' it with brandy or rum. Then she'd eventually wrap it in marzipan and ice it, no fancy stuff, just flicked with a knife to make it look like snow, then put in an old biscuit tin, no plastic containers then.

The puddings were steamed for hours in a big pan of simmering water, no steamers in 'them days', the water constantly getting topped up.

Out would come the ancient frill for the cake, a gold, tattered, paper Merry Christmas, an old snowman and Santa Claus, a couple of trees, all stuck on the bottom with icing that had gone

hard and yellow over the years so they didn't stand properly, it didn't matter, they were priceless.

Tiny edible Silver balls stuck on for extra decoration...

A jar of mincemeat would be waiting for her homemade mince pies.

Awww, what I would give to go back to those days of seeing my mam in the scullery, with her pinny on, hearing the clang of the weights on the scales and the heavenly smell of that Christmas cake baking in the oven and the puds simmering on the gas stove...

If only I had a magic wand!

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.

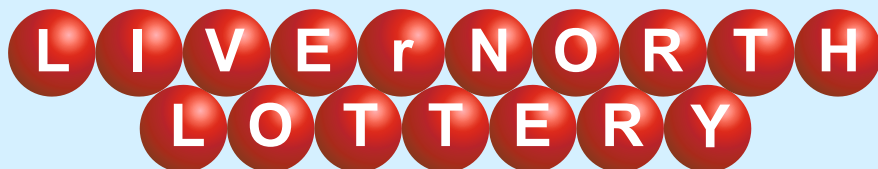
For further details and for the form for ordering Lions Message in a Bottle, type this into your browser:

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

or phone the Lions on 0121 441 4544



JOIN OUR LOTTERY for £1 a week
help liver patients & fund research



Jackpot £2,500
+Seven prizes of £250

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
NB	Wideopen	no 129	drawn on 30/10/24
DM	Throckley	no 8	drawn on 28/11/2024

£2500 Jackpot Prize winner

****LO of Cornsay with No 11 drawn on 28/11/24****

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)

Glass takes one million years to decompose, which means it never wears out and can be recycled an infinite amount of times!

Gold is the only metal that doesn't rust, even if it's buried in the ground for thousands of years.

Your tongue is the only muscle in your body that is attached at only one end.

Zero is the only number that cannot be represented by Roman numerals.

Kites were used in the American Civil War to deliver letters and newspapers.

Drinking water after eating reduces the acid in your mouth by 61 percent. Drinking a glass of water before you eat may help digestion and curb appetite.

Peanut oil is used for cooking in submarines because it doesn't smoke unless it's heated above 450F.

The roar that we hear when we place a seashell next to our ear is not the ocean, but rather the sound of blood surging through the veins in the ear.

The military salute is a motion that evolved from medieval times, when knights in armour raised their visors to reveal their identity.

In ancient times strangers shook hands to show that they were unarmed.

The letter J does not appear anywhere on the periodic table of the elements.

Comments on Government politics and bureaucracy...

'In my many years I have come to a conclusion, ... that one useless man is a shame, and three or more [useless men] is a government.'

~John Adams

'If you don't read the newspaper you are uninformed, if you do read the newspaper, you are misinformed.'

~Mark Twain

'I contend that for a nation to try to tax itself into prosperity is like a man standing in a bucket and trying to lift himself up by the handle.'

~Winston Churchill

'A government which robs Peter to pay Paul can always depend on the support of Paul.'

~George Bernard Shaw

'Just because you do not take an interest in politics doesn't mean politics won't take an interest in you!'

~Pericles (430 B.C.)

'No man's life, liberty, or property is safe while the legislature is in session.'

~Mark Twain (1866)

'The only difference between a tax man and a taxidermist is that the taxidermist leaves the skin.'

~Mark Twain

'We hang the petty thieves and appoint the great ones to public office.'

~Aesop

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!

I called my doctors surgery this morning. 'I need to make an appointment for as soon as possible,' I said, 'everything in my ear is echoing.' 'Ok,' she replied, 'How does tomorrow sound?' I said, 'Morrow, orrow, row, ow.'

A paper bag felt awful; weak, lethargic and exhausted so he went to see the GP who said 'I'll do some blood tests to find out what's wrong with you'. The blood tests came back and the GP said 'The test show you have HIV' The bag said 'How can that be? I've never been in contact with anyone or even know anyone who has it' and the GP said 'Well, the only thing I can think of that your mother must have been a carrier'

I had a kids meal at Mc Donald's this morning, His mother went loopy !

A man with suspected Corona virus is lying in a hospital bed with a face mask on waiting to be seen. A trainee nurse comes to give the man a bed bath. The man asks "Are my testicles black?". The nurse replies "I'm here to give you a bed bath". The man asks again slightly more agitated this time "Ok, but can you look to see if my testicles are

black?". The nurse replies "Sir I'm only supposed to give you a bed bath upper body and feet". The man rather breathless this time manages to ask one more time, "Please, are my testicles black?". The nurse looks at the man in sympathy and not wanting the man's heart rate to increase or cause any more undue stress lifts up the man's gown, takes the mans member in one hand and his testicles in the other, leans in to inspect and says, "No your testicles are not black". The man sits up in his bed removes his face mask and says to the nurse "Listen to me carefully, ARE MY TEST RESULTS BACK?".

My wife was going through her wardrobe, she said "Look at this, it still fits me after 25 years" I said "It's a scarf."

I saw an old man at the supermarket collecting the trolleys. He must have been pushing seventy!

I want to go on a diet but I feel I have way too much on my plate at present.

I was in the six-item express check-out at the supermarket, quietly fuming.

Completely ignoring the sign, the woman ahead of me had slipped into the check-out queue, pushing a trolley piled high with groceries. Imagine my delight when the cashier beckoned the woman to come forward, looked into the cart, and asked sweetly, "So, which six items would you like to buy?"

My wife is singing in the house...I'm sitting outside so the neighbours don't think I'm hitting her!

I told my wife she should embrace her mistakes...she hugged me.

My partner just stormed out of the flat due to my obsession with the Weather Forecasts, I haven't the foggiest where she's gone.

I hate it when people act all intellectual and talk about Mozart when they've never even seen one of his paintings.

90% of bald people still own a comb... they just can't part with it.

The wife's new perfume smells faintly of cheese and cold sliced meats. She said it is delicate essence.

The vet can't understand why my dog keeps moulting, so I've asked if he can get him referred.

During the war, my grandfather served as the regimental Christmas tree. He didn't see much action but he was highly decorated!

My mate's been trying for ages to get a

job. So I said to him "Try the Search & Rescue Organisation.... they're always looking for someone".

It is now Motown weather. Three degrees, four tops.

I sent my hearing aid off to be repaired 2 months ago and I haven't heard a thing since.

Just saw my mate from Ashington in town. I asked him where he'd been on Saturday as I hadn't seen him in the pub. "Berlin" he replied. "I love it there" I said "The Brandenburg gate is a masterpiece of architecture and the people, although still suffering the effects of the cold war and the Communism of East Germany, are warm and friendly"

He looked at me, puzzled for what seemed like an age before he said "Nar Marra, ten pin berlin" (Geordie joke).

I've been to an Indian restaurant tonight. After I had ordered, a little old lady came up to me and said, "Aren't you polite. You have such lovely manners and ever so polite." I didn't realise at the time but apparently, it was my complimentary nan.

I've just phoned for an ambulance and said: "Come quick, my old mate has been bitten by a wolf." Operator: "Where?" Me : "NO, just a normal one."

Always remember you are never useless - you can always be used as a bad example.

Went to the doctors today and told him I've got a problem with the hearing in one of my ears." He said, "Are you sure?" I said, "Yes, I'm definite."

I've got an Abba song stuck in my head, I'll be singing it all night knowing me.

My wife and myself were dining at a 5-star restaurant. When our food arrived, I said: "Our food has arrived! Let's eat!" She said 'You always say your prayers at home before your dinner!' I replied: "That's at home, my dear. Here the chef knows how to cook..."

Just spent a fortune on a Hugo Boss belt and it doesn't fit - Huge waste!

When I left work I decided to take up golf. I bought all the gear and played a couple of times a week but wasn't doing very well. I decided to invest in a pro lesson and I played a couple of holes

while he watched. He said - 'you need to cut 6" off all of your clubs'. I said 'will that make me play better?' and he replied 'No but they will fit in the dustbin easier'.

Sometimes I wonder what happens to people who ask me for directions.

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

Santa has been reading your posts all year. Most of you are getting dictionaries.

Dear Santa, all I want is a fat bank account & a skinny body. Please don't mix it up again like last year!

Terrible jokes as per usual but you know you like them! If you can do better (or worse) let's see them please.



Last picture from our 30 years history before we leave our Winter 2024 LIVErNEWS.

A cheque presentation from Staff at the Metrocentre in Gateshead who raised £500 for us twenty years ago in December 2004.

Over the thirty years since our formation we have been supported by our members, the local community,

hospitals and clinicians, staff and business. Although we are all unpaid volunteers, we could not have done it without your support so please accept a big THANK YOU from every one of us.

The Pub Quiz or if you prefer the Barista Café Quiz No 10

1. How many counties border on Cornwall?
2. Who wrote Treasure Island ?
3. The Omnium is a race competition in which sport?
4. Who was the first woman to hold the office of Speaker of the House of Commons?
5. The Olympic symbol is made up of 5 coloured rings, black, green, blue, but what are the other 2 colours?
6. What name do we give to a shape with five sides?
7. Where in the world would you find the Spanish Steps?
8. What was the first James Bond movie?
9. What does AC on the button of a calculator mean?
10. What is the smallest State in the United States?
11. What sport is played at Lords?
12. Who was the War of the Roses between?
13. What city is known as “the home of country music”?
14. Who wrote the novel Far from the Madding Crowd?
15. Who discovered the Laws of Gravity after supposedly watching an apple fall from a tree in his garden?
16. What animal's baby is called a Joey?
17. What type of clothing are Espadrilles?
18. What planet is furthest from the Earth?
19. Which Premiership Football Team sponsored by Ed Sheeran is nicknamed “the tractor boys”
20. Parker and Barrow were the surnames of which American crime duo.

(Answers below)

- | | |
|--|--------------------------------------|
| 1. One. It only has a border with Devon. | 10. Rhode Island |
| 2. Robert Louis Stevenson | 9. All Clear |
| 3. Track Cycling | 8. Dr No |
| 4. Betty Boothroyd | 7. Rome |
| 5. Yellow and Red. | 6. Pentagon |
| 6. Pentagon | 5. Isaac Newton |
| 7. Rome | 4. Thomas Hardy |
| 8. Dr No | 3. Nashville |
| 9. All Clear | 2. The Houses of Lancaster and York |
| 10. Rhode Island | 1. Cricket |
| | 12. The Houses of Lancaster and York |
| | 13. Nashville |
| | 14. Thomas Hardy |
| | 15. Isaac Newton |
| | 16. A kangaroo |
| | 17. Shoes |
| | 18. Neptune |
| | 19. Ipswich Town |
| | 20. Bonnie and Clyde |

UIOLI WINTER 2024 - ISSUE 89

SUDOKU... With the kind permission of the creator (Wayne Gould of Pappocom). You don't need to do any arithmetic or be good at maths - all it takes is logic so please have a go - it will help to keep your brain active. Just fill in the missing numbers in every square, row & column using 1 to 9 without repeating any. There is strict copyright so they may not be redistributed in any way whatsoever although you can of course photocopy the page if you don't want to spoil your copy of LIVErNEWS. Good Luck!

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

Easy SUDOKU

Difficult SUDOKU

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

SU DOKU

'Single Digit' (Japanese)

As featured in the Times
Monday to Saturday

©Puzzles by Pappocom

www.sudoku.com

Last issue (No 88) SUDOKU solutions:
Easy

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

Difficult

4	8	7	5	6	9	1	3	2
6	1	5	3	4	2	9	7	8
2	9	3	1	8	7	6	4	5
3	2	4	6	9	5	7	8	1
9	6	8	4	7	1	2	5	3
7	5	1	2	3	8	4	6	9
1	7	6	8	2	3	5	9	4
5	3	9	7	1	4	8	2	6
8	4	2	9	5	6	3	1	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@livenorth.org.uk or drop us a line at our Freepost address 'freepost livenorth' no stamp necessary..

The latest version of this page is always available as a PDF file. Email us and ask for a copy: info@livenorth.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 in Liver Disease**
15. **Hepatitis C**
16. **Travel Insurance for Liver Patients**
17. **Hepatitis E**
18. **Fatigue in Liver Patients/A Patient's Journey**
19. **Scanning - a short guide (*aka Understanding Tests*)**
20. **Liver Cirrhosis Self Management Toolkit ***
21. **Exercise & Osteoporosis in Liver Patients**
22. **Hepatic Encephalopathy**
23. **Our Livers, Our Lives (*via ISSUU*)****
25. **Allowances (DLA & PIP)**
26. **Compensated Liver Cirrhosis**
27. **Hepatitis B**
30. **Wellness Walks - several available*****

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interactive
poster



* 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

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

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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