

# LIVErNEWS

Liver Patient Support Newsletter

Spring 2025

## 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	ITU	Intensive Therapy Unit
AI	Artificial Intelligence	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
ARI	Acute Respiratory Infection	MASLD	Metabolic dysfunction-Associated Steatotic Liver Disease (see also NAFLD below)
ARLD	Alcohol Related Liver Disease	MetALD	Metabolic dysfunction-associated Alcohol-related Liver Disease
		ML	Machine Learning
BP	Blood Pressure	MRC	Medical Research Council
CCG	Clinical Commissioning Group	MRHA	Medicines & Healthcare products Regulatory Agency
CRESTA	Clinics for Research and Service in Themed Assessments		
CQC	Care Quality Commission		
CT	Computed Tomography		
EHIC	European Health Insurance Card	MRI	Magnetic Resonance Imaging
		NAFLD	Non-Alcoholic Fatty Liver Disease
FLI	Fatty Liver Index	NASH	Non-Alcoholic Steatohepatitis
		NFIB	National Fraud Intelligence Bureau
GHIC	Global Health Insurance Card	NICE	National Institute for Health and Care Excellence
GIT	Gastrointestinal Tract	NHS	National Health Service
GP	General Practitioner (doctor)	NHSBT	NHS Blood & Transplant
		NIHR	National Institute for Health Research
HAV	Hepatitis A Virus	NSAID	Non-steroidal anti-inflammatory drug
HBV	Hepatitis B 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
HDU	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	URSO	Ursodeoxycholic acid
ICS	Integrated Care Scheme		
ICU	Intensive Care Unit		

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Medical Advisors: Professor Quentin M Anstee BSc(Hons), MB BS, PhD, MRCP(UK), FRCP,

Professor David Jones OBE MA BM BCh PhD FRCP,

Professor Derek Manas FRCS BSc MBBCh Mmed (UCT) FRCSEd FCS (SA),

Professor Fiona Oakley PhD BSc, Dr Anand V Reddy MD, FRCP,

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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**LIVERNORTH National Liver Patient Support**

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Address for all correspondence:

***freepost livernorth***

Tel & Fax: 0191 3702961

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**LIVERNORTH Governors:**

*John Edward Bedlington MBE MSc MIFireE MloL Chair, Debbie Lovell, Sian O'Dea MSc BSc (Hons) Cert Ed, Marian Godwin-Clifford, Alf Bennett BSc DipEd PGCE Features Editor, Yvonne Gray B.Ed (Hons) CRS, Dawn Goodfellow, Fiona Hale MA BA (Hons) PG Dip, Linda Turnbull LL. B (Hons), LL. M (Dunelm), Reverend Nigel Goodfellow MA, Jeremy French BMedSci, MBBS, MD, MRCS, FRCS, PGCert Clinical Leadership, Alan Rochelle, Joan Bedlington MBE BSc (Hons) Treasurer, Peggy Oliver, Sarah Murphy Minutes Secretary*

## WELCOME TO THE SPRING 2025 ISSUE OF LIVErNEWS

As we move forward into another busy year, I would like to take this opportunity to reflect on our continued progress and future initiatives.

LIVERnORTH remains deeply involved in research, supporting vital studies that aim to improve the lives of those affected by liver disease. Our engagement in research projects, collaborations and patient advocacy ensures that we continue to make a meaningful impact. If you are interested in learning more or getting involved, please do not hesitate to contact us. On the same subject, Artificial Intelligence (AI) is being relied on more and more in the healthcare environment. Please have your say on this by filling in and returning the enclosed survey run by Newcastle University. It is totally anonymous and is aimed at finding out what patients and the public think about the use of AI and Machine Learning (ML) in liver disease.

In research news, we are fully funding a project led by Sarah Hogg, a Hepatology Research Nurse, aimed at reducing alcohol intake through motivational interviews. More on this project to follow in future issues. We are also part funding Mr Rodrigo Figueiredo, Liver and Transplant Surgery Consultant, to visit the Liver Transplantation unit in Toronto later this year. Toronto is one of the largest liver transplant units in the world, with particular expertise in live donor liver transplantation (it is largest live donor

liver transplant unit in North America). On his return, his knowledge will help live liver transplantation in the UK become more widespread.

The LIVERnORTH Lottery is a way to support our work while having the chance to win cash prizes. Everyone who joins the lottery helps fund research, patient support, and education. If you haven't joined yet, now is the perfect time! Your participation makes a real difference (see pages 23 and 24)

We are currently in the process of finalising speakers for upcoming events and meetings (with an AI presentation coming soon). These sessions provide invaluable insights from leading experts, and we look forward to sharing more details soon. Please keep an eye out for updates on our Facebook page, where we will post confirmed speakers, event dates, research opportunities and other important information. If you missed a talk, there is a link and a QR code on the next page for our YouTube channel, where you can access all the talks.

Thank you for your continued support and dedication to LIVERnORTH. Together, we can make a real impact in the fight against liver disease.


Best wishes to you all, please make the most of the better weather ahead and take care.

John and the LIVERnORTH Team




## WATCH ANY TALK ON YOU TUBE - SEE THE Q&A

**LIVER NORTH** NIHR | National Institute for Health Research | Research Excellence in Non-Commercial partner



**Professor Derek Manas**



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](mailto:info@livernorth.org.uk)


ALL WELCOME (2 x CPD points for clinical staff)

**Jan 25**  
Prof D Manas

**LIVER NORTH** NIHR | National Institute for Health Research | Research Excellence in Non-Commercial partner



**Professor David Jones**



28 Nov | 7.00pm | ZOOM

**New Therapies for PBC + Q&A**


to get the link: [info@livernorth.org.uk](mailto:info@livernorth.org.uk)

ALL WELCOME (2 x CPD points for clinical staff)

**Nov 24**  
Prof D Jones

**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](mailto:info@livernorth.org.uk)

ALL WELCOME (2 x CPD points for clinical staff)

**Oct 24**  
Dr R Edwards

**Liver NORTH WEBINAR**

**Online Via ZOOM**  
7.00 pm, Thursday  
25th July 2024



**Rachel Howarth & Thomas Crame**  
Researcher in clinical nutrition and liver disease

**Nutritional considerations in liver disease with Q&A**

email us for the link to join online: [info@livernorth.org.uk](mailto:info@livernorth.org.uk)

ALL WELCOME (2 x CPD points for clinical staff)

**Jul 25**  
R Howart & T Crane

**Liver NORTH WEBINAR**

**Online Via ZOOM**  
7.00 pm, Thursday  
27th June 2024



**Prof. Helen Reeves**  
Professor of Liver Cancer, Newcastle University

**Liver Cancer choosing the right treatment for each patient**

email us for the link to join online: [info@livernorth.org.uk](mailto:info@livernorth.org.uk)

ALL WELCOME (2 x CPD points for clinical staff)

**Jun 24**  
Prof H Reeves

**Liver NORTH WEBINAR**

**Online Via ZOOM**  
7.00 pm, Tuesday  
23rd April 2024



**Professor Quentin M. Anstee**  
Professor of Liver Disease, Newcastle University

**'MASLD' new name, new treatment**


email us for the link to join online: [info@livernorth.org.uk](mailto:info@livernorth.org.uk)

ALL WELCOME (2 x CPD points for clinical staff)

**Apr 24**  
Prof Q Anstee

**Liver NORTH WEBINAR**

**Online Via ZOOM**  
7.00 pm, Tuesday  
19th March 2024



**Mr Rodrigo Figueiredo**  
Medical Fellow, Consultant Transplant Surgeon at Newcastle Hepato-Biliary Transplant Unit

**Past, present and future of liver perfusion**

email us for the link to join online: [info@livernorth.org.uk](mailto:info@livernorth.org.uk)

ALL WELCOME (2 x CPD points for clinical staff)

**Mar 24**  
Mr R Figueiredo

**TYPE THIS IN YOUR BROWSER:**  
<https://www.youtube.com/@livernorth7778/videos>  
**OR SCAN THIS QR CODE**



**IF YOU WOULD LIKE US TO  
EMAIL YOU THE LINK TO ANY  
TALK, PLEASE EMAIL US AT:**

**INFO@LIVERNORTH.ORG.UK**



Talk given by Professor Derek Manas on the 23rd January 2025 – Medical Director, NHS UK Organ and Tissue Donation and Transplantation Directorate.

This fascinating talk outlined current issues associated within organ transplantation while stressing the urgent need for ongoing innovation. Currently, the key information shows that:

- The demand for organ transplants is increasing across the UK.
- The eligible organ donor pool has structurally declined since 2020.
- Access for transplants across the UK is unequally distributed.

In Newcastle, 631 transplants were performed last year which was slightly down on the 638 performed the previous year. In recent years, there has been a move from donors which were brain dead to donors who are cardiac dead. There has also been a change in the donor demographic. Ten years ago most of the donors were young, while most are now older, many with multiple health problems. Data was provided on the changes and is available to view on the YouTube video.

In terms of liver transplantation, the challenge is how to get the best out of the donor organs. What is worrying is that a lot of organs are declined. There is also a regional variation in terms of waiting lists. Newcastle has the shortest, while Birmingham has the longest. Another problem is ethnicity. Black and Asian backgrounds are affected by shortfalls and therefore longer waiting, partly due to levels of

organ donation.

There are still a number of unmet needs. A lot of organs in liver, pancreas and kidney transplantation are not used. The issues surrounding this need to be addressed. The UK has had a leading role in Transplant Innovation. A major report published by the Organ Utilisation Group (OUG) in February 2023 came up with a number of recommendations. Optimising the preservation of organs has improved in recent years with the use of Perfusion Machines. A range of which was discussed for different organs. These machines provide oxygen to the potential transplant organ as well as providing the opportunity to carry out organ repairs. They have been shown to have had a major impact on increasing the percentage of organs available for transplant. Cost is a problem, the machines are expensive as well as the essential supplies to operate them. In the USA, over 50 Organ Recovery Centres have been established. A similar model could work in the UK, where the Organ Utilisation Group (OUG) has recommended setting up Assessment and Recovery Centres (ARCs) to increase the number of available organs. Two or possibly three centres could be developed depending on finance. Currently, the plan is to have the ARC initiative in place by 2029, by then will they be a Fact or Science Fiction?

This highly recommended talk, complete with all the data is now available on YouTube.

## 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

Jan	2025	Professor Derek Manas	UK Assessment and Recovery Centres - Fact or Science Fiction?
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?

**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



# Would you like to help shape health research?

The views of patients and the public are essential to designing better research to improve healthcare.

Our HealthTech Research Centre collaborates to develop new and better diagnostic tests to identify health conditions and treatments as quickly as possible.

We work with innovators of diagnostic tests relating to:

- **Ageing and Multiple Long-Term Conditions** e.g. stroke
- **Infection** e.g. urinary tract infections
- **Precision Medicine and Rare Diseases** e.g. cancer

We are looking for individuals and groups to share their views and discuss ideas with us to help design better, patient-centred research.





# How can you get involved?

There are different ways you or your community group can work with us to make a difference.

We offer support to help your involvement including travel and carer costs, as well as payment to acknowledge your time. We also offer opportunities to develop your knowledge, skills and experience.

To arrange a chat about how you or your group can get involved, please contact -  
Greta Brunskill, our Public Partnerships Manager

Email: [greta.brunskill@newcastle.ac.uk](mailto:greta.brunskill@newcastle.ac.uk)

Call or text: 07551 079716

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We are part of the National Institute of Health and Care Research (NIHR). Our Health Tech Research Centre is a partnership between Newcastle upon Tyne Hospitals NHS Foundation Trust and Newcastle University.

For more information about us:



[hrc-techeval.nihr.ac.uk/](http://hrc-techeval.nihr.ac.uk/)



[www.linkedin.com/company/nihr-hrc-diagnostics-technology-evaluation/](https://www.linkedin.com/company/nihr-hrc-diagnostics-technology-evaluation/)



# ASP-PSC TRIAL

EFFECT OF ASPIRIN ON  
REDUCING CANCER &  
IMPROVING OUTCOMES IN  
PRIMARY SCLEROSING  
CHOLANGITIS

## DO YOU HAVE ANY PATIENTS WITH PSC-IBD WHO

- ARE AT LEAST 12 MONTHS FROM DIAGNOSIS, AND
  - HAVE NOT HAD CANCER, COLECTOMY OR A TRANSPLANT?
- IF SO, PLEASE CONSIDER THEM FOR THE ASP-PSC TRIAL**

### PRIMARY ENDPOINTS

- CANCER: CHOLANGIOCARCINOMA, GALLBLADDER, HEPATOCELLULAR, COLORECTAL, PANCREAS
- LISTING FOR LIVER TRANSPLANTATION
- ALL-CAUSE MORTALITY

### DESIGN

- INVESTIGATOR LED
- DOUBLE-BLIND
- RANDOMISED CONTROLLED TRIAL
- ASPIRIN VS PLACEBO (2:1)
- FOR 5-YEARS
- MULTI-CENTRE
- 968 PATIENTS



Meena Reddi, Study Manager  
asp-psc@imperial.ac.uk



Shahid Khan & Simon Rushbrook, CIs  
shahid.khan1@nhs.net  
simon.rushbrook@nnuh.nhs.uk



**FOR MORE INFORMATION ON THE TRIAL,  
VISIT OUR WEBSITE [TINYURL.COM/ASP-PSC](https://tinyurl.com/asp-psc)  
OR SCAN THIS QR CODE**

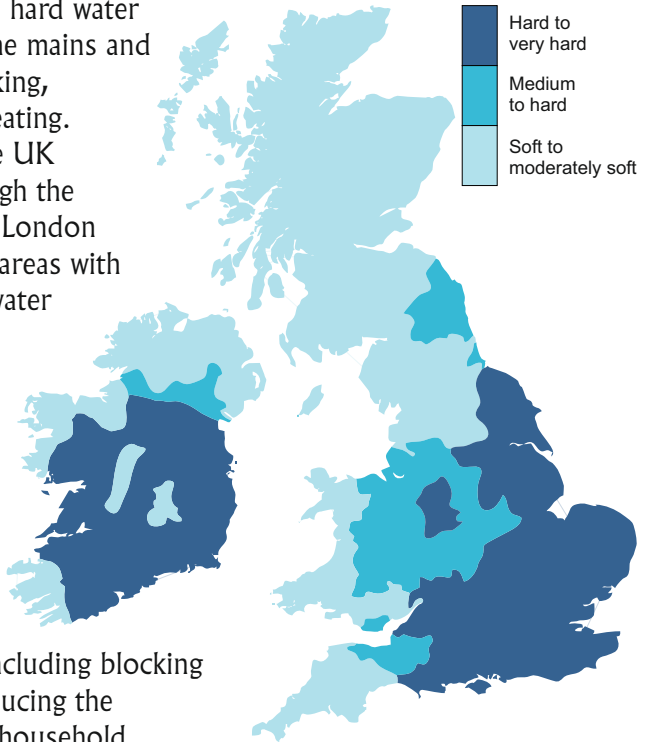
## ISSUES related to hard water

Problems can arise when hard water makes its way through the mains and into our homes for cooking, cleaning, washing and heating. Millions of people in the UK receive hard water through the mains water supply with London having particularly large areas with hard water. When hard water molecules are agitated (warmed up) in kettles, dishwashers and any home appliance the hardness can cause scale buildup.

Scale is not something you want in your home for numerous reasons including blocking and damaging pipes, reducing the effectiveness or braking household appliances including the boiler.

Common hard water and limescale issues are:

- Scaled Up Heating Element
- Blocked valves
- Reduced bores in pipe work
- Less efficient appliances
- Higher electricity and gas bills
- Limescale build up
- Longer cleaning times
- Boiler breakdown
- Poor surface appearance (chrome work)



### How is Hard water measured?

Hard water is measured in parts per million (PPM) and how many particles of hardness are dissolved in the water per million particles gives a rating. This rating has been developed over time to the following categories:

PPM Water Hardness

0 – 50 PPM Is soft.

51 – 100PPM Is moderately soft.

101 – 150PPM Is slightly hard.

151 – 200PPM Is moderately hard.

201 – 275 PPM Is hard.

276 – 350 PPM Is very hard.

350 + PPM Is aggressively hard.

## Exercise & Osteoporosis in Liver Patients

Dr Kate Hallsworth (BSc (Hons), PhD, MCSP, ACSM Certified Clinical Exercise Specialist) Senior Research Physiotherapist/NIHR Clinical Lecturer and Mrs Donna Leiserach (BSc (Hons), MSc, MCSP) Spinal Clinical Specialist Physiotherapist in Neurosurgery

### Getting your bones into shape!

Osteoporosis is a condition where the bones lose their strength and are more likely to break. This is often the cause of the broken bones that many older people suffer after only a slight fall.

Between 12 and 55% of people with Liver disease are believed to have osteoporosis. These numbers increase to between 24 and 65% following liver transplant with fractures (broken bones) occurring more commonly within the first year after transplant.

Bone can grow stronger in response to weight bearing exercise (exercise where your body weight is supported through your arms or legs e.g. jogging). Resistance exercise, involving pushing or lifting objects, can also help bones to grow stronger.

It is important to perform exercises that help to improve your bone strength, fitness, coordination and balance as these exercises can help to strengthen the bones, making them more resistant to everyday stresses and strains and reduce the chances of falling.

**Improvements are only gained if the body is exposed to activities that are greater than what it is used to doing.** For further information on Osteoporosis and exercise, please contact the National Osteoporosis Society on 01761 471771.

### Here are some examples of exercises you can try at home

#### Balance:

Hold on to a solid chair or a doorframe for support. Practice standing on one leg for 10 seconds. As this becomes easier you can take some support away by taking one or both hands off the wall (repeat on the other leg).



*Activities such as tai chi or dancing can also be useful for improving your balance and coordination.*



#### Strength (1):

Place your hands on the wall in front of you. Slowly lower your upper body to the wall then use your arms to



push you back into an upright position. (Repeat 5 times)

#### Strength (2):

Stand up and sit down from a chair. Try not to use

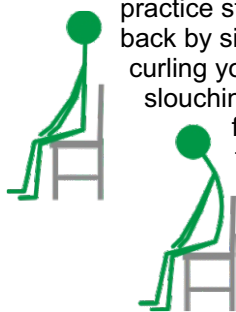


your hands to help you up and down. (Repeat 5 times)

**The benefits of these activities must be considered along with the risks. Whether to perform these activities or not is your decision. It may be possible to modify these activities to reduce the risks of injury.**



**Posture:** Whilst sitting on a firm chair, practice straightening your back by sitting up tall then curling your back by slouching down. Move as far as you can comfortably. Think about how it feels to be upright and how it feels to be slouched. Try to practice the upright position for a few seconds little and often throughout the day.



*There is no perfect posture! Our bodies like to move and don't like staying in the same position for too long. Conditions such as osteoporosis encourage us to slouch. Practicing sitting or standing up tall helps to relieve tired muscles and joints by changing their position.*

### **Fitness:**

Lots of different activities can help improve your fitness. This could include going for a walk, dancing or playing a sport. It is important to exercise your body so you feel you are pushing yourself a little more than you do in your normal day to day activities. You may notice your breathing and your heart beat quickening or you may start to sweat. These are all good signs that you are working your body at the correct level, providing you feel comfortable throughout the activity.

*Starting with a few minutes of a new activity and gradually increasing it helps to improve your fitness without causing other problems such as muscle strains or feeling unwell.*

### **Exercising safely:**

- Before trying the exercises it is important to remember that the number and types of exercises you can do depend upon the severity of your existing osteo-

porosis and how much pain you experience.

- Consider the activity and environment before exercising to help prevent falls. Make sure you have good lighting and no loose rugs at home.
- Exercise must be performed regularly to have any benefit. Try exercising little and often. You could aim to gradually increase your exercise levels until you are able to exercise for 30 minutes a day on 5 days each week.
- In the beginning, choose exercises you feel you can manage and don't over exert yourself – start with just 5 or 10 repetitions of your chosen exercises.

*Feeling a little sore after exercising is normal and this feeling can persist for a couple of days. This usually indicates you have done more than usual and is likely to lead to improvements in your bone strength.*

- Pain that continues beyond a couple of days without improvement could be a sign of injury. Arrange to discuss your symptoms with your doctor if you are concerned that you may have injured yourself whilst exercising.
- Stop if the exercise becomes painful.

### **Exercises to avoid:**

- If you have been told you are at high risk of breaking a bone you may be advised to avoid high impact exercise such as running, jumping or skipping.
- Exercises involving bending forwards (touching your toes or sit ups) may also carry an additional risk.
- Exercises or activities with an increased risk of falling should also be considered as having a higher risk of breaking a bone e.g. skiing, horse riding or contact sports.

**If you are in any doubt about your ability to exercise safely, please discuss this with your doctor prior to undertaking any new exercise or activity.**

## ISAs Past, Present and Future - Alf Bennett

Individual Savings Accounts or ISAs have been in the news recently with the possibility of changes being mooted. As interest on growth of investments is tax free, they have become the nation's favourite way to save. But, by who and when were they introduced? Writing this in early March 2025, it is now 26 years since their introduction. In the March budget of 1999, the then chancellor Gordon Brown introduced the new savings account stating that, "the government wants to encourage people to save". He added that, "it would both underpin long term investment and to secure their own financial welfare for the future". The target was to extend the savings habit for half the population that had little or no savings.

The new accounts were quickly launched on April 6th 1999 to replace personal equity plans (Peps) and tax-exempt special savings accounts (Tessas) – remember them? The first ISAs could either be mini or maxi. The mini was aimed at people who wished to save some of their £3000 allowance in cash. While with the maxi, you could invest £7000, of which £4000 had to be in stocks and shares. The shares component did not have an auspicious start as in the first year, the Dot-com bubble burst which had a significant effect on the stock market.

It was not until the tax year of 2008/9 that the allowances were changed. Savers could then invest £7200, of which £3600 could be cash. The type of Isa and the amount you could invest has continued to evolve. Junior ISAs were introduced in 2011. They allowed parents and grandparents invest up to £3,600 a year for children. The next big change occurred in 2014/15 with savers allowed to keep shares or cash in the same ISA up to a limit of £15,000 per year. Mind you, not all ISAs have been successful, the life assurance ISA introduced at the start in 1999 was axed in 2005 due to poor take up.

The amount of money held in ISAs is truly remarkable. Twenty years after their introduction, it was estimated that it was over 600 billion, that was enough money to pay all UK income tax for 3 years.

Fast forward to today, the total is around 750 billion. In this tax year you can now save up to £20,000 in ISAs. There are currently 4 types of ISA available:

- Cash
- Stocks and shares
- Innovative finance
- Lifetime – can be used to buy your own home or save for later life. This ISA is only available to be opened by people 18 or over but under 40.

If recent news reports are to be believed, there may be further changes to the existing ISA rules in the near future. What is certain, on past evidence ISAs will continue to evolve.

## Blue Plaques, where did they originate?

Blue plaques have cropped up in a number of the LIVERNORTH articles. They are permanent signs installed in public places in the UK acting as historical markers to commemorate a link between a location and an event or famous person. However, there is no standard process for allocating such plaques in the UK. The official scheme administered by English Heritage is restricted to Greater London. There are similar schemes run by other organisations, including Local Authorities. As a result, there are a variety of designs, shapes and colours all of which tend to be referred to as blue plaques.

The first official scheme was started in London in 1866 by the politician William Ewart recording homes and workplaces of famous people. It was originally administrated by the Society of Arts. The first plaque was unveiled in 1867 to commemorate the birthplace of Lord Byron in Holles Street – unfortunately the house was demolished in 1889. In fact, the earliest blue plaque to survive was also erected in 1867 to commemorate Napoleon III, the last monarch of France, in King Street St James.

In total, the Society of Arts put up only 35 plaques, many of which were brown in colour. The role was later taken on by the City of London Corporation.

Then in 1986, the management of the scheme was handed over to English Heritage. In 2023, the 1000th plaque was unveiled at the offices of the Women's Freedom League. The process of proposing a site for blue plaque status through the English Heritage scheme is complex, to be eligible, certain criteria must be met;

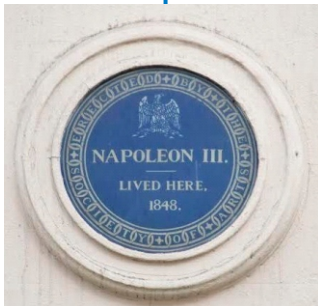
- The person proposed must have been dead for twenty years
- They must be considered to be eminent by the majority of their own profession
- They must have lived or worked in the identified building

And these are only some of the criteria. Almost all proposals put to English Heritage are made by members of the public. They are put to an advisory panel of 12, who meet 3 times a year. Stephen Fry served as a member of this committee and wrote the foreword to the book, "Lived in

London – Blue Plaques and the stories behind them". All meetings are minuted and minutes are available to the public.

Approximately a third of all the proposals are approved in principle. Because of the detailed research which must be

undertaken it takes about 3 years to reach the top of the shortlist. In the last set of published minutes in June 2024, the panel considered 22



preliminary proposals, only 8 of which were shortlisted. Two of those shortlisted were:

Lionel Bart (1930-1999) and Judy Garland (1922-1969).

The actual plaque design was standardised in 1921 when they were manufactured by Royal Doulton. However, since 2015 all have been handmade by Ned Haywood, a potter at his workshop in Chepstow.



Liverpool said to be, “Historic England’s first official non-London blue plaque”.

Today, the public, through the official channels can submit nominations provided that they meet the eligibility criteria. So we have come a long way from the original idea managed by the Society of Arts to that of recommendations proposed by the public.

Outside of London a number of comparable schemes have been established, many by Local Authorities to recognise local events and people. It is amazing what local people have achieved. Details can be found on local websites and many towns and cities publish “Blue Plaque or Commemorative Trails”. In 2023, the Department for Culture, Media and Sport introduced a national scheme with Historic England. You may have seen media coverage in May 2024 of the blue plaque commemorating the childhood home of George Harrison in

#### Stop Press

The latest London blue plaques were awarded in February 2025 and include Marc Bolan and Audrey Hepburn. Bolan helped drive the Glam Rock movement of the 1970's with hits like Get it On and Ride a White Swan. The intention is to display the plaque at one of his West London addresses. Audrey Hepburn was Belgium born, but was sent to boarding school in England. While living in Mayfair she landed her Oscar winning role as Princess Ann in Roman Holiday. (AB)



## Scam Emails - BE AWARE



Emails that seem genuine are being sent by criminals 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 email 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)) [then delete it!].



## The Delight of the 99 Ice Cream

One of the joys of childhood which has always stayed with me, is that of the 99. You know the one, with a flake marketed as the, “crumbliest, flakiest chocolate”. A perfect description. However, it's only now that I wonder, why is it called a 99?, Yes, as you get older, this is the type of question which flows through your mind.

The Cadbury's flake was developed as a result of an employee noticing that excess chocolate from moulds used to create chocolate bars was draining off in streams creating a flaky chocolate. The first flakes produced in 1920 were large and were served inserted between two servings of ice cream placed between wafers in a sandwich. Then in 1930, a smaller flake was produced for use in ice cream cones and the 99 had arrived.

There are a number of possibilities as to how the 99 name originated. The two most

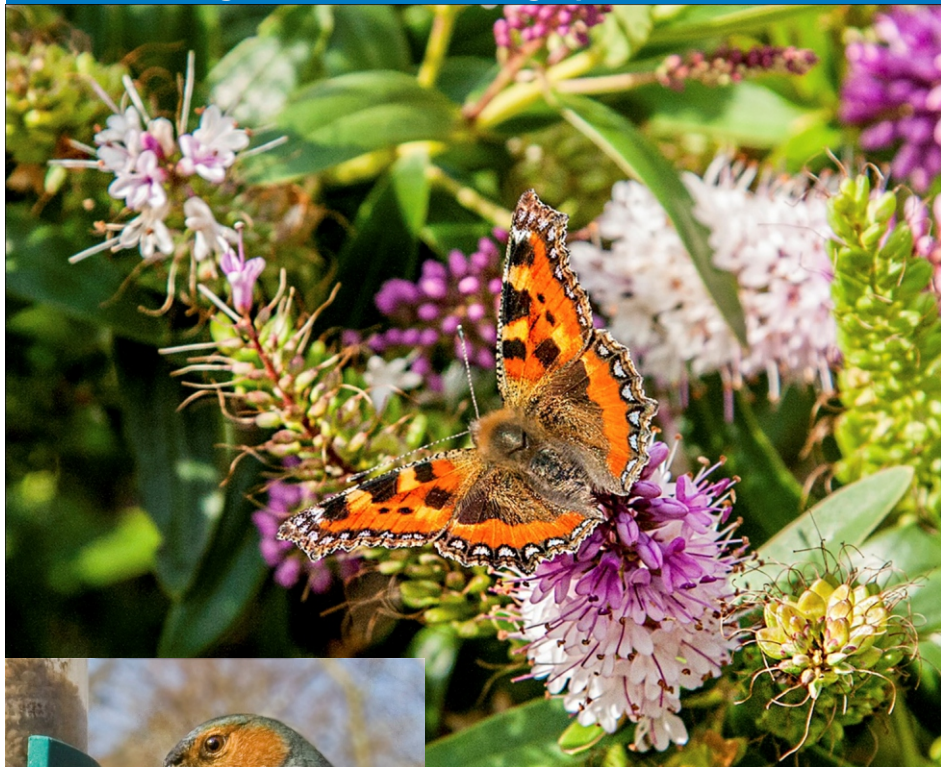
popular both involve an Italian connection. One involves an Italian ice cream seller called Arcani whose shop was located at 99 Portobello High Street in Edinburgh. In 1922, he started

to break the flakes in half and sticking them in the ice cream in a cone. The name was therefore derived from the shop's address. Another possibility was that as most ice cream vendors at the time were Italian, the name came from the elite guard of the Italian

king which consisted of 99 men. The guard were considered to be elite and first class, so any thing which was considered special was known as 99.

Personally, I like the idea of Mr Arcani. The next time I have a 99, I will give thanks to a great idea. However, the real question is, what is the correct etiquette when eating a 99. Do you eat the chocolate first or later? What a nice problem to have.





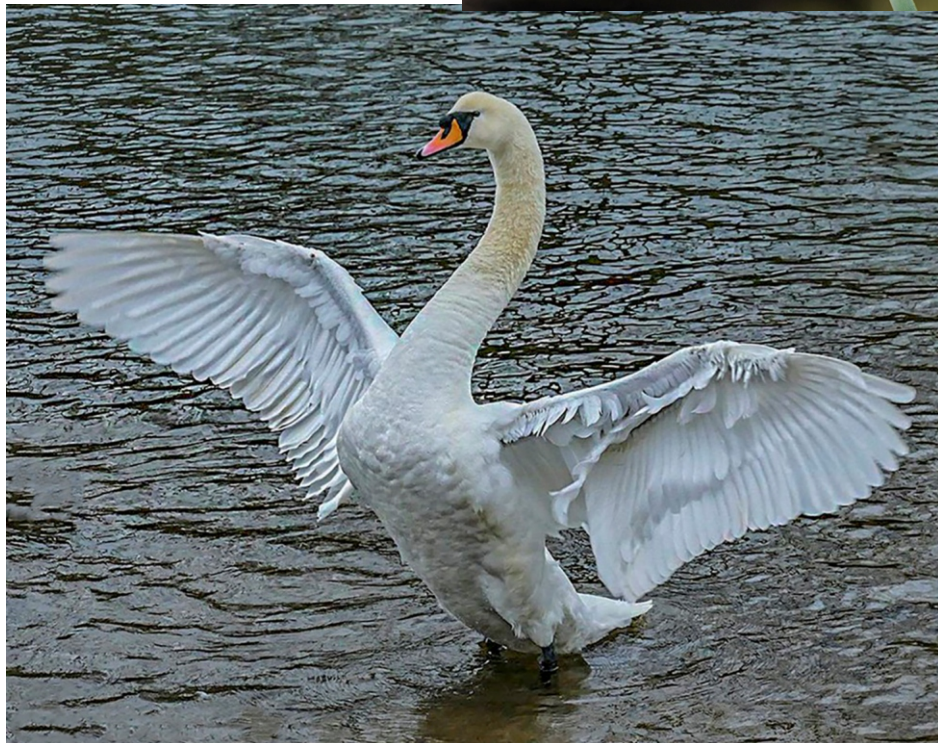




More photographs from our gifted photographer friend David Smith. Here are a few of his amazing photographs for the Spring issue - flowers blooming, birds gathering food and the return of beautiful butterflies.

It certainly gets you thinking about the wonderful world we live in and sometimes don't appreciate.

If you are stuck inside for any reason, enjoy these photographs - we will try to bring you some more in our next issue.



## LETTERS - email us or post to 'freepost livernorth'

Dear John & Joan,

Just wanted to say a huge big 'Thank You' for all you have done in not only supporting mam and dad but also being there for us as a family.

Your love, care and support has been incredible and we are ever so grateful.

Well done, keep up the great work you do and we will keep supporting LiverNorth in whatever way we can.

All the very best to you both, with love, S,D & M

Hello John,

Thank you so much for the warm, supportive and helpful discussion we had yesterday.

I truly felt 1000% better after our phone call...!!! You gave me so much hope...!!!

I have just printed out the attached leaflet, which seems very comprehensive and instructive. I will get started with this immediately.

I hope to contact you again soon for a catch up and update on my progress.

Until then many, many thanks. With best wishes and my deepest gratitude.  
BL

Dear John,

Please find enclosed a cheque for a donation towards LIVErNORTH. I think my mum would be very happy that I've given on her behalf as she was such a big supporter for this cause.

Many thanks for all LIVErNORTH did in helping her for over 30 years. She is very much missed and in her funeral details she did ask for a donation to be made on her behalf.

Best wishes KT, Newcastle

Thank you for your letter re the Book of Remembrance entry for my grandma. She was a huge supporter of the charity following my grandad's liver transplant many years ago. I have enclosed a message which we would like to be displayed in the book on her birthday anniversary.

Kind regards, AS



## Baking with Grandma

My granddaughter loves making cakes and for a quick session, we made Krispie cakes. On this occasion I bought the chocolate flavoured krispies.

### Recipe:

10 rounded tablespoons of krispies  
1 tablespoon of golden syrup  
100 gram melted white chocolate

### Additions of your choice:

We added 2 desertspoons of sprinkles  
6-8 glace cherries chopped + 2 for slicing for mouth decoration  
Edible eyes  
Paper cases



Mix all ingredients together, spoon into cases, add eyes and mouth.

If your making these for adults you could add various flavourings, nuts, fudge or different chocolate. Thinking ahead, Easter is approaching you could make chocolate cakes with ears or add small eggs into nests.

ENJOY (Liz Bennett)

---

### HISTORY QUOTE:

**We learn from history that we don't learn from history  
(Friedrich Hegel)**

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

### USING YOUR LOAF ...

Can't you just smell that delicious freshly baked bread!

Our bread man was Smiths the bakers, as soon as he opened the doors and pulled out the trays, mmmm, the smell was divine.

His cakes were to die for.

Me mam's favourite was a walnut whip, mine were, a peach melba, a cream horn, a vanilla slice oozing with cream, a chocolate eclair and a Devonshire split bun with jam and cream..

Mind you, seems like there wasn't a cake I didn't like and still don't.

Me mam would say,

'In your mouth for minutes,

In your stomach for hours,

On your hips for years!'

Hubby says I have an hour glass figure but all the sand is in the bottom!'

He's still recovering!

### WHEN NEIGHBOURS BECOME GOOD FRIENDS .. or hairdressers..

"Elsie is going to do you a perm our Joyce.. she's got the kit, the rollers, it'll look great"!

So off I go, to have me Twink home perm, (there was Toni home perm kits too). Solution mixed up in the scullery, it smells like fish and stings your eyes, rubber wrapover rollers put in, and I'm done..

After what seems like hours while Elsie and me mam chat and drink tea, out come the rollers..

Me hair is in tight curls up past me

ears... Nooo

'Eee, you look lovely pet!'

I so don't, I'm mortified..

I run home ..

I'm crying saying, 'I'm in the school play tomorrow, I'm a maid to 'The clock maker' and I'm in 'March of the Torreadors'..

I look like a Pickaninny' (we were reading Uncle Tom's Cabin at school) ..

I see the Evening Chronicle shaking, me sister is hiding behind it

crying with laughter

'I look like Frizzy Lizzy, I can't go to school' ..

More shaking behind the paper..

'She's laughing mam, she is, she is'..

'I'm not, I'm not', she says, still hiding, practically sliding off the

chair, "I'm laughing at something funny"..

"Yes, me!" ... more crying

Then you hear those immortal words from me dad,

"Stop crying or I'll give you something to cry for"..

I really wanted to call me sister a swear word forbidden in our house.

Pig..

Me dad would tell us,

'I'll wash your mouth out with soap using language like that'..

One sister would spell it out secretly P.I..G.. but not on a Friday, it was unlucky!

What was all that about! ..

Meanwhile, I was off to sing All along the Watchtower, I was Wallsend's answer to Jimi Hendrix!



Newborn lamb (March 2025) at Croftends Farm nr Appleby. The little one is sayin 'I'm just having a sleep with mam until the weather gets better'.

Photo courtesy of Curtis Kelly Agricultural services.

Loads more farming photos on his facebook page.



## SUPPORT LIVER PATIENTS AND FUND RESEARCH BY JOINING OUR LOTTERY - FORM ON PAGE 24

### 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

## Last Year's Exam Questions (actual 16 year old's answers)

Q. Name the four seasons.

A. Salt, pepper, mustard and vinegar

Q. Explain one of the processes by which water can be made safe to drink.

A. Flirtation makes water safe to drink because it removes large pollutants like grit, sand, dead sheep and canoeists.

Q. How is dew formed?

A. The sun shines down on the leaves and makes them perspire

Q. What causes the tides in the oceans?

A. The tides are a fight between the earth and the moon. All water tends to flow towards the moon, because there is no water on the moon, and nature abhors a vacuum. I forget where the sun joins the fight.

Q. What guarantees may a mortgage company insist on?

A. If you are buying a house they will insist that you are well endowed.

Q. In a democratic society, how important are elections?

A. Very important. Sex can only happen when a male gets an election.

Q. What are steroids?

A. Things for keeping carpets still on the stairs

Q. What happens to your body as you age?

A. When you get old, so do your bowels and you get intercontinental.

Q. What happens to a boy when he reaches puberty?

A. He says goodbye to his boyhood and looks forward to his adultery.

Q. Name a major disease associated with cigarettes.

A. Premature death

Q. How can you delay milk turning sour?

A. Keep it in the cow.

Q. How are the main 20 parts of the body categorized? (e.g. The abdomen)

A. The body is consisted into 3 parts - the brainium, the borax and the abdominal cavity. The brainium contains the brain, the borax contains the heart and lungs and the abdominal cavity contains the five bowels: A, E, I, O, U..

Q. What is the fibula?

A. A small lie

Q. What does 'varicose' mean?

A. Nearby

Q. What is the most common form of birth control?

A. Most people prevent contraception by wearing a condominium.

Q. Give the meaning of the term 'Caesarean section'.

A. The caesarean section is a district in Rome.

Q. What is a seizure?

A. A Roman Emperor

Q. What is a terminal illness?

A. When you are sick at the airport.

Q. What does the word 'benign' mean?

A. Benign is what you will be after you be eight.



**JOIN OUR 2025 LOTTERY for £1 a week**  
**to help liver patients & fund research**

**LIVERNORTH  
LOTTERY**

**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, funding trials of drugs,  
new procedures, training and equipment purchase.**

**Proceeds of the lottery are used solely for liver patient support & research.**

**£250 prize winners this year:**

*MR	Lanchester	no 51	drawn on 24/04/2024*
*SB	Whickham	no 92	drawn on 23/05/2024*
*NE	Watford	no 90	drawn on 27/06/2024*
*SS	Prudhoe	no 10	drawn on 25/07/2024*
*NB	Wideopen	no 129	drawn on 30/10/2024*
*DM	Throckley	no 8	drawn on 28/11/2024*
*RP	Sunderland	no 29	drawn on 23/01/2025*

**£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

**Post the form back to us in an envelope addressed to: 'freepost LIVERNORTH'**

## MARCUS TULLIUS TIRO – THE FATHER OF STENOGRAPHY

You may wonder why a Roman who died in 4 BC and that you have probably or certainly never heard of should be given such an introduction. Yet, he was responsible for developing the first Roman shorthand system, almost 2,000 years before the systems such as Pitman's which are used today. He lived through the times of the renowned Julius Caesar, Cicero and Mark Anthony. It was through his role as secretary to Cicero, the famous Roman statesman, lawyer, philosopher, writer and orator that his ability flourished. Cicero was one of the outstanding statesmen in Roman history. He was renowned for suppressing a revolt to overthrow the government during the Catiline conspiracy. Surviving the dictatorship of Julius Caesar who died in 44 BC, tragically, he failed to survive the turmoil following Caesar's assassination. He was executed by soldiers operating on behalf of Mark Anthony in 43 BC .

Tiro as Cicero's secretary, was at his side witnessing all these historical events and survived him for almost another 40 years. In actual fact he was first a slave and then a Freeman of Cicero's. The title of personal secretary does not tell the full story. He actually managed large parts of Cicero's house and garden as well as his financial affairs. It was his invention of a shorthand system known as Tironian that allowed the recording of Cicero's speeches. Many of which were published after Cicero's death. His shorthand system originally consisted of 4000 signs, later rising to around 5,000. The system, allowed Tiro and other secretaries he taught to meticulously record and transcribe Cicero's speeches in the Senate. Tiro also wrote many books, including a shorthand dictionary and a book on grammar.

Unfortunately, no copies of Tiro's original manual or Cicero's speeches exist today. They were destroyed when the Roman Empire fell. However, his system continued to develop later in European monasteries. It was even used by Thomas Becket in Canterbury in the 12 century. It lasted into the 17th century until it was superseded by more modern systems by which time it had extended to over 13,000 characters. Even today, we still use part of his system with symbols such as & and eg. It is remarkable that a system could survive 1,700 years, no wonder that he was nicknamed the father of stenography by historians. It allowed key speeches and events to be actually recorded verbatim. What remarkable person.....Surely, there is a serious film in this story? (AB)

### Examples of his shorthand

CAPVT L		24	7	et
1	\ AB Gr. p. 1	25	7	etenim
2	/ Ad	26	S	seso
3	o con	27	o	circum
4	d de	28	o	circa
5	S di	29	o	circiter
6	> dis	30	<	an
7	/ ex	31	>	ac
8	l in	32	7	nescio
9	o ob	33	7	nescit
10	< per	34	h	alut
11	7 pro	35	7	ter
12	7 prae	36	L	inter

# 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 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, LIVENORTH colleagues and 'the internet'.

## **WARNING - AWFUL JOKES, SOME UNSUITABLE FOR CHILDREN - YOU HAVE BEEN TOLD!**

Me: 'Do you have something to make my teeth whiter?' Dentist: 'Try polish'  
Me: 'Marz co sprawi,ze moje zebry?'

After 15 years of sterling service, my clothes horse has broken. It's the end of an airer.

Now that my wife has retired she's decided she wants to start a wedding cake business, I've told her It will all end in tiers.

My wife is leaving me because of my obsession with Astronomy. What planet is she on?

If you've never tried blindfold archery, you don't know what you're missing.

I went to visit a psychic. When I knocked on her front door, she yelled "Who is it?" so I left.

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

My wife told me she thought we'd have less arguments if I wasn't so pedantic. I told her, "I think you mean fewer."

If you think Germaine Greer gets cross

you should meet her sister Anne.

The inventors of the brochure have sadly died. R.I.P Pam Flett and her husband, Lee.

I got new neighbours today, I hope they like my music as much as the last 9 families did.

Saw a toucan in my garden. Pretty rare to see a toucan in Gateshead ....then I realised it was a magpie eating a banana.

Diana Dors daughter Erin kept her maiden name after marriage.

We were so poor growing up that we couldn't afford shoes. We used to cover our feet in bubble wrap and pop to the shops.

I mixed all the labels round in the wife's spice rack. She hasn't realised but the thyme is cumin...

I'm busy reading a book about School Truancy, it's by Marcus Absent.

I'm busy reading a book about School Truancy, it's by Marcus Absent.

It's 4 years ago today that the record producer Phil Spector passed away. A lot is known about him, but not much is known of his brother Crispin who was head of quality control at Walkers.

My wife has left me because I'm too insecure. No wait she's back she just went to make a cup of tea.

I was shopping with my wife earlier when she looked at me and said 'You really are a lazy bugger'. I was so shocked I nearly fell out of the trolley!

Every St. Patrick's Day I always think about my old mam, born and bred on Tyneside but she was 80% Irish. Her name was Iris.

A man who has trained his dog to play the trumpet on the London underground said he went from Barking to Tooting in just under an hour.

My wife asked me if I'd seen the dog bowl. To be honest, I didn't even know he played cricket.

A YORKSHIREMAN walks into the dentist and asks how much it will cost to extract a tooth. "You're looking at about £350" the dentist says. "OW MUCH!!!" the Yorkshireman exclaims in disbelief. "£350 to tek a chuffin tooth 'art! Int there a cheaper way?" "Well," the dentist says, "If I don't use anaesthetic, I can probably do it for about £200. It'll be really painful though!". "I'm not bothered about how painful it'll be but that's still too

expensive!" replies the Yorkshireman. "Hmmm," says the dentist, scratching his head. "I could give Leeds Dental hospital a ring and they could probably send a student up to give it a go for some experience. I suppose in that case I could charge you £100". "Nope," moans the Yorkshireman, "it's still too much! I'm not med of money!". "Okay," says the dentist. "If I simply just rip the tooth out with a pair of pliers, I can do that for 50 quid?". "Champion," says the Yorkshireman. "Book the wife in for next Tuesday!"

Old age is an awful thing, last night I was in bed for 20 minutes when I heard the pizza guy cough. Then I remembered I came into the bedroom for my wallet.

On my way home from the off licence earlier, I dropped my bag in a puddle. It really dampened my spirits.

My doctor told me something really strange after listening to my chest with his stethoscope. He said what I'd thought was wheezing was actually faint guitar music. An X-ray later showed I had some very small shadows on my lungs.

I took a job as a taxi driver but packed it in after a month, I didn't like the way people talked behind my back!

I wear a stethoscope so that in a medical emergency I can teach people a valuable lesson about making assumptions.

My friend David lost his ID... Now I call him Dav.

What days are the strongest? Saturday and Sunday, the rest are week days.

I used to have a job collecting leaves. I was raking it in.

I accidentally passed my wife a glue stick instead of a chap stick...She's still not speaking to me...

My friend went bald years ago but still carries an old comb...He just can't part with it.

I wondered why the baseball was getting bigger. Then it hit me.

Police were called to a daycare where a three-year-old was resisting a rest.

Did you hear about the guy whose whole left side was cut off? He's all right now.

To write with a broken pencil is pointless.

When fish are in schools they sometimes take debate.

A thief who stole a calendar got twelve months.

A thief fell and broke his leg in wet concrete. He became a hardened criminal.

When the smog lifts in Los Angeles, U C L A.

The professor discovered that her theory of earthquakes was on shaky ground.

The dead batteries were given out free of charge.

What's the definition of a will? (It's a dead giveaway).

Lesser known Knights of the Round Table:

The knight who was afraid to fight:

Sir Render

The knight no one believed: Sir Real

The knight too big to sit at the table:

Sir Round

The knight who designed the table:

Sir Cumference

The undercover knight: Sir Veillance

The knight who was not killed in battle:

Sir Vivor

The knight who exceeded expectations:

Sir Passed

The knight who showed up

unexpectedly: Sir Prize

The knight who overcame obstacles:

Sir Mount

The knight who funded the kingdom:

Sir Tax

The knight who kept the maps up-to-

date: Sir Veyor

The knight who stood in for the king:

Sir Rogate

The knight with a fragile ego: Sir Amic

The knight who wasn't needed

Sir Perfluous

The Knight who liked to dance:

Sir Prance A lot.

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



## QUOTABLE QUOTES

The cardiologist's diet: "If it tastes good ... spit it out." Unknown

"I once had a rose named after me and I was very flattered. But I was not pleased to read the description in the catalogue: 'No good in a bed, but fine up against a wall' ". Eleanor Roosevelt

"The secret of a good sermon is to have a good beginning, and a good ending; and have the two as close together as possible." George Burns

"I never hated a man enough to give his diamonds back." "And I was always a good housekeeper. Whenever I divorced I always kept the house." Zsa Zsa Gabor

"Money can't buy you happiness, but it does bring you a more pleasant form of misery." Spike Milligan

"I am opposed to millionaires, but it would be dangerous to offer me the position." Mark Twain

"Youth would be an ideal state if it came a little later in life." Herbert Henry Asquith

Doctor to patient: "I have good news and bad news. The good news is that you are not a hypochondriac." Unknown

My friend keeps saying "Cheer up man it could be worse, you could be stuck underground in a hole full of water." I know he means well.

What's the difference between a poorly- dressed man on a tricycle and a well-dressed man on a bicycle? Attire!

*(OMG, they don't get any better! please keep sending them in though, someone will like them...Ed)*



## The Pub Quiz or if you prefer the Barista Café Quiz No 11

1. Who was inaugurated as Vice President of the United States on January 20th 2025?
2. How many dots are there on a pair of dice?
3. What was the name of Phileas Fogg's valet in Jules Verne's classic Around the World in Eighty Days?
4. What is the capital of Peru?
5. What river flows through Paris?
6. Within 10 years either side when was Marmite invented?
7. What African country was formerly known as Abyssinia?
8. What is the World's biggest island ?
9. What does BMW stand for in English?
10. What did the crocodile swallow in Peter Pan?
11. On which ship did Charles Darwin sail on which led to his theory of evolution?
12. How many signs are there in the Zodiac?
13. Which country is the largest producer of vanilla?
14. What is the name of the town in which the Flinstones live?
15. Which actress won her first Oscar for "Kramer vs Kramer"?
16. Blueberries are native to which continent?
17. Which is the only bird that can fly backwards?
18. What is the name of Dorothy's dog in the "Wizard of Oz"?
19. In which English city was the band Oasis formed?
20. Which French Patisserie means "lightning" in French?

(Answers below)

- |   |   |
|---|---|
| <p>11. HMS Beagle<br/>12. 12<br/>13. Madagascar<br/>14. Bedrock<br/>15. Meryl Streep<br/>16. North America<br/>17. Hummingbird<br/>18. Toto<br/>19. Manchester<br/>20. Eclair</p> | <p>1. J D Vance.<br/>2. 21 on each, therefore <math>21 \times 2 = 42</math>.<br/>3. Passapartout.<br/>4. Lima.<br/>5. The Seine<br/>6. 1902<br/>7. Ethiopia<br/>8. Greenland<br/>9. Bavarian Motor Works<br/>10. An alarm clock</p> |
|---|---|

# UIOLI SPRING 2025 - ISSUE 90

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

Easy SUDOKU

Difficult SUDOKU

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

## SU DOKU

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

©Puzzles by Pappocom

[www.sudoku.com](http://www.sudoku.com)

Last issue (No 88) SUDOKU solutions:  
Easy

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

Difficult

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

# 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 ( <a href="http://www.bibinsurance.co.uk">www.bibinsurance.co.uk</a> )	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
<a href="http://www.insurancewith.com">www.insurancewith.com</a>	0333 9992679
<a href="http://www.miatravelinsurance.co.uk">www.miatravelinsurance.co.uk</a> ^	0800 9993333
<a href="http://www.payingtoomuch.com">www.payingtoomuch.com</a>	01243 216007
<a href="http://www.staysure.co.uk">www.staysure.co.uk</a> (Staysure UK call centre) ^	0808 1786151
<a href="https://www.world-first.co.uk/">https://www.world-first.co.uk/</a>	0345 9080161
<a href="https://www.freespirittravelinsurance.com/medical-conditions/liver/">https://www.freespirittravelinsurance.com/medical-conditions/liver/</a>	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](mailto:info@livernorth.org.uk) or drop us a line at our Freepost address 'freepost livernorth' 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](mailto: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 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
25. Allowances (DLA & PIP)
26. Compensated Liver Cirrhosis
27. Hepatitis B
30. Wellness Walks - several available\*\*\*

\* only from your healthcare professional - email for more information

\*\* Patient & Carer art - online only online.

\*\*\* Printed copies available on request.

Scan the QR  
code below  
to access all  
leaflets online



### How to get information leaflets:

1. Website: <http://www.livernorth.org.uk/pages/factsheet.htm>
2. Email us: [info@livernorth.org.uk](mailto:info@livernorth.org.uk)
3. Phone/FAX: 0191 3702961
4. Facebook pm us: <https://www.facebook.com/livernorth/>
5. 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 0735 9537737**

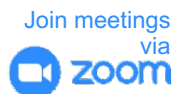
**FIONA 0781 5071918**

**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](http://www.livernorth.org.uk))
- Email us ([info@livernorth.org.uk](mailto: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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