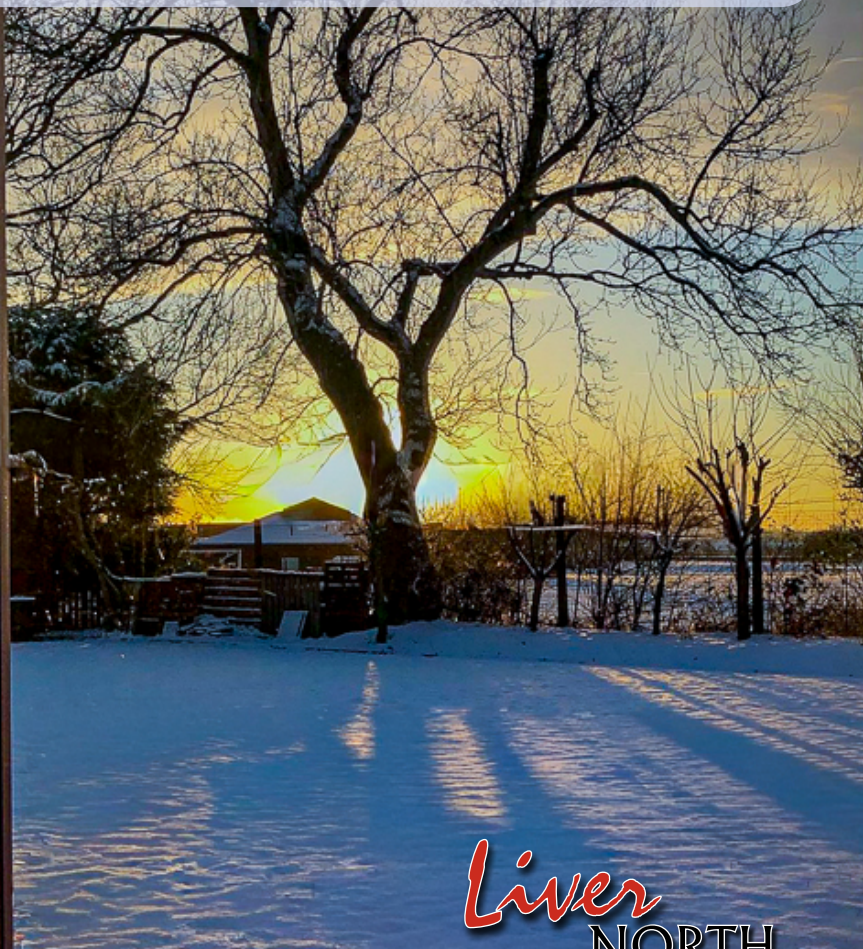


93

# LIVErNEWS

Liver Patient Support Newsletter  
Winter 2025



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

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

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*Cover photo from Rev'd Nigel Goodfellow, LIVErNORTH Governor*

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With grateful thanks to all contributors



**Circulation 2,500 print + 300 email + 1450 Social Media**

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**LIVERNORTH National Liver Patient Support**

Registered charity no. 1087226 (Oct 2000)

**Run entirely by unpaid volunteers**

Address for all correspondence:

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**LIVERNEWS No. 93 ~ Pg 1 ~ Winter 2025**

## WELCOME TO THE WINTER 2025 ISSUE OF LIVErNEWS

Well, didn't 2025 fly by? It feels as though the year had barely begun and now we're already heading into winter. Perhaps it's an age thing-time certainly seems to speed up!

Welcome to the Winter 2025 edition of LIVErNEWS.

This issue is full of great content: Mr Thakkar's recent talk sparked a lot of interest (read more on page 6 and see the video link on page 5), and we're delighted to have Professor Stuart McPherson joining us for a talk on 27th January-details are on page 3.

Thank you to everyone who completed our Spring survey on AI in Healthcare. Your responses were excellent, and the results-covered briefly on page 7-show a clear call for caution and thoughtful use of AI.

We also highlight the importance of Patient and Public Involvement and Engagement (PPIE). Joan shares her experiences with the REDUCe2 study and the OrQA-UK trial on pages 9 and 11, offering great insight into how we can all play a part in improving healthcare.

As Christmas approaches, enjoy Alf's seasonal articles starting on

page 12, and a spine-tingling piece from our new contributor, Daniel Sencier, on page 16. There's also a timely reader warning about scam phone calls on page 18.

For a touch of nostalgia, don't miss Joyce Widdis's memories of Christmas in the North East on page 21. And of course, we have our lottery and Charity Draw results, plus a huge thank-you to our Great North Runners who raised an impressive £5,232.75 this year (page 24).

We round things off with Helen's Howlers, Alf's Barrista Café Quiz, and our UIOLI Sudoku.

Before I leave you to read on, please read the notice on page 10. Thank you for trying to save us money by putting a stamp on our FREEPOST envelopes but our wonderful Royal Mail ignores them and charges us anyway. In other words, we're paying twice! If you need to write to us, just write 'freepost livernorth' on the envelope and don't use a stamp.

Thank you for reading, and we wish you a happy, peaceful Christmas and a brilliant, healthy 2026.

John



TALKS AND WEBINARS TO COME - BOOK NOW

# GUEST SPEAKER

**Prof Stuart  
McPherson**



**BSc MB ChB MRCP MD FRCP  
Consultant Hepatologist  
Newcastle upon Tyne NHS FT**

## **NHS liver Health checks – results from the national pilot**



**27 Jan 2026 | 7.00pm | ZOOM**

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

**ALL WELCOME (2 x CPD points for clinical staff)**

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

**GUEST SPEAKER**

**Mr Rohan Thakkar**



MS DNB (Gen Surg) MRCS FRCS  
Consultant HPB & Transplant Surgeon,  
Newcastle upon Tyne NHS FT

**Liver Transplantation  
in colorectal liver  
metastasis in the UK**

📅 7 Nov 2025 | 6.00pm | ZOOM


to get the link: [info@livernorth.org.uk](mailto:info@livernorth.org.uk)  
ALL WELCOME (2 x CPD points for clinical staff)

**Nov 7**  
**Mr Rohan Thakkar**

LIVERNORTH ZOOM TALK - email us for your link to join

**GUEST  
SPEAKER**

**Mr Stuart Robinson**



PhD, MBChB, MRCS  
Clinical Lecturer HPB\* Surgery  
& Consultant HPB Surgeon

We Robinson was appointed as a consultant HPB surgeon at the Freeman Hospital in 2018 after completing his training in the North East of England. His main interests lie in the treatment of liver and pancreatic cancer with a particular interest in the management of neuroendocrine tumours. He is the lead for the neuroendocrine MDT\* and serves on the clinical practice committee of UKHTS\*. In his spare time he enjoys long distance walking along ancient pilgrimage routes both in the UK and across Europe.  
\*HPB team includes Dr HPB Surgeon, Dr HPB, Dr Neuroendocrine team, Dr HPB

📅 17 July 2025 | 7.00pm | ZOOM

**Liver Transplant  
for Neuroendocrine  
Tumours**

to get the link: [info@livernorth.org.uk](mailto:info@livernorth.org.uk)  
ALL WELCOME (2 x CPD points for clinical staff)

**July 17**  
**Mr Stuart Robinson**

**GUEST  
SPEAKER**

**Kate Pym AMIH**



Artificial Intelligence (AI)  
in healthcare innovations

Managing Director of Pym's Consultancy Ltd, founded 2014, an independent consultancy providing services for small to medium sized business and universities supporting commercialisation of healthcare innovations.


📅 24 April 2025 | 7.00pm | ZOOM

**Navigating the Future:  
How AI is Shaping  
Our World**


to get the link: [info@livernorth.org.uk](mailto:info@livernorth.org.uk)  
ALL WELCOME (2 x CPD points for clinical staff)

**Apr 25**  
**Kate Pym AMIH**

**LIVERNORTH** **NIHR** NIHR Health Research for Health and Care Research 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**

**LIVERNORTH** **NIHR** NIHR Health Research for Health and Care Research 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 the 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**

**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 24**  
**R Howarth & T Crane**

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](mailto:INFO@LIVERNORTH.ORG.UK)



## 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	2025	Mr Rohan Thakkar	Liver Transplantation in Colorectal Liver Metastasis in the UK –
July	2025	Mr Stuart Robinson	Liver Transplantation for Neuroendocrine Tumours
April	2025	Kate Pym	How AI is Shaping our World
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 Gordian Hospital TV series.
Sept	2021	Mr Aiman Amer	A King's Fellow Returns
July	2021	Professor David Jones	PBC, The Vaccine and the Immunosuppressed

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



## Liver Transplantation in Colorectal Liver Metastasis in the UK

### GUEST SPEAKER

**Mr Rohan  
Thakkar**



MS DNB (Gen Surg) MRCS FRCS  
Consultant HPB & Transplant Surgeon,  
Newcastle upon Tyne NHS FT

### Liver Transplantation in colorectal liver metastasis in the UK

 **7 Nov 2025 | 6.00pm | ZOOM**

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

ALL WELCOME (2 x CPD points for clinical staff)

Mr Rohan Thakkar is a Consultant HPB and Transplant Surgeon at the Newcastle upon Tyne NHS Foundation Trust.

Another informative and very interesting talk presented online via Teams.

Opportunity was provided to ask questions throughout the talk. Note, the talk is available on our LIVERNORTH YouTube channel, so you can watch it at your leisure.

The talk commenced with background information on the proportion of patients diagnosed with Colorectal cancer (CRC) who actually develop metastasis (secondary cancer) in the liver. Of these, only a small proportion will actually have the an operation (full details are available on the YouTube video). Details were also provided on the the recovery rates of patients who have undergone a

procedure.

Possible options based on the level of metastases in the liver were given. This may involve surgery and or chemotherapy. The best option is upfront surgery with possible liver resection, ensuring enough healthy liver remains for normal function and regeneration. If the disease is potentially resectable but technically difficult, chemotherapy may be used before or after surgery. If the liver is unresectable due to extensive metastasis, treatment becomes palliative chemotherapy.

A number of facts on Liver Transplantation were given, including details on:

- Organs used are almost exclusively donated after death.
- Predominately for cirrhosis - a range of liver conditions can result in cirrhosis.
- Unpredictable waiting times for suitable organs.
- Major operation issues.

Finally, the UK guidelines for Transplant decision making were outlined. This included the 11 inclusion criteria as well as the 5 exclusion criteria. For anyone who wants to learn the full details given in the talk, you should access the full recording on YouTube.

Details are provide on the previous page in this LIVERNEWS. (Alf Bennett)



## AI in Healthcare: What Could It Mean for People With Liver Disease?

Many of you participated in the AI survey run by Newcastle University in the Spring - thank you for taking part, the findings are really interesting and are summarised in this short article:

Artificial intelligence (AI) is everywhere – from your phone unlocking with facial recognition to Google Maps rerouting around a traffic jam. But as the NHS begins exploring how AI could support patient care, many people are wondering what this means for diagnosis and treatment of liver disease.

### LIVERNORTH Members Share Their Views

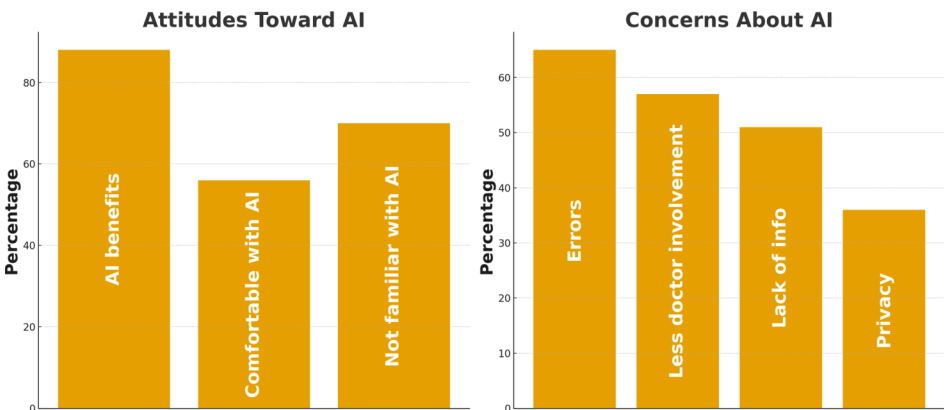
With several Newcastle-based research projects now testing AI tools for liver conditions, LIVERNORTH helped us run a survey to hear what patients think.

What we learned was encouraging - and cautious:

- 88% believed AI could bring big benefits to healthcare
- Only 56% said they would feel comfortable with AI helping to choose treatments or analyse tests
- 70% said they were not very familiar with how AI works in healthcare

The biggest concerns:

- Errors (65%)
- Reduced involvement from doctors (57%)
- Lack of clear information (51%)
- Worries about privacy (36%).



Patients also told us what would help build trust: strong evidence the tools are accurate, oversight from healthcare professionals, and clear regulation.

### **Where AI Might Help?**

Although AI tools are not yet part of routine liver care, other medical specialties show what may soon be possible.

### **Better Scan Reading**

AI is already helping radiologists detect cancers earlier. A major study in Germany showed that radiologists using AI identified 17.6% more breast tumours than those using standard methods alone. Similar NHS trials are now underway.

For liver disease, AI could support interpretation of ultrasound scans, assess levels of fat or scarring, and potentially spot tumours earlier.

### **Faster, More Consistent Biopsy Analysis**

Pathologists are also testing AI models that assess biopsy tissues. For metabolic associated steatotic liver disease (MASLD), the European Medicines Agency has already approved an AI tool for use in clinical trials to help score fibrosis more consistently. Newcastle teams are developing similar tools to support tumour diagnosis and guide personalised treatments.

### **Making Sure AI Is Used Responsibly**

The NHS is taking steps to ensure AI tools are safe and fair. Current guidance includes:

- Equality and health-impact checks to avoid worsening inequalities
- “Model cards” explaining exactly what an AI tool can (and can’t) do
- Ongoing monitoring, with any issues reported through the Yellow Card system used for medicines

These measures aim to ensure AI supports – not replaces – the expertise of clinicians.

Nicki Adams, Newcastle University.



## My REDUCe2 Journey So Far...

Patient and Public Involvement and Engagement (PPIE) means people can help to review research proposals, share opinions, and help shape how studies are designed - keeping research focused on what really matters. I have been involved with LIVErNORTH for 31 years. I'm not a liver patient myself, but over that time my knowledge and understanding have grown enormously. I like to think that my contributions to research projects over the years have been both objective and compassionate - always guided by the question, "How would I feel if this were me or someone I loved?"

The study's aim is to assess whether palliative long term abdominal drains (which can be done at home) improve quality of life compared to hospital drainage in people with ascites due to advanced cirrhosis. When I was approached by Professor Verma to join the REDUCe2 study, I was immediately interested, as I had direct personal experience of ascites drainage at home. In March 1994, my mother received a diagnosis of terminal cancer after her tummy had begun to swell. We were devastated. She had never had a blood test or been in hospital since I was born in 1950, so the prospect of frequent hospital visits and treatments was daunting.

Although those months were difficult, they were also filled with special moments - made all the better by the compassion and foresight of her consultant, who offered to come to our home (where my mother had come to live) to drain the ascites. He was a man ahead of his time. His care and generosity made those final months so much easier and more dignified. I never imagined I would be capable of helping so directly in her care, but I assisted during the procedure and was so grateful that it allowed us precious time together.

That experience has stayed with me ever since, and it continues to shape how I think about research, care, and compassion.

From the start, being part of the REDUCe2 study has been a positive experience. The team has been very welcoming, with discussions that are open and inclusive, and every contribution genuinely valued. It is clear that public involvement is regarded as essential - not a formality, but a genuine collaboration. REDUCe2 has been different. - I have felt a real sense of inclusion and purpose, with clear evidence that PPIE feedback has shaped the study as it has progressed.

Virtual meetings have also made participation easier. The core team of researchers and administration staff are based at Brighton and Sussex Medical School, SHORE-C and University Hospitals Sussex NHS Foundation Trust. Living in County Durham, I simply couldn't have taken part without online platforms like Zoom or Teams.

My involvement in the REDUCe2 study has been extremely rewarding. I've learned a great deal from the researchers, academics, nurse specialists and consultants - I hope they've also benefited from hearing a lay perspective. As my REDUCe2 journey continues, I hope it encourages others whose research journey may be only just starting...

Joan Bedlington



## **IMPORTANT INFORMATION ABOUT POSTAGE COSTS**

**If you're returning anything to us using one of our LIVErNORTH Freepost envelopes, please don't add a stamp - it won't save the charity any money. Royal Mail charges us the same fee whether or not a stamp is attached.**

**Your kind support is already much appreciated, and using the Freepost address helps keep correspondence separate from our home mail, which makes administration much easier.**

**To help reduce postage costs in the future, we will send receipts by text message or email whenever possible. If you prefer to receive a paper copy, simply let us know.**

**Thank you for your understanding and continued support.**



## The OrQA-UK Trial

### Using Artificial Intelligence (AI) to Help Make Better Use of Donor Livers

Organ transplants save lives, but there are not enough suitable donor livers for everyone who needs one. At the moment, as many as 40% of donated livers are not used because surgeons are unsure about their quality. Surgeons usually decide by looking at and feeling the liver during retrieval, and by reviewing photographs taken by Specialist Nurses in Organ Donation. These photographs are uploaded to the NHS TransplantPath system. However, the quality of these photographs can vary, making the decision more difficult.

A new tool called OrQA (Organ Quality Assessment) has been created to support surgeons in this process. The tool refers to a database, which has used experienced surgeons' opinions to review liver images, to accurately assess the organ's quality and give it a quality score. This score may help surgeons make decisions about whether a liver is suitable for transplant.

In the OrQA-UK trial, photographs of donor livers will automatically be sent to the OrQA system, which will generate a quality score. When a liver is being considered for transplant, some surgeons will be shown this score along with the usual information they receive, while others will not. This random approach allows researchers to understand whether the OrQA score helps improve decision-making during real clinical assessments.

**Whatever the score shows, the final decision about using a liver will always remain with the transplant surgeon.**

For patients on the transplant waiting list, nothing about their own care or treatment changes. They will not have extra appointments or tests, and no further information is needed from them.

A short video explaining the OrQA trial is available on our YouTube channel. Type this:  
<https://www.youtube.com/watch?v=RgXV8T1zUqQ>  
into any browser  
or scan the QR code here >



## Christmas Date Changes

**1752, the year that Christmas Day was moved by eleven days and New Years Day was moved from March 25th to January 1st.**

Strange as it may seem, this actually happened. Prior to 1752, England used the Julian calendar. This was originally proposed in 46 BCE by Julius Caesar. It created a calendar of 365 days based on the movement of the earth around the sun, with a leap year every 4 years. However, it had an error of about 11 minutes in the solar year.

The so-called Gregorian calendar introduced by Pope Gregory XIII in 1582, corrected this error by adding an extra day to the month of February every four years aligning the calendar with astronomical events. Within a year, the changes were adopted by



the Italian States, Portugal and Spain. The German

Protestant states took it up in 1699, but it was not until 1752 that it was taken up by England.



This change was enshrined in law by the British Calendar Act of 1751, applicable from 1752 resulting in an adjustment of 11 days to synchronise with the newly adopted system. The act omitted 11 days from the calendar (and we consider the loss of an hour when the clocks go forward an hour is a problem). Specifically the day after September 2nd 1752 was September the 14th 1752. To all intents and purposes the lost days no longer existed. The result was that Christmas in future would now occur 11 days

earlier. In addition, the start of the new year moved from March 25th to January 1st, aligning it with practice established in Scotland in 1600. Previously, the calendar year ran from March 25th to March 24th. This alone can be incredibly confusing to those of us so used to thinking as a year running from January 1st to December 31st.

The changes did not go down well with the public. They resulted in the Calendar

Riots in Bristol where the public demanded that the Government, “gave them back their eleven days”. Quite a few country people in still insisted on observing Old Christmas on January 6th.

There were other implications to the calendar change:

The City of London flatly refused to pay taxes early as under the old system they were due on March 26th 1753. The tax authorities then agreed to skip the 11 days and decreed that taxes were now due on April 6th. To this day the UK tax years starts on April 6th.

As the 11 days were lost forever, there were no deaths, marriages or births recorded between September 3rd and 13th 1752. Effectively anyone born on the old September 3rd would have a birth date of September 14th and be 11 days old.

Because historically people use both old new and old dates for notable individuals this has led to confusion. For example, George Washington's birth date is now given as February 22nd 1732, but according to the calendar of the time he was born on February 11th. Anyone carrying out family tree research for people with key dates around the time of the changes, may also have difficulties in obtaining accurate data.

Can you imagine the opposition which would take place if such a change was made today? (AB)

*Who knew? Thanks for this, every day is a school day for me Alf! (Ed)*

---

## **WARNING** - Frequency of human-bear encounters!

Hikers: please take extra precautions and wear little noisy bells on clothing to give advance warning and avoid surprising the animals. We also suggest carrying pepper spray in case of an encounter with a bear. Be vigilant for fresh bear activity and distinguish between Black bear and Grizzly bear faeces. Black bear faeces are smaller and contain lots of berries and squirrel fur. Grizzly bear faeces has bells in it and smells like pepper

Happy hiking...



## Christmas Facts (Alf Bennett)

### Twelve Facts about Christmas:

1. In England in 1843, the first Christmas card was produced and sent by Sir Henry Cole. It featured a festive family scene.
2. “White Christmas”, by Bing Crosby is the best selling Christmas song of all time.
3. “Rudolf the Red Nose Reindeer” was created by the U S store Montgomery Ward as part of their Christmas promotion. The song that accompanied the story was recorded in 1949 by Gene Autry.
4. The happy, plump Santa dressed in red that we know today came about from the Coca Cola adverts of 1931.
5. Rudolf was almost called Rollo or Reginald (certainly does not have the same ring to it)
6. The most recorded Christmas song is Silent Night which has had more than 700 different versions copyrighted since 1978.
7. “Jingle Bells” was originally a Thanksgiving song called “One Horse Open Sleigh” written by James Lord Pierpont in the mid 19th century for his church's Thanksgiving concert. In 1857, the song was re-released as Jingle Bells for Christmas.
8. According to Matalan, 82% of people surveyed own a Christmas jumper with 25 – 34 year olds most likely to own one.
9. In the 17th Century, Oliver Cromwell, banned Christmas pudding, mince pies and anything to do with gluttony (now that's what you call a party pooper). How on earth did they police this?
10. The abbreviation Xmas comes from Greek. The letter X is the Greek abbreviation for Christ.
11. Boxing Day gets its name from the money collected in the Alms Boxes for the poor.
12. The average Brit consumes around 7000 calories on Christmas Day. That is more than three times our daily requirement.



## When is it a White Christmas?

For many people, snow is synonymous with Christmas. Bing Crosby dreamt of it in the 1942 film *Holiday Inn*. Remember the lyrics, "I'm dreaming of a white Christmas with every Christmas card I write".....

Now I will not be able to get that tune out of my head. Many movies, advent calendars and Christmas cards are also decorated with snow. Charles Dickens vividly depicted snow at Christmas in his books *Pickwick Papers* and *A Christmas Carol*. They were published at a time which coincided with one of the coldest decades in more than a century.



But, what officially is a white Christmas in the UK? Well that is down to the Met Office. By definition, it used to be, the observance of a single snowflake falling on the Met Office roof in London during the 24 hours of the 25th of December. A foot of snow could fall in December and still be lying on the ground at Christmas, but if a single snowflake did not fall on the 25th, it was not officially a white Christmas. Nowadays, for the Met Office to declare a white Christmas, a single snowflake has to be observed falling on Christmas Day by either an official Met Office observer or at a Met Office automated weather station located at specific sites across the UK. Therefore, there are regional differences across the country as to where officially it is a white Christmas.

The Met Office has many weather stations across the UK and it is possible to view current and archive data for specific years online.

How likely is a white Christmas? White Christmases were more frequent in the 18th and 19th centuries. Even more so with the change in the calendar in 1752. In effect, this brought Christmas Day back in the calendar by 11 days. While nowadays climate change has brought higher average temperatures across both land and sea so generally reducing the chances of a white Christmas.

Since 1960, almost 50% of the years have seen at least 5% of the weather station network recording snow falling on Christmas Day. So that for UK as a whole, we could expect half of all Christmas Days to be white, but that would depend on where you are located.

Technically, 2023 was the last white Christmas in the UK with 11% of stations recording the fall of snow, but none recorded any lying on the ground. 2022, 2021 and 2020 were all by definition white Christmases. There was no record of snow falling at any station in both 2018 and 2019. The last widespread white Christmas was in 2010. The Met Office can accurately forecast if snow is likely to fall at Christmas up to five days beforehand. However, for those of you "dreaming of a white Christmas" at the time of writing with 47 days to go, it is estimated that Western Scotland stands the greatest chance of experiencing a white Christmas with odds of 26.7%. Let's see what actually happens on December 25th 2025. The bookmakers as usual are already starting to offer odds (AB).

## Great Expectations - Daniel Sencier

I'm here today with thousands of others, no idea why, can't ever remember not being here! I'm trying to memorise everyone's name but they all look so alike! It's incredibly crowded, everyone talking at once, I can barely hear myself think! Food is plentiful; it's as if they don't want us to stop eating, though it's a bit boring and hard to pick up as it moves by so quickly. They look after our health and any time I see someone sick they are whisked away immediately, though I've never heard back from anyone as to what the hospital is like. We see the sun shining through when the big rusty doors open at the end, but it's always over too quickly, and we all wonder what it's like beyond those doors. We're told that one day we'll all be out of here, so we must be patient! We were chosen, apparently, because we were the fittest and a special day awaits us all, but it only comes around once a year. We never get news from the outside world, just the occasional sparrow that drops in through the ceiling grid to steal our food, but they never stop to chat. A pigeon told us once that we're in a sort of 'holding camp,' but he was too busy throwing bread over his head to elaborate. I've heard 'holiday camp' mentioned by the human called 'vet,' who said she was really looking forward to spending just two weeks in one; so that's reassuring. The pigeon also mentioned 'Christmas,' a time when you get lots of presents and take part in a big feast, so I'm looking forward to that too; more variety than we're eating now, surely! There are no toilets so the floor is a terrible mess,

but every night this giant machine slowly screams along, spraying everywhere, picking up everything and dropping straw behind it. When it bunches us all up at one end we jump over it, that's how I know I can't fly; we are more scared of crushing each other than of the machine, which does leave the floor clean and comfortable! Maybe we're being punished for something terrible we did when we were too young to remember; there must be some purpose to all this! Every day seems like the last here and you lose track of time, wishing something different would happen, anything really! I believe in a beginning and an end, so this must be the middle, but I'm not sure how far we are from either end.

Well, somebody heard me because something different has started to happen! Towering machines belching black smoke have arrived outside, I can hear them, I feel the throbbing through the ground and everyone is getting very excited. The rattling feed conveyers have fallen silent, and the big doors screech as they slide open, and yes, they are staying open! It's cold, windy and raining outside, but the smell of crisp, fresh air has filled our lungs with so much goodness, we're all just taking deep breaths, staring at each other; hoping this moment will last forever! The machines seem to be offloading lots of youngsters; they're not sure what's happening or where they are, all running around like headless chickens! One shouts, "How long have you been here?" I shout back, "Nearly a year I think, but it's our turn to join in the

feast, so we're leaving on that machine you arrived on." They all look so scared, I guess like we did when we arrived, but they'll soon settle in and look forward to the 'Festive Season.' The men loading seem anxious to get us on board, they are acting a bit rough, kicking out sometimes, but one mentioned "piece work" so I guess they can't be that bad.

"First lorry ready!" shouts one of the humans. On the road now, so crowded we can't move, but at least we can't fall over and the fresh air is filtering through every tiny space, fluffing up our feathers, making us all look so much more elegant. As I peer through the open vents, I feel so lucky, I can see what's outside, and it's more beautiful than I could have ever imagined. Creatures, like us but a lot smaller, soaring through the sky, other animals grazing in the lush green fields, young ones playing with their mothers; I wonder if I did that when I was young? Maybe I had a mother? Humans, just like 'vet,' pushing prams, old people feeding pigeons, young humans playing with dogs, oh such a wonderful world, I feel so blessed to be part of it.

We're turning down a bumpy side-road now, the rain's getting heavier, turning white and flakey, and I see a sign pointing to somewhere called 'Abattoir,' sounds so French, exotic even. As we arrive, another lorry pulls out, a huge colour picture of one of us smiling on the side. I didn't even realise we could smile, and now I feel silly because I'm trying to. 'Happy Turkeys' it says on the side of the other lorry, but I wonder why

they can't see out as we can? Our engine has juddered to a halt; the doors are opening, more shouting, looks like this could be the end of the line. It's amazing how exciting the unexpected can be!

As the doors open to our new home a terrible smell, a stench of fear rushes out to engulf us! Nobody wants to go in, but the humans are getting angry and prodding, kicking shouting, forcing us forward. A pigeon by the door mutters, "Only the author can save you now." "What do you mean?" I replied, "How can we contact this Author you speak of?" "His wife has read the first draft, it upset her greatly and she's already spoken to him, so you'll have to wait and see. He does have the power to save you; the Author can change anything!"

Wait, something strange is happening, my wings suddenly feel strong, bursting with energy, and the others are furiously flapping too. Many have started flying out of the lorry in front of me, bumping into each other, squawking loudly as they soar into the cloudy sky. This is amazing, we can fly, but how is that possible? We are all in the air now, circling in a big flock above 'Abattoir', looking down at the humans who all seem to be in disbelief. But where do we go now, what do we do, who will lead us? Our friend the pigeon flaps past, I'm sure he's grinning, "Don't worry, you're safe now, the Author's wife saw your plight, so he'll script you to a place where you can all have a wonderful time, after all, it is the Festive Season!" "Happy Christmas everyone!"

## BT Calling Scam (Elaine Kersey)

Received a phone call from BT, informing me that he was disconnecting me because of an unpaid bill. He demanded payment immediately of £31.00 or it would be £118.00 to re-connect at a later date.



The guy wasn't even fazed when I told him I was with Virgin Media, allegedly VM have to pay BT a percentage for line rental! I asked the guy's name - he gave me the very 'English' John Peacock with a very foreign accent and phone number 0800 0800 152. Obviously the fellow realized I didn't believe his story, so offered to demonstrate that he was from BT. I asked how and he told me to hang up and try phoning someone - he would disconnect my phone to prevent this. AND HE DID !! My phone was dead - no engaged tone, nothing - until he phoned me again. Very pleased with himself, he asked if that was enough proof that he was with BT. I asked how the payment was to be made and he said credit card, there and then. I said that I didn't know how he'd done it, but I had absolutely no intention of paying him, I didn't believe his name or that he worked for BT.

He hung up. I dialled 1471 - number withheld I phoned his fictitious 0800 number - not recognized. So I phoned the police to let them know. I wasn't the first! It's only just started apparently, but it is escalating. Their advice was to let as many people as possible know of this scam. The fact that the phone does go off would probably convince some people it's real, so please make as many friends and family aware of this. How is it done? This is good but not that clever. He gave the wrong number - it should have been 0800 800 152 which takes you through to BT Business. The cutting off of the line is very simple, he stays on the line with the mute button on and you can't dial out - but he can hear you trying. (This is because the person who initiates a call is the one to terminate it). When you stop trying he cuts off and immediately calls back. You could almost be convinced! The sad thing is that it is so simple that it will certainly fool many.

By the way this is not about getting the cash as this would not get past merchant services - it is all about getting the credit card details which include the security number, to be used for larger purchases. Please Share.



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

Dear LIVErNORTH,

Thank you so much for arranging for me to stay in your accommodation at a very, very difficult time. Staying on the Freeman Hospital site made life so much easier to deal with.

Thank you again

CW  
Cumbria

Dear Livernorth,

Please find enclosed my cheque - I am extremely grateful for the use of the flat at what was a very stressful time. Being so near the hospital was a great comfort. My husband underwent a liver transplant in August. He is recovering so well and we are both so very grateful for his care and the support I received.

With kind regards and thanks

BM  
NI

Dear Livernorth,

Please find enclosed cheque for the raffle tickets plus a donation to your charity. I am grateful for the magazines and support. I find LIVErNEWS fun and informative.

Thank you very much

JS  
Yorkshire

*The LIVErNORTH flat is in the grounds of the Freeman Hospital for details see our leaflet No 2*



## Flu vaccine

The flu vaccine helps protect against flu, which can be a serious or life-threatening illness. It's offered on the NHS every year in autumn or early winter to people at higher risk of getting seriously ill from flu.

## Who should have the flu vaccine

The flu vaccine is recommended for people at higher risk of getting seriously ill from flu.

You can get the free NHS flu vaccine if you:

- are aged 65 or over (including those who will be 65 by 31 March 2026)
- have certain long-term health conditions
- are pregnant
- live in a care home
- are the main carer for an older or disabled person, or receive a carer's allowance
- live with someone who has a weakened immune system

Frontline health and social care workers can also get a flu vaccine through their employer.

## How to get the flu vaccine

If you're eligible for an NHS flu vaccine, you can:

- contact your GP surgery to book an appointment
- book a free NHS flu vaccination appointment at a pharmacy online or in the NHS App (if you're aged 18 or over)
- find a pharmacy that offers free NHS flu vaccination where you can walk-in and get vaccinated without an appointment (if you're aged 18 or over)

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

IT'S BEGINNING TO LOOK A LOT LIKE CHRISTMAS..

Eee, that excitement when me dad said, 'We'll put the tree up the night'. Tradition has it that it should be put up at the beginning of Advent. He'd climb in the loft on his handmade step ladders and hand it down through the hatch. Same old decorations, ornaments and baubles in their boxes wrapped in tissue or cotton wool would be passed down, they were so fragile, always one broken or shattered in the box.

We never had a real tree, it was artificial, about 3ft tall, a tiny bottlebrush tree, that you pulled out the branches and it stood on a fake looking plank of wood, I loved that tree.

The glass baubles would be hung from thread (we did get plastic holders many years later) a Santa on his sleigh, a luminous Angel that glowed in the dark and the fairy on the top, finished with a few bits of tinsel and lametta draped on. Some baubles had lost their glitter over the years but were still lovingly hung on the tree.

Opening up the concertinaed stars and bells and stretching out the garlands, always one snapped so had to be sellotaped back together. We'd perch on the back of the settee or armchair to hang the decorations from the corners of the room to the big light.

'That loops not right' it's too low and needs a drawing pin in the middle'.

We didn't have a balloon pump, your cheeks would be stinging trying to blow up the balloons, always a few that were duff ones. Or you'd blow one up, let it go, we'd be screaming and laughing as it whizzed across the room. Or we'd rub the blown up balloon on our jumpers and put it on your head and your hair would stand on end!

I'd spend hours at playing keeping a balloon up, tapping it over the looped ceiling decorations!...I was easily amused.

We'd make our own garlands too. Loops that you licked and stuck together and long crepe paper ones that had a thread down the middle and you twisted to hang them up..

No Blu tack in them days so you killed your thumbs trying to dig them into the ceiling with drawing pins. Always a scream where you stood on an upturned drawing pin and it had to be pulled out of your foot! Ouch!

A fragile bauble would fall and smash so every piece had to be picked up with a dustpan and brush. Cotton wool stuck on the window for snow and concertinaed Christmas trees made from folded crepe paper.

The Christmas lights that had to be unravelled, ('which one of you put them away?') and when plugged in always had a couple of bulbs that didn't light up, lots of 'bli\*\*y hells bells man' as me dad tried to find the duff bulb!

We didn't have card holders, Christmas cards would be slotted behind the mirror or stuck on the wall with sellotape and fall off randomly or stood on the sideboard or mantelpiece. A piece of wool hung between two drawing pins and the cards slotted on..

The piece of mistletoe hung on the door frame into the passage.

Embarrassed giggles when the lads next door came in, 'Gan on then, give him a kiss' ...

Before we got a nut cracker, the hammer brought out to crack nuts in the hearth, having to duck from walnut & brazil nut shells flying everywhere like missiles...Me mam shouting out 'Eee, you'll crack the tiles!'.

Out from the sideboard also came the 'Eat me' dates (no one did) from 1955, like little brown fat slugs under concertinaed paper. Same with those Famous names, little bottles of liqueurs that no one drank. The liqueur had always leaked into the bitter chocolate.

The room looked so lovely and really Christmassy, always looked so bare when you took everything down on 12th night.

Then, like the Christmas song, 'Chestnuts roasted on an open fire'...Ours were done on a shovel on the coal fire!

Not quite Nat King Cole but we were so happy and contented with our lot

...



THANK YOU EVERYONE FOR  
YOUR SUPPORT OF OUR 2025  
CHARITY DRAW. ALMOST £3000  
RAISED FOR THE SUPPORT OF  
LIVER PATIENTS.

THANK YOU EVERYONE WHO  
DONATED PRIZES OR BOUGHT  
OR SOLD DRAW TICKETS.  
YOUR SUPPORT IS VERY MUCH  
APPRECIATED BY EVERYONE  
HERE AT LIVERNORTH

LIVERNORTH

CHARITY

DRAW

2025

tickets

£1

1994 - 2025: THIRTY ONE YEARS OF LIVER PATIENT SUPPORT & RESEARCH

£500

Ist prize

Barbour VOUCHER

PLUS MANY OTHER EXCELLENT PRIZES

Registration No. LOTT211 with the Council of the City of Newcastle upon Tyne  
in accordance with the Gambling Act of 2005

To be drawn on 27th November 2025. Winners will be notified - results published on our website & in LIVE/NEWS  
Promoter: J.Bedington MBE, freepost LIVERNORTH. LIVERNORTH is a Registered Charity (No. 1087226)

## 2025 LIVERNORTH Charity Draw Prizes

Drawn online and recorded on 27th November 2025

Prize:	Winning Number
1. £500 Cash	8284
2. Barbour Quilted Jacket Voucher (donated by the Barbour Foundation)	7256
3. £100 M&S Gift Card	14127
4. £100 M&S Gift Card	17940
5. £100 John Lewis/Waitrose Gift Card	8608
6. £50 Sainsbury's/Argos etc Gift Card	834
7. £50 Sainsbury's/Argos etc Gift Card	8944
8. £50 Cash	1174
9. £30 Boots Gift Card	8271
10. £25 John Lewis/Waitrose Voucher	3210
11. £25 Sainsbury's Gift Card	507
12. £25 Sainsbury's Gift Card	6589
13. £25 M&S Gift Card	3921
14. £10 John Lewis/Waitrose Voucher	4202
15. £10 John Lewis/Waitrose Voucher	14783

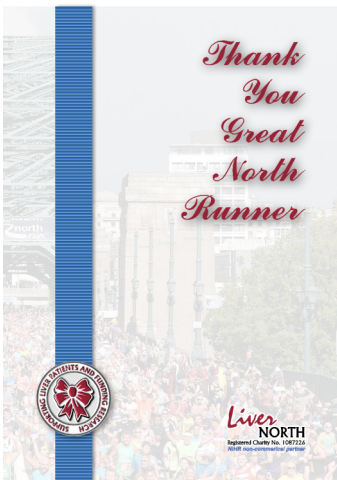
ALL WINNERS HAVE BEEN NOTIFIED, THANK YOU FOR YOUR SUPPORT



**THE DRAW RAISED £2972**



## Our Great North Runners 2025



Our runners this year raised an amazing £5232.75 between them - over £200 more than last year and we had one runner who had to cancel through injury! Well done everyone, you should all have received your official receipt/card from us. If anyone would like to run in 2026 please get in touch now by email and request a place.

Charity places are more expensive than public ballot places so we need to raise AT LEAST £120 per runner (hopefully, a bit more!) or we actually lose money.

If you can do it...

email [info@livernorth.org.uk](mailto:info@livernorth.org.uk) with 'GNR 2026' on the subject line

### 2025 LOTTERY PRIZE WINNERS THIS YEAR - £250:

Drawn on 24/04/25 - No 168 from CARLISLE  
Drawn on 17/07/25 - No 109 from NORTHUMBERLAND  
Drawn on 01/09/25 - No 72 from LANCASHIRE  
Drawn on 27/11/25 - No 93 from MORPETH  
Drawn on 27/11/25 - No 39 from GOSFORTH

### 2025 LOTTERY JACKPOT WINNER - £2500:

Drawn on 27/11/25 - No 15 from LANCHESTER

**ONLY £1 A WEEK TO JOIN, EVERY PENNY GOES TO  
LIVER PATIENT SUPPORT, RESEARCH OR PRIZES.**

**WE HAVE NO PAID EMPLOYEES**

**JOIN THE LOTTERY HERE** 



# LIVERNORTH Lottery application form



## Your contact details

Name

Address

Postcode

Telephone

E-mail

## Preferred payment method

☐

I confirm that I am over 16

☐

**BACS: Account:** LIVERNORTH Charities Account

**Account no:** 71298290 **Sort code:** 53-61-24 **Ref:** (Your name)

☐

**Post:** Cheque payable to livernorth, minimum of 1 quarterly payment of £13.  
send to 'freepost LIVERNORTH'

☐

## Standing order form (please complete the form below)

**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'**

## HELEN'S HOWLERS

Most of the funnies you see in these pages are sent from our friends and colleagues (like Billy Venus) or are freely circulating via the internet. We are 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 our many facebook friends, LIVErNORTH colleagues and 'the internet'.

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

Here's one for you did you know world champion cyclist Chris Hoy's sister Landa is a navigating officer in the Royal Navy?...not many people know that!

My local bank branch is closing. I went in and I asked what I should do and they told me I need to go on line but will need a nap. Went home, had a 20 minute nap. Didn't work Bank still closed.

It's custom that everyone in my local neighbourhood wears sweaters that are just a size too small for them.

We are a very tight knit community

At this week's support group for People with a Phobia of DIY, we welcome guest speaker Alan Keyes.

Great night at the bingo tonight. It was a full house.

I really thought I'd won at this years Fireman's lift awards but, I got carried away.

My mate was given a metal detector for his birthday present. He has only used it once, but he wore steel-toe-capped boots then. He said: "I'm just finding my feet at the moment".

Imagine if Beyonce's Father had been Roy Castle.

Breaking News...Man faints on luggage carousel at Newcastle Airport. He is slowly coming round.

I've been to a fancy dress competition today in a boiler suit. I won the overall prize.

I hate getting a spliter, hope I never get another one, touch wood.

I've just been in B&Q and asked the bloke 'what gets rid of grime and stains' He said 'ammonia cleaner' I said 'sorry mate, I thought you worked here'.

**SEVERE WEATHER WARNING!!**  
The AA have warned that anyone travelling in icy conditions should

take a shovel, blankets/sleeping bag, extra clothing including scarf, hat and gloves, 24 hour supply of food and drink, de-icer, rock salt, torch, spare battery, petrol can, first aid kit and jump leads. I looked a right pratt on the bus!

Put my hair in a bun today. Got sacked from Greggs.

My girlfriend says I'm tight so to prove her wrong we went out for some tea and biscuits. It was quite exciting as she's never given blood before!

I was worried that stitches I was going to have on my skin during my operation would be unsightly. The surgeon said: "Not to worry, I'll choose ones that'll suture"

My wife said "can I put the heating on?" Me: "yes, of course, but it's part of your Christmas present"

Going up the A1 and my wife says "you better flash that truck driver in front of us, tell him he's losing his load" I said "Pet, it's a council gritter"

Congrats to Hugh Zappritti-Boyden on his new role as head of the National Parrot Owners Association.

My friend couldn't afford his water bill. So I sent him a "get well soon" card.

Kung Foo Student: 'Why am I not advancing in my technique master?' Master: 'Have you seen the sunset when the seagulls fly flaming across the plain?' Student: 'Yes master'. 'And the water from the waterfall hitting the rock without achieving anything?' 'Yes master' 'And the moon reflecting on calm water?' 'Yes master'. 'There's your problem. You keep watching stupid rubbish instead of practising'.

I went to the doctors yesterday complaining of sore feet. He told me 'Gout' I said 'I've just walked in!'

Thinking back to when 'a new hip joint' meant somewhere I wanted to go on a Friday night.

In general, I don't believe in child labour. But sometimes they're the only ones who can figure out what's wrong with my computer.

We offer three kinds of service:  
GOOD - CHEAP - FAST  
You can pick any two  
GOOD service CHEAP won't be FAST  
GOOD service FAST won't be CHEAP

FAST service CHEAP won't be  
GOOD

Nothing refreshes my memory of  
what I need at the supermarket like  
coming home from the supermarket

You never appreciate what you have  
until it's gone...toilet paper is a  
good example!

Why do the French eat snails?  
Because they don't like fast food.

I wonder whether my recorded call  
has ever been used for training or  
quality purposes!

Me: Just had my physical to day and  
the doctor says I'm a beast!  
Wife: No dear, he said you are  
obese.

Here's a marriage tip, If you need a  
new can opener - don't give one to  
your wife for Christmas.

I asked my wife what women really  
want for Christmas. She said 'tent  
full of lovers'...or perhaps it was a  
tentative lovers - I wasn't really  
listening!

During the Covid lockdown, if you  
had family round on Christmas Day,  
police could force entry to your  
home and make them go home.  
Does anyone know if this service is  
still available?

I finally worked out what I want to  
be when I get older - Younger!

My kids and grandkids keep  
laughing about me losing my  
memory. They won't be laughing at  
Christmas when there's no eggs  
under the tree.

Every time we try to eat healthily,  
along comes Christmas, Easter,  
summer, Friday or Tuesday and  
ruins it for us.

My wife asked me to take her to  
one of those restaurants where they  
make the food right in front of you.  
So I took her to Subway and that's  
when the fight started.

A man asked his wife "What would  
you do if I won the lottery?" She  
replied " I'd take half and leave  
you". "Great" he said "I won £12,  
here's £6...stay in touch..."

'Your underwear is much too tight  
and very revealing,' I said to my  
wife. She said, 'Wear your own  
then.'

A distraught senior citizen phoned  
her doctor's office. She asked, 'Is it  
true that the medicine you  
prescribed has to be taken for the  
rest of my life?'

'Yes, I'm afraid so,' the doctor told  
her. She replies, 'It has me  
concerned that the bottle says 'no

refills'.

I walked past a man who kept saying, '1, 3, 5, 7, 9... 1, 3, 5, 7, 9'. I thought, how odd.

If it wasn't for that nice man who invented electricity, we would all be watching TV by candlelight.

Patient: Well you see the problem is that obesity runs in the family.

Doctor: No the problem is that nobody runs in your family.

My wife asked me why I spoke so softly in the house I said I was afraid Mark Zuckerberg was listening! She laughed. I laughed. Alexa laughed. Siri laughed.

'Have you heard of Murphy's law?' 'Yeah'. 'What is it?'. 'If something can go wrong, it will go wrong?' 'Right. Have you heard old Cole's Law?'. 'No, what is it?'. 'Thinly sliced cabbage.'

We must all do our bit for the planet. I just unplugged a row of electric cars, that no one was using.

Weight loss goal: To be able to clip my toenails and breathe at the same time.

There's a fine line between a numerator and a denominator. Only

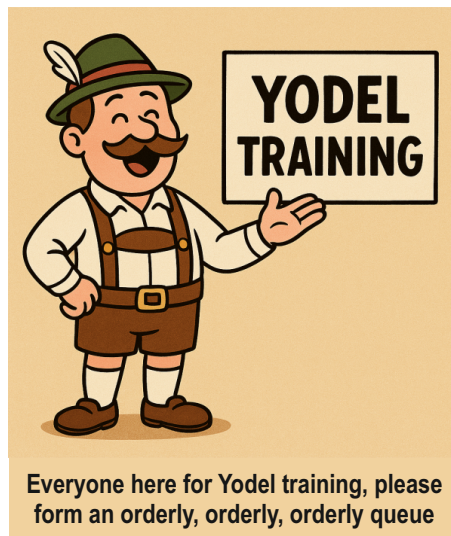
a fraction of people will find this funny.

The Grim Reaper came for me last night, and I beat him off with a vacuum cleaner. Talk about Dyson with death.

My daughter asked me for a pet spider for her birthday, so I went to our local pet shop and they were £70! Blow this, I thought, I can get one cheaper off the web.

Just got back from my mate's funeral. He died after being hit on the head with a tennis ball. It was a lovely service.

Abysmal jokes, perhaps a new low even for us...but do you like them? Let us know please and have you got any better ones? Let's see them folks!



## The Pub Quiz or if you prefer the Barista Café Quiz No 14

1. What city was wrongly depicted on the medals issued to The Great North Runners in 2025?
2. Where does the food Kimchi originate from?
3. Tesla share holders have recently approved a new pay package for Elon Musk that could be worth up to one trillion dollars over the next decade. How many zeros do you have to add to 1 to get a trillion.
4. Who composed the Four Seasons?
5. In Greek mythology, who is the god of the sea?
6. Who was the second man to walk on the moon?
7. What is the currency of South Korea?
8. What do we call animals that only eat plants?
9. What country is known as the Land of the Rising Sun?
10. What does the "E" stand for in the acronym "EMAIL"?
11. What is the term for a word which reads the same backward as forwards?
12. How many strings does a standard violin have?
13. In what decade was the first email sent?
14. Which country produces the most coffee in the world?
15. What is the main ingredient in the Italian dish risotto?
16. What is the largest organ of the body?
17. What metal is liquid at room temperature?
18. Who wrote The Hobbit?
19. What does the Richter scale measure?
20. What gas do humans exhale during respiration?

(Answers below)

- |                                  |                                   |
|----------------------------------|-----------------------------------|
| 1. Sunderland.                   | 11. Pallindrome.                  |
| 2. South Korea.                  | 12. Four.                         |
| 3. Twelve ie, 1,000,000,000,000. | 13. 1970's – it was sent in 1971. |
| 4. Antonio Vivaldi.              | 14. Brazil.                       |
| 5. Poseidon.                     | 15. Rice.                         |
| 6. Buzz Aldrin.                  | 16. Skin.                         |
| 7. Won.                          | 17. Mercury.                      |
| 8. Herbivores.                   | 18. Tolkien.                      |
| 9. Japan.                        | 19. Earthquake Magnitude.         |
|                                  | 20. Carbon Dioxide.               |

*How have you done? Up to 6 correct – Quiz Enthusiast. Up to 8 – Quiz Hotshot. Up to 12 - Quiz Maestro. Up to 16 - Quiz Supremo. Up to 18 - Quiz Genius. A full score of 20 – Quiz Perfect...Take a bow!.*



# UIOLI (Use It Or Lose It) AUTUMN 2025 - ISSUE 93

**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!

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

Easy SUDOKU

Difficult SUDOKU

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

## 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 92) SUDOKU solutions:  
Easy

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

Difficult

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

# Insurance Matters - updated 15/6/2025

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

Able2travel	01483 806826
Age Co	0800 0328249
AVIVA	0345 0308715
Bib Insurance Brokers (www.bibinsurance.co.uk) Darlington	01325 353888
City Bond	0333 2070506
Churchill*	0800 0326534
Direct Travel*	0330 8803600
Freedom ^	01223 446914
Leisure Care Insurance	0204 5994659
Post Office	0800 1387777
RIAS*	0345 1655799
SAGA	0800 0569200
Sainsbury's	0345 3052623
Sladdin & Co Ltd. (brokers)	01422 362614
www.Insurancewith.com	0333 0051066
www.miatravelinsurance.co.uk ^	0800 9993333
www.PayingTooMuch.com	01243 784000
www.staysure.co.uk	0333 0068033
https://www.world-first.co.uk/	0345 9080161
https://www.freespirittravelinsurance.com/medical-conditions/liver/	02392 419080

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

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

Please help to keep this page current and useful by letting us know of your own experiences both good and bad. You can email us at [info@livernorth.org.uk](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 have any concerns about liver disease and would like to talk to someone, please call any of the numbers below:

**JOAN 0191 3702961**

**KATHRYN 0735 9537737**

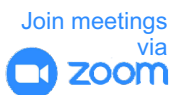
**FIONA 0781 5071918**

**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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