National Support Newsletter for Liver Patients, their carers and families
Circulation - 2250 print copies, 170 online copies

LIVERNORTH is a NIHR non-commercial partner

LIVERNORTH is run entirely by unpaid volunteers

www.livernorth.org.uk
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Scan with your mobile phone to go to our website for advice and leaflets
Welcome to the Summer 2017 issue of LIVErNEWS. As I write, I am thinking about everything that has happened in the last few months and I can’t recall any time like it in the past - perhaps with the possible exception of the invasion of the Falklands by Argentina in April 1982 (half a lifetime ago!) and the robust response of the UK government at the time. The period we are experiencing now could go down in history as a time of greatest change. There are an increasing number of Terrorist attacks throughout the world, a major tragic fire in London with many lives lost and yet to be counted, an election battle like no other, Brexit launched and a UK government seeking support from wherever they can get it plus our USA ‘allies’ in turmoil and dispute over their new president. We live in interesting times as they say.

We are making huge advances in medicine every day and research is paying off in so many ways. Just imagine you were alive in the 1800s and people were transplanting human organs from one person to another, people were living well into old age and still being very active. You would think it witchcraft or worse. Medicine and surgery have come a long way since then and technology has helped drive the advances as well as being an answer in itself. For instance the Da Vinci robot can now do operations human surgeons could never do - although a human surgeon has to guide it, the level of precision available is something no flesh and blood hand could ever achieve. Nano particles are being used to deliver targeted anti-cancer drugs in a way that was impossible just a few years ago and new drugs are trialed every day using advanced technology to test effectiveness. What would the people of the 1800s say if you told them that in the future almost every single adult in the world had a telephone they took everywhere with them and could look up the answer to anything at any time? They could take colour photographs and movies with their telephones and send them to anyone else anywhere in the world instantly...

Would take some believing wouldn’t it? It makes you wonder what’s next for technology and my thoughts are that we are just getting started. Who knows what the future holds - if advances keep going at the current rate, we will see some amazing things in our lifetime and I for one embrace and welcome it.

Back to more mundane thoughts now and the regional quiz this issue is on Ireland (both North and South). Nothing to do with the government deal with the DUP but quite a coincidence eh? Lots to interest you in this issue, please read on and try to help if you can with our Autumn Fair on 16th September or to sell raffle tickets beforehand (Pages 12, 13 & 14).

The Great North Run on 10th September will be all over before the next issue and we have 28 runners this year. If you see them running in their LIVErNORTH shirts, please cheer them on. It’s the world’s biggest half marathon and it’s here in the North East!

Lastly, our AGM is on 19th July and Dr Kate Hallsworth will be talking about NAFLD - often cited as the next big epidemic of the western world. Please try and come along.

Enjoy the Summer sun while you can!

Best wishes, John
GENERAL MEETINGS are held on Wednesday evenings at 7.00 pm in the Postgraduate Medical Centre on level 1 at the Freeman Hospital (follow the signs). Light refreshments are available.

PARKING: Please contact us for information on parking arrangements for our meetings on 0191 3702961. Arrangements are currently being finalised for volunteer parking at the Freeman.

Wednesday 19th July (AGM)  
Dr Kate Hallsworth  
Lifestyle interventions in non-alcoholic fatty liver disease (NAFLD): Translating the evidence into clinical practice

Wednesday 6th September  
Mr Colin H Wilson  
Perfusion preservation for the liver - warm or cold?

Saturday 16th September  
Autumn Fair  
1.00 pm Freeman Hospital

Wednesday 18th October  
Dr. Kofi Oppong  
Endoscopy: Diagnosis and therapy in Liver disease

Wednesday 6th December  
Christmas Dinner  
6.30 for 7.00 p.m. Freeman Restaurant

Sunday 10th December  
Carol Service  
2.30 pm - Freeman Chapel - followed by Tea/Coffee/ Fruit Juice & Mince Pies

NOTE: NUTH NHS clinical staff are able to claim 2 CPD points for each appropriate LIVErNORTH general meeting attended.

LIVErNORTH is a registered charity (no 1087226) with no paid employees  
NIHR non-commercial Partner

President: Professor OFW James MA BM BCh FRCP FAMSci,  
Chairman: JE Bedlington MSc MIFE MILM  
Medical Advisors: Professor Chris Day MA MB Chir PhD MD FRCP,  
Professor David Jones MA BM BCh PhD FRCP,  
Professor Derek Manas FRCS BSc MBCh Mmed (UCT) FRCSEd FCS (SA),  
Dr Harriet Mitchison MD FRCP, Professor Fiona Oakley PhD BSc,  
Dr Helen Reeves BM BS BMedSci FRCP PhD, Mr Colin Wilson MBBS FRCS PhD
The Postgraduate Centre, Level 1, Freeman Hospital
7.00 - 9.00 pm
Wed. 19th July 2017

Dr Kate Hallsworth
Senior Research Physiotherapist

Lifestyle interventions in non-alcoholic fatty liver disease (NAFLD)
Translating the evidence into clinical practice

ALL WELCOME (2 x CPD points for clinical staff)
NB: This meeting is also the LIVERnORTH AGM
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The Postgraduate Centre, Level 1, Freeman Hospital
7.00 - 9.00 pm
Wed. 6th Sept 2017

Mr Colin Wilson
Consultant Surgeon (Hepatobiliary)

Perfusion preservation for the liver - warm or cold?

ALL WELCOME (2 x CPD points for clinical staff)
May 2017 PBC meeting

The lunchtime PBC meeting took place on Tuesday May 23, 2017. Dr Vinod Hegade kindly agreed to come and speak about itch in PBC. It was a really informative and interesting talk about the current state of knowledge and understanding of itch in PBC, as well as treatment options and research. After the talk we had time to chat, and as always it was lovely to catch up with other PBC people. Thank you all for coming! And huge thanks to Dr Hegade for his time.

We'll be organising another lunchtime PBC meeting in the autumn, and invite anyone with PBC – as well as family and friends of PBC patients – to come along. It's a great way to meet other people with the same condition, and to hear about the latest research into PBC.

Save trees, save money...

If you would prefer your LIVErNEWS in electronic format to read on your own pc, tablet or phone, please send us an email with ‘email livernews’ in the subject line. Don’t forget to give us your name so we can take you off the postal list. Thank you!
Non-Alcoholic Fatty Liver Disease (NAFLD) is increasing in prevalence in the UK and across the Western world. We think about 25% of the UK adult population has some degree of NAFLD. Although often ‘mild’ in severity, it has the potential in about 20% of patients to develop into more serious forms of liver disease called Non-Alcoholic SteatoHepatitis (NASH). 5% of these may go on to develop cirrhosis and liver cancer.

It is a disease related to obesity, type 2 diabetes and other cardiovascular risk factors such as high blood pressure and high cholesterol. As a public health issue, NAFLD can usually be prevented or reversed through healthy lifestyle changes. Interestingly, some people do not have the classic risk factors but still develop NAFLD. The reasons for this are not yet clear.

Since 2012, the hepatology team at the Hull Royal Infirmary have developed NAFLD projects looking at how GPs manage NAFLD in primary care.

We found that most GPs did not follow a standard care pathway and that the range of care patients received was haphazard and inconsistent. The result was that some patients had a more complete liver assessment than others; some patients were referred to the liver specialist at hospital when they didn’t need to be; some patients were not referred when they should have been; and some patients were not followed up at all.

We discussed the management of NAFLD with our GP partners and found that there were significant gaps in knowledge and practice. We found that this was not due to a lack of interest. In fact most GPs were very keen to develop their knowledge in this area. The main issue is that there is currently no investigation or tool available to help doctors to determine who will develop the more serious forms of disease. As most patients first present at the GP practice, this is a significant challenge for GPs.

To address this need, our project developed a NAFLD Integrated Care Pathway (NAFLD e-ICP) where GPs follow a standard care pathway for assessing and diagnosing NAFLD. GPs can then decide whether to refer a patient to a liver specialist or to monitor them in primary care.
The NAFLD e-ICP offers an additional option of being able to refer to an e-consult liver clinic for further advice and guidance. The liver specialist will review the primary care results available from the NAFLD e-ICP assessment process and suggest management and referral advice.

If the GP has completed the full NAFLD e-ICP assessment, they will have all the information they need to eliminate most others forms of liver disease and assess NAFLD risk factors. If the GP diagnoses NAFLD, they can calculate a ‘NAFLD Fibrosis Score’ from the blood tests done as part of the NAFLD e-ICP assessment. This ‘severity’ score will help them to make a referral decision.

<table>
<thead>
<tr>
<th>GP Decision Making Tool</th>
<th>NAFLD Score &lt;1.455</th>
<th>NAFLD Score - 1.455 to 0.675</th>
<th>NAFLD Score &gt; 0.675</th>
</tr>
</thead>
<tbody>
<tr>
<td>‘Severity’ indicator</td>
<td>None to Mild</td>
<td>Indeterminate</td>
<td>NASH/Cirrhosis</td>
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<tr>
<td>Referral Decision Suggestion</td>
<td>Monitor in primary care</td>
<td>Suggest a referral to NAFLD e-consult</td>
<td>Refer directly to liver specialist</td>
</tr>
</tbody>
</table>

We are currently recruiting patients into a study called COMMANDS-02 to evaluate the impact of this new NAFLD e-ICP. We are working with 8 different GP practices in Hull and East Yorkshire and 34 patients have given informed consent to date. We will be recruiting until October 2017. The LIVErNORTH PPI group in Newcastle reviewed the research documents for this project. They have also reviewed documents for a follow-on project looking at levels of NAFLD awareness in health care professionals and members of the public. The awareness project is due to start in August 2017.

We hope that if the NAFLD e-ICP model is successful, we will be able to scale-up from a research study to offering the NAFLD e-ICP as a routine clinical service used by all GP practices in Hull and East Yorkshire and ultimately across the UK.

This project is funded by the Health Foundation, East Riding CCG and Hull CCG. It is managed by the liver research team at the Hull and East Yorkshire Hospitals NHS Trust.

Bronwen Williams, Gastroenterology & Hepatology Research Nurse, Hull Royal Infirmary
NOTICE BOARDS and information leaflet service
Currently the charity has 12 information centres in the North East region with 3 more being prepared. These normally take the form of display boards holding all of our leaflets, newsletters, posters and notices but in a few locations we have provided desk-top leaflet dispensers.

LIVERNORTH governor Alan Rochelle has recently retired from full time employment and has taken on the management of the service. He will arrange the printing and distribution of information leaflets as well as supplying the notice boards and stands.

If you would like a LIVERNORTH information centre for your UK based location then please get in touch with Alan on aeroch@blueyonder.co.uk. He will assess your requirements and progress your request via our committee.

Please note - our information centres are for LIVERNORTH publications only. We have no paid employees and state this on our notice boards. Items from any organisation with paid staff will be removed and discarded.

All of our services and all of our publications are provided free of charge.

Our leaflets:
1. About LIVERNORTH
2. Accommodation for patients & families
3. Autoimmune Hepatitis
4. Alcoholic Liver Disease
5. Look 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. NAFLD Lifestyle Guide
11a. Non Alcoholic Steatohepatitis (NASH)
12. Liver Disease
13. Skin Care for Liver Patients
14. Diet and Liver Disease
15. Hepatitis C
16. Travel Insurance for Liver Patients

How to get a leaflet:
1. Download from our website (http://www.livernorth.org.uk/pages/factsheet.htm)
2. Collect from our display boards (Various Hospitals throughout the North East)
3. Email us & ask (info@livernorth.org.uk)
4. Phone/FAX us & ask (0191 3702961)
5. Drop us a line at: FREEPOST PLUS RTHL - UHKL - JKCR
   LIVERNORTH DH9 0BR
6. Send us a private facebook message (https://www.facebook.com/livernorth/)
7. Email Alan Rochelle: aeroch@blueyonder.co.uk

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PRURITUS RAP
(Or Starting from Scratch)

It’s a curse, a scourge, a canker, this invader that gets under my skin, this interminable irritation, this interloper, this enemy within. I’m scratching, I’m bleeding, I’m weeping, no respite, no relief day or night, I am helpless, I’m frantic, I’m wretched, a prisoner of my miserable plight.

I am itching for an answer, aching for a cure, scratching for relief at each apothecary’s door, scraping, clutching, clawing at every obscure research pitch, burning, churning, yearning for an end to this merciless itch.

In this miraculous age of science, experts in every field of dermatology, physiology biology, surely one of you can yield a cure, a pill, a potion an answer to my plea, a pioneering discovery, a breakthrough to set me free.

I am itching for an answer, aching for a cure, scratching for relief at each apothecary’s door, scraping, clutching, clawing at every obscure research pitch, burning, churning, yearning for an end to this merciless itch.

© Jean Ramsay 28/3/2017

If you suffer from ‘Itch’ then we would like to hear from you. Please let us know if there is anything that helps you cope with it or what makes it worse?
To share your experience please contact Joan: tel: 0191 3702961 email: info@livernorth.org.uk or by post:
FREEPOST PLUS RTHL - UHKL - JKCR LIVErNORTH,
DH9 0BR

Any information we receive could be shared through the newsletter, however, we will not publish any details from which you could be identified.
Don’t take your organs to Heaven, Heaven knows we need them here.

Organs that can be donated include: kidneys, liver, heart, lungs, small bowel and pancreas.

Tissue donation: Unlike organs, tissues can be donated up to 24 hours after someone has died, and in some cases up to 48 hours. Tissues can be used to treat a wide variety of conditions, some of which may be life threatening. The most common tissues that can be donated are: the cornea (the transparent tissue layer at the front of the eye), bone, skin, heart valves, tendons & cartilage.

Did you know that if you text 116123 when you are feeling depressed, suicidal, or just needing someone to talk to, a crisis counsellor will text with you? Many people do not like talking on the phone and would be more comfortable texting.

It’s a free service & not shown on your phone bill.

Photocopy. Photograph with your phone. Share. You never know who needs to see this.

It is never weak to ask for help. Everybody needs it from time to time. Don’t ever be afraid or embarrassed to reach out to someone. You’ll always find someone who has already been through it and come out the other side.

(service operated by The Samaritans)
LIVER NORTH

Autumn Fair
2017
16th Sept,
1.00 pm

Teaching Centre,
FREEMAN HOSPITAL
FREE Admission
* £500 RAFFLE
* Tombola
* Cakes
* Jewellery
* Bric-a-Brac
* Refreshments
* 15 stalls

Open to Staff, Patients & Visitors - ALL WELCOME

Registered Charity No. 1007229 - Run entirely by unpaid volunteers NIHR non-commercial Partner
Yes - it’s that time again! Our most important fund raiser and get together will be here soon. This year it’s on 16th September at 1.00 p.m. in at the Freeman Hospital Teaching Centre.

As usual we will have 15 or 16 great stalls selling everything from toiletries, bric a brac, cakes, cards, crafts and everything in between as well as games.

If you want to have a stall, just ring and talk to us 0191 3702961 - you can sell anything except electricals and everything has to be clean and in good condition.

If you would like to help we always need willing workers - you can help on a stall, in the kitchen or on security. Many hands make light work - ring us to find out more.

Stall holders and helpers arrive before 10:30 to set up and the public are admitted at 1:00 pm. We always lock the doors at around 12:30 so that volunteers can do a bit of prior shopping before the opening.

The Charity Draw and other raffles will be drawn at around 2:30 and we aim to be all tidied up and away by 3:30 to 4:00 p.m. all being well.

All of the money taken on the day comes to the charity - no one makes a private profit from the Autumn Fair so we don’t allow any commercial stalls.

If you can’t help why not come along at 1:00 pm and enjoy a cup of tea and some cake at our Fair on 16th Sept?

We are on level one (same level as the restaurant) but in the opposite direction. Come out of the lifts and turn left then follow the signs.
The Freeman Charity Booth

is where we sell raffle tickets in the weeks leading up to our Autumn Fair on 16th September. It’s opposite the level 2 lifts in the Freeman Hospital and we would love you to come along and help us sell tickets. The list of prizes is below and as usual, it’s impressive. We get fantastic support from some local businesses and from members who give us prizes to help make the raffle a success. This year, why not be part of it? If you can make any of the dates shown below it would be very much appreciated. We need 3 - 4 people for each slot and some people have volunteered already (numbers shown). Please ring Joan on 0191 3702961 if you can spare some time to help.

### Prize:

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<tr>
<td>1.</td>
<td><strong>£500 cash</strong></td>
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<td>2.</td>
<td>Barbour Quilted Jacket</td>
<td>The Barbour Foundation</td>
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<td>3.</td>
<td>£50 John Lewis Voucher</td>
<td>Wakeford - Hale Family</td>
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<td>4.</td>
<td>£50 John Lewis Voucher</td>
<td>Wakeford - Hale Family</td>
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<td>5.</td>
<td>£30 M&amp;S Gift Card</td>
<td>Liz Collins &amp; Liz Dodds</td>
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<td>6.</td>
<td>Meal for 4</td>
<td>Sunderland Greyhound Stadium</td>
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<td>7.</td>
<td>Afternoon Tea for Two</td>
<td>Marriott Gosforth Park</td>
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<td>8.</td>
<td>2 x Disney on Ice Tickets</td>
<td>Metro Radio Arena</td>
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<td>Passport to Adventure 5/10/2017</td>
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<td>9.</td>
<td>Wine &amp; Chocolates</td>
<td>Tesco Norham Road</td>
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<td>10.</td>
<td>£20 Dining Experience</td>
<td>The Waterfront, N. Shields</td>
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<tr>
<th>Date</th>
<th>Time</th>
<th>Volunteers</th>
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<tr>
<td>Wed 12th July</td>
<td>17:30 - 20:30</td>
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<td>Thurs 20th July</td>
<td>14:00 - 16:00</td>
<td>(1)</td>
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<td>Wed 26th July</td>
<td>17:30 - 20:30</td>
<td>(2)</td>
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<tr>
<td>Mon 7th Aug</td>
<td>17:30 - 20:30</td>
<td>(2)</td>
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<tr>
<td>Wed 16th Aug</td>
<td>17:30 - 20:30</td>
<td>(1)</td>
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<tr>
<td>Tues 23rd Aug</td>
<td>17:30 - 20:30</td>
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<td>Thurs 7th Sept</td>
<td>17:30 - 20:30</td>
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<tr>
<td>Wed 13th Sept</td>
<td>17:30 - 20:30</td>
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LiverNorth Christmas Dinner

On Wednesday 6th December 2017
at 6.30 for 7.00 p.m.
in the Restaurant,
Freeman Hospital, High Heaton NE7 7DN

The Freeman Catering Department provides us with an excellent meal at a very reasonable cost. There will be a free raffle, a prize quiz and a Christmas tombola - all with brilliant prizes.

If you would like to attend the Christmas Dinner please complete the booking form below and return it to me with your payment. Numbers are strictly limited and on a first come, first served basis.

Joan Bedlington, FREEPOST PLUS RTHL-UHKL-JKCR, LIVERNORTH DH9 0BR

I would like to reserve [ ] places at a cost of £15.00 per person.
I enclose my cheque/postal order payable to LIVErNORTH for £_________

On arrival: Non-alcoholic punch.

Please enter below the number of each choice for yourself and your guests:

Starter choice: [ ] Vegetable broth [ ] Melon with port and ginger

Main choice: [ ] Traditional Turkey with chipolata, bacon and stuffing
                         [ ] Leek, Cranberry & Goats Cheese Tartlet (V)

Dessert choice: [ ] Christmas Pudding [ ] Mixed Berry Pavlova

Cheese Board, Coffee and Hot Mince Pies

We cannot guarantee seating arrangements, but if you wish to indicate people with whom you would like to share a table we will do our best!

I would like to be seated near _______________________________________

Your Name _____________________________________________________

Your Address ____________________________________________________

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Established in Newcastle almost 40 years ago, Cundall has developed into an international multi-disciplinary consultancy operating from over 20 locations across the globe, including five UK locations (and we have Geordies working in 15 of those offices). In the communities in which we operate, we believe in acting responsibly. We believe that becoming involved in our local communities provides opportunities for us to grow as individuals and as a business, and we actively seek out opportunities for our staff to contribute. Since opening its doors, Cundall has helped to raise over a quarter of a million pounds for charity; the Newcastle office has eaten 800 cakes from charity cake bake sales alone. Cundall Newcastle is pleased to support local charity, LIVErNORTH in its fundraising activities in 2017.

**Tombola prizes wanted!**

The tombola stall will be making its annual appearance at the LIVErNORTH Autumn Fair on Saturday September 16, 2017. Prizes needed! If you have unwanted and unused gifts, bottles, etc, do put them aside for the tombola stall. You can bring them to a LIVErNORTH meeting, or let us know and Fiona Hale will arrange to collect them. Her contact details are:

Email info@livernorth.org.uk

Phone 07815 071918 (Fiona)

Thank you!
Hi John,

Apologies for the late email, but please see attached photos of the charity event, my page raised Donation summary Total Raised with gift aid: £486.25

Went great, other than I got a semi-pro fighter against me with 10 amateur fights and 11 semi-pro fights (he has a title fight in April). Probably had 40 – 50 fights altogether?

I won the first round, He won the second, And by unanimous decision they called the third round a draw, So it was a DRAW. We both got a trophy. But the other fighter gave his trophy to Edward as he thought I should have had the third round and so did the crowd 😊.
Well done Kirk Main for this brilliant bit of fundraising - not sure how many of us would climb into a ring to raise funds for the group so hats off to you!

If readers are wondering why Kirk did this, it's because of his wife Larissa who is a patient of Prof Manas at the Freeman - both Kirk and Larissa appreciate the support they have been given and wanted to do something for other liver patients.

Many thanks to all concerned - all we need now is for someone to KO liver disease!
Liver Angels

Ferndale Court, Consett was the venue for a fabulous Tea Party held by our very own ‘Liver Angels’ - Marie O’Rourke and Kathryn O’Neil

Kathryn’s husband, David received his new liver in November 2016, after being diagnosed with Haemochromatosis. This is an inherited condition in which iron levels in the body slowly build up over many years sometimes resulting in, as in David’s case, the need for a liver transplant.

David spent two months in the Freeman Hospital. Both he and his wife, Kathryn, were overwhelmed by the skill, care and kindness of the whole of the liver unit’s team.

Kathryn was also able to use the LIVErNORTH flat for a couple of weeks, enabling her to be close to David during the most difficult of times. The family did have an extra hard time during David’s stay - his father died on the very day David received his transplant. I can not even imagine what David’s mum must have been going through that day. To add further to their trauma Kathryn, David’s wife, ended up in the RVI accident and emergency department having been knocked over whilst leaving the Freeman Hospital, having just visited David!

All of this and David, Kathryn, David’s sister Marie, his mum, aunt, family and friends find time to volunteer to raise funds for LIVErNORTH, in kind appreciation of David’s gift of life through his newly transplanted liver.

Consett’s Ferndale Court’s residents played hosts to Kathryn and Marie’s ‘Sunday Afternoon tea/gift and cake stall’ event on Sunday 11th June. Residents and guests enjoyed...
sandwiches, homemade cakes, scones and excellent cups of tea. Marie and Kathryn sold their ‘Liver Angels’ (made by their own fair hands, pictured right) and other gifts, whilst David did a sterling job selling raffle tickets - raising in total £400.00.

You can see by the photographs just how much people were enjoying themselves. This was all down to David and his own personal team of ‘Liver Angels’.

A huge thank you to all,

Yvonne Gray
LIVErNORTH governor
Congratulations Yvonne and Stewart

LIVERNORTH Supporters Yvonne and Stewart Borthwick celebrated their Emerald (65th) Wedding Anniversary on 29th May and kindly asked guests and friends to donate to our charity rather than buy gifts.

We were really touched and surprised by this gesture and even more so by the invitation to join them and their guests for a celebratory meal. This was all a surprise for Yvonne who had no idea - she thought they were having a quiet meal out on their own!

It was lovely to see her face and to meet their friends and family who between them donated no less than £300 to the charity.

Thank you so much everyone - we are very grateful for your kindness.
Dear John, Joan and everyone at LIVErNORTH,

Thank you so much for the lovely glass and certificate which arrived at my home a couple of days ago. I was very touched and delighted to receive it and would like to pass on my thanks to everyone.

It has been a pleasure to be associated with such a dedicated and enthusiastic team and it certainly made my job easier knowing I had your support.

With all good wishes
For the future,

Barbara
Lead specialist Dietitian in HPN/IF
Newcastle Nutrition
Freeman Hospital
Newcastle Upon Tyne
NE7 7DN (Now retired)

Hello
I have been receiving LIVErNEWS for some time now and look forward to reading all the information.

Helen’s Howlers are brilliant. I live on my own so do not laugh much but they are a tonic and I laugh at most of the jokes.

The book is really amazing and I am grateful to receive it.

Many thanks
CR
County Durham

Dear Joan,

Delighted to make this Gift Aid, please find completed form enclosed.

Only fitting that the money goes to LIVErNORTH as it was your funding that paid my wages 20 years ago. I was working on the PBC work with Prof Oliver James and Dr Dave Jones back then. Much has changed since then of course. I am also a member of LIVErNORTH as I have Wilsons Disease and have experienced first hand the work that the group does and I am happy to help in any way I can.

Best regards
WC
Northumberland
Hi John / Joan

I hope this email finds you both well. We are all good this end, I just wanted to send a quick message to say thank you for the £250 cheque for winning one of the draws, it really was a wonderful surprise. We are going to use it to have some treats with the kids in the next half term holidays.

We hope to see you soon, I have got to go now, L is waiting by the door to go jogging, our GNR training is really coming on.

Thanks again, take care
CT

Hi Joan,
Please find enclosed a cheque for the raffle and a donation. It is now 16 years last February since David was lucky enough to receive a donor liver. He has done really well and we will be eternally grateful to the donor family and the Freeman Hospital.
He was lucky enough to walk our daughter down the aisle shortly after his transplant and has since seen the birth and growth of our two fine grandsons. Several years ago he became a volunteer at Beamish Museum and has completed several projects for them. His main achievement was the building of a narrow gauge locomotive SAMSON which was launched last year and has become a popular visitor attraction.
All of this could not have been achieved without the generosity of the donor family and the excellent work of the Freeman Hospital.

Feeling Blessed!
MY
T&W
**LIVErNORTH Research Register**

| Name: |  |
| Address: |  |

| Telephone: | Mobile: |

| Email address: |  |

**Preferred method of contact:** Email ☐  Telephone ☐  Mobile ☐  Mail ☐

**Do you suffer from liver disease?:** YES ☐  NO ☐ (please tick one box)

**Are you interested in hearing about research into any of the following?** (Please tick all boxes that apply)

- Hepatitis A ☐  Hepatitis B ☐
- Hepatitis C ☐  Autoimmune Hepatitis ☐
- Non Alcoholic Fatty Liver Disease ☐  PBC ☐
- Primary Sclerosing Cholangitis ☐  Alcoholic Liver Disease ☐
- Liver Cancer ☐  Cirrhosis of the Liver ☐
- Hepatic Encephalopathy ☐  Other (please specify) ☐

..................................................

I am interested in being involved in liver disease research and consent to being contacted by LIVErNORTH for this purpose.

| Signed: | Date: |

Please return completed form to:
Joan Bedlington, FREEPOST PLUS RTHL-UHKL-JKCR, LIVErNORTH DH9 0BR (no postage stamp required)
Back by popular demand - the furthest travelled LIVErNEWS feature. This time we are giving away a special LIVErNORTH pen to the winner each issue. The rules are simple - just take a photo of yourself holding your LIVErNEWS alongside a sign, notice or feature that identifies where you are. For instance, if you were in Paris, a photo showing the Eiffel tower in the background would be great. What we want to see is how far our newsletter has travelled and how it got there so take it for a holiday read and let’s see your pictures.
Before we stopped this feature the last time, a newsletter managed to get all the way to Peru so the sky is the limit!

You can get in touch with us by letter, email, social media or telephone. All of our contact details are in this LIVErNEWS.

Our facebook page: https://www.facebook.com/livernorth/ and twitter feed: https://twitter.com/livernorth have the most up to date news on meeting times and functions etc.

We are working on sourcing an anonymous blog provider so that people can ask questions, get answers and discuss problems openly. Contact us if you have any suggestions!
**2017 Numbers Club Results**

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7 prizes of £250 drawn at our meetings
1 prize of £2500 drawn at our Christmas Dinner

**CONGRATULATIONS! £250 goes to:**

**B Dickens** of Bourton on the Water (no 55, 15th March)
**C Tosh** of Middlesbrough (no 164, 3rd May)
**V Canning** of Liverpool (no 75, 7th June)

You have to be in it to win it!

**YOU CAN JOIN THE NUMBERS CLUB AT ANY TIME: FORM OVERLEAF**
### Your Bank Details:

To the Manager,

**BANK NAME** ..............................................................................................

...

**Bank Address** ..............................................................................................

...

Post Code........................................

**ACCOUNT NAME** ..............................................................................................

...

**ACCOUNT No.** ..................................... **SORT CODE**.................................

### Your own Details:

**Your Name** ..............................................................................................

...

**Your Address** ..............................................................................................

...

Post Code...........................

### Instructions to Your Bank:

Please Pay  

**LIVErNORTH**  

**Account No. 71298290**

NatWest Bank  

2 Tavern Street  

Ipswich  

Suffolk IP1 3BD  

Branch Sort Code: 53-61-24

£13 payable on 1st October 2017, then £13 per quarter payable on 1st October, 1st January and 1st April and 1st July each year, until further notice in writing.

Signature................................................................. **Date:**..........................
Thieves broke into the Bradford Police station car park and stole all the Sat Nav units over the weekend.

Police are still looking for Leeds....

To the imbecile who accused me of following his wife home, I know where you live........

My neighbour thinks I'm stalking her, well that's what her Diary says........

I don't know why they call them speed humps, I've got to slow down for the damn things....

The current Mrs V says I'm crap at diy home electrics, well she's in for a shock I'll tell y......

An Afghan, an Albanian, an Algerian, an American, an Andorran, an Angolan, an Antiguans, an Argentine, an Armenian, an Australian, an Austrian, an Azerbaijani, a Bahamian, a Bahraini, a Bangladeshi, a Barbadian, a Barbudans, a Batswanan, a Belarusian, a Belgian, a Belizean, a Beninese, a Bhutanese, a Bolivian, a Bosnian, a Brazilian, a Brit, a Bruneian, a Bulgarian, a Burkinabe, a Burmese, a Burundian, a Cambodian, a Cameroonian, a Canadian, a Cape Verdean, a Central African, a Chadian, a Chilean, a Chinese, a Colombian, a Comoran, a Congolese, a Costa Rican, a Croatian, a Cuban, a Cypriot, a Czech, a Dane, a Djibouti, a Dominican, a Dutchman, an East Timorese, an Ecuadorian, an Egyptian, an Emirian, an Equatorial Guinean, an Eritrean, an Estonian, an Ethiopian, a Fijian, a Filipino, a Finn, a Frenchman, a Gabonese, a Gambian, a Georgian, a German, a Ghanaian, a Greek, a Grenadian, a Guatemalan, a Guinea-Bissauan, a Guinean, a Guynese, a Haitian, a Herzegovinian, a Honduran, a Hungarian, an I-Kiribati, an Iceander, an Indian, an Indonesian, an Iranian, an Iraqi, an Irishman, an Israeli, an Italian, an Ivorian, a Jamaican, a Japanese, a Jordanian, a Kazakhstani, a Kenyan, a Kittian and Nevisian, a Kuwaiti, a Kyrgyz, a Laotian, a Latvian, a Lebanese, a Liberian, a Libyan, a Liechtensteiner, a Lithuanian, a Luxembourger, a Macedonian, a Malagasy, a Malawian, a Malaysian, a Maldivan, a Malian, a Maltese, a Marshallese, a Mauritanian, a Mauritian, a Mexican, a Micronesian, a Moldovan, a Monacan, a Mongolian, a Moroccan, a Mosotho, a Motswana, a Mozambican, a Namibian, a Nauruan, a Nepalese, a New Zealander, a

WARNING - SOME JOKES UNSUITABLE FOR CHILDREN - YOU HAVE BEEN TOLD!
Nicaraguan, a Nigerian, a Nigerien, a North Korean, a Northern Irishman, a Norwegian, an Omani, a Pakistani, a Palauan, a Palestinian, a Panamanian, a Papua New Guinean, a Paraguayan, a Peruvian, a Pole, a Portuguese, a Qatari, a Romanian, a Russian, a Rwandan, a Saint Lucian, a Salvadoran, a Samoan, a San Marinoese, a Sao Tomean, a Saudi, a Scottish, a Senegalese, a Serbian, a Seychellois, a Sierra Leonean, a Singaporean, a Slovakian, a Slovenian, a Solomon Islander, a Somali, a South African, a South Korean, a Spaniard, a Sri Lankan, a Sudanese, a Surinamer, a Swazi, a Swede, a Swiss, a Syrian, a Taiwanese, a Tajik, a Tanzanian, a Togolese, a Tongan, a Trinidadian or Tobagonian, a Tunisian, a Turkish, a Tuvaluan, a Ugandan, a Ukrainian, a Uruguayan, a Uzbekistani, a Venezuelan, a Vietnamese, a Welshman, a Yemenite, a Zambian and a Zimbabwean all go to a nightclub........

The doorman stops them and says sorry I cant let you in without a Thai.

I used to go out with a Welsh naval nurse that had 36 double Ds It was a ridiculously long name.

TOP TIP: 
Turn your living room couch into a sofa bed.....by simply forgetting your wives birthday, anniversary or any other important date..

I'm am asking everyone to wish me luck!! I am on my way to speak to the bank manager, and if things work out for me my life will be drastically changed....I'm talking millions here!!! I am so excited I can barely get the stocking over my head!!

I was in a cafe today and two waitresses had a massive row over how long to leave a teabag in the cup and it got so bad it ended up in violence.
I asked the manager what had happened and he told me it had been brewing for ages.

Husband's Text Message: 
"Honey, car hit me when I was out of the office. Paula brought me to the Hospital. They're doing tests and X-rays. I had a blow to my head very strong, fortunately it did not cause serious injury, but I have three broken ribs, a compound fracture in my left leg, and they may have to amputate right foot." 

I was shopping in Asda today and there was a weird looking child running around like a lunatic.

I said to the bloke standing next to me, "that is one ugly looking kid." 
He looked at me and snarled, "do you mind, that's my son over there." 
I smiled and said, “I'm sorry, I didn't realise you were his dad." 
He said, “I'm not his dad. I'm his mother!”

The current Mrs V said I had OCD.... I soon put her in her place.

Our Wi-Fi wasn't working last night so I sat and chatted to the missus for a change. I'm surprised to hear she no longer works at Woolworths.
I just found out I’m colour blind. I’m shocked - It came totally out of the purple.

Someone keeps dumping topsoil on my allotment, been going on for a while...?? the plot thickens.

The current Mrs V has left me, because of my insecurities. No wait.. she's back , she just went to make me a cup of tea....

After insulting her food once too often, the current Mrs Vs not cooking for me tonight. Well, either that or the smoke alarm's knackered.

I was woken by the window cleaner ranting and swearing this morning. I thought, 'bloody hell, he's lost his rag'

Ice Cream van just crashed on Saltwell Road, area coned off....

Been quoted £40 to repair a puncture - I said 'Bloody hell - it was only £30 last time!' - 'That’s inflation for you' he said.

It's cost me a bloody fortune so far this week, my Facebook has gone down, and I've had to phone everyone to find out what they are having for tea!

Hey last night right, 3:30 in the morning and my next-door neighbour was knocking on my bloody door, 3:30 man you kna what I mean. He was lucky I was still up playing my drums!

Hello?

'Hi, honey. This is Daddy. Is Mommy near the phone?'

'No, Daddy. She's upstairs in the bedroom with Uncle Paul.'

After a brief pause, Daddy says, 'But honey, you haven't got an Uncle Paul.'

'Oh, yes I do, and he's upstairs in the room with Mommy, right now.'

Brief Pause. 'Uh, okay then, this is what I want you to do. Put the phone down on the table, run upstairs, knock on the bedroom door and shout to Mommy that Daddy's car just pulled into the driveway.'

'Okay, Daddy, just a minute.'

A few minutes later

The little girl comes back to the phone. 'I did it, Daddy.'

'And what happened, honey?'

'Well, Mommy got all scared, jumped out of bed with no clothes on and ran around screaming. Then, she tripped over the rug, hit her head on the dresser and now she isn't moving at all!'

'Oh, my God!!! What about your Uncle Paul?'

'He jumped out of the bed with no clothes on, too. He was all scared and he jumped out of the back window and into the swimming pool. But I guess he didn't know that you took out the water last week to clean it. He hit the bottom of the pool and I think he's dead.'

Long Pause.... Longer Pause.... Even Longer Pause
Then Daddy says, 'Swimming pool? ......Is this 486-5731?'

No, I think you have the wrong number ...

I went to a vegan restaurant once. Wait no..It was a florist

Bert feared his wife Peg wasn't hearing as well as she used to and he thought she might need a hearing aid.

Not quite sure how to approach her, he called the family Doctor to discuss the problem.

The Doctor told him there is a simple informal test the husband could perform to give the Doctor a better idea about her hearing loss.

"Here's what you do,‘ said the Doctor, 'stand about 40 feet away from her, and in a normal conversational speaking tone see if she hears you. If not, go to 30 feet, then 20 feet, and so on until you get a response.'

That evening, the wife is in the kitchen cooking dinner, and he was in the den. He says to himself, 'I'm about 40 feet away, let's see what happens.' Then in a normal tone he asks, 'Honey, what's for dinner?'
No response.

So the husband moves closer to the kitchen, about 30 feet from his wife and repeats, 'Peg, what's for dinner?'

Still no response.

Next he moves into the dining room where he is about 20 feet from hIS wife and . asks, 'Honey, what's for dinner?‘

Again he gets no response. . . So, he walks up to the kitchen door, about 10 feet away. 'Honey, what's for dinner? Again there is no response.

He walks right up behind her. 'Peg, what's for dinner?' (I just love this)

‘For God's sake Bert, for the FIFTH time, CHICKEN!'

I got kicked out of the cinema last night for bringing my own food in with me. I was gutted. It's ages since I've had a barbecue .

The current Mrs V has just thrown a camera at me after my last post, I'm still getting flashbacks!!!

The current Mrs V wanted someone who was funny and instantaneous, yet I tap on her window at night dressed as a clown, and it's all screams and sirens!! Cannot win man....

A part of me wants to go on a diet,stop drinking beer and eat healthily..... Unfortunately that part of me is a liar....

Just had an email off a bored "housewife 32, looking for some action" so I've sent her my ironing.......
The recruitment consultant asked me what I thought about voluntary work, I said I wouldn't do it if you paid me!

I used to work as a fisherman but, after tax, I couldn't live on my net income.

I went for a job and the bloke said you'll start on £10 an hour then after 3 months it'll go to £15 an hour, when can you start? I said in three months.

Apparently if you buy any Adam Ant sheet music from Amazon, they'll throw in a stand and deliver.

My son took his first steps today. The window cleaner was livid!

*That’s it folks - keep them coming. You can’t cry if you are laughing!*

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**Give as You Live**

Do you shop online? If so, you might like to sign up to the Give as You Live website. You can nominate LIVERNORTH as your chosen charity, and every time you spend online with a participating retailer, LIVERNORTH will get a percentage. If you use the internet to shop anyway, shopping through Give as You Live is no more complicated – and every little helps! Find it at [www.giveasyoulive.com](http://www.giveasyoulive.com).
The LIVERNORTH
Book of Remembrance

Our Book of Remembrance is located in the Freeman Hospital Chapel in an oak case with a glass lid. It is opened every day at the appropriate place and shows the date and a short tribute made by either friends or relatives of the deceased. It’s a lovely way to remember someone and show people that a loved one is missed.

It couldn’t be easier to make an entry in the book, just ring us or email and ask for a form to fill in. On the form you write your tribute and say when you would like it displayed each year. We do the rest - the tribute is beautifully printed on cream vellum and a copy is posted to you to keep. Like everything we do it is absolutely free and you can have a tribute entered in the book in memory of any friend or relative.

The pages are turned daily but you can view the entry at any other time by contacting the duty Chaplain via 0191 2336161 who will open the book at the right place for you.
1. What is Dublin's most famous theatre called?
2. How would you be travelling if you arrived at Shannon from abroad?
3. Which two of the counties of Northern Ireland begin with A?
4. Which three places in Northern Ireland may officially use the title 'city'?
5. Which Ocean is to the west of Ireland?
6. In which city is the Maze Prison?
7. What is the capital city of Northern Ireland?
8. What is St Ann's Shaldon Church famous for?
9. Which stone is kissed to receive the gift of smooth talking?
10. Which county's Irish name is Corcaigh?
11. Which Irish town sounds like something in a wine bottle neck?
12. Which type of glass is Waterford famous for?
13. What is the capital of the Republic of Ireland?
14. Is Belfast on the east or the west of the province?
15. What is another name for the Republic of Ireland?
16. What sort of jewelled Isle is Ireland often called?
17. What is the county town of Fermanagh?
18. What do the towns of Dun Laoghaire and Rosslare have in common?
19. Which Irish flute player shares his name with a Bay?
20. Which Causeway is said to have been built as a bridge from Ireland to Scotland?
21. What is the name of the fertile vale in Limerick?
22. Which colour is associated with Ireland?
23. Which stout is Dublin world-famous for?
24. What are drumlins?
What does all this mean and is it safe? The short answer is yes unless you do something silly. Never post details you don’t want other people to see - it’s a simple as that. People can only see what you let them see so if you don’t put anything on facebook or twitter then they can’t see anything.

To join you need an email address and you have to give your date of birth - that’s to state that you are old enough. Once you have joined you can immediately delete your date of birth.

Our facebook and twitter pages have a wealth of information on them and our latest news and information is always on facebook. Here’s the addresses:

https://www.facebook.com/livernorth/
https://twitter.com/livernorth

Wales Quiz - answers to the regional quiz in the Spring 2017 issue.

How Welsh are you? 20-24 right, Wales born & bred. 15-19 right, You know a lot about Wales. 10-14 right, You visit Wales quite often. 7-9 right, You hardly ever go to Wales. 4-6 right, You need to visit Wales more! 0-3 right, Wales is a country to the West of England and is part of the British Isles!

Answers:
UIOLI Summer 2017 Crossword
USE it or LOSE it - you know it makes sense!

ACROSS
1 Bulge (4)
3 Cereal fibre (4)
6 See ___, get angry (3)
8 Long-barrelled firearm (5)
9 _______ candle, firework (5)
10 Children’s game (5,4)
12 Fragile containers (9)
17 Of a town or city (5)
18 Aunt’s husband (5)
19 Intervening space (3)
20 Garden outbuilding (4)
21 Short piece of video (4)

DOWN
1 Melodious bird (1)
2 Soldier’s civvies (5)
4 Gin _____, card game (5)
5 Three squared (4)
6 Settling elsewhere (9)
7 Attired in finery (7,2)
10 Take legal action (3)
11 Distress call (inits) (3)
13 Style of roof (5)
14 Nearby pub (5)
15 Hidden microphones (4)
16 Cry, sob (4)
* TOP TIP for INSURANCE *

No one would give me travel insurance to ski in America and no one would give me an annual policy. So each time we need to book travel insurance, we end up being on the phone for 90 mins explaining everything. Recently, my husband Walley came across Ski Club Great Britain and they have a completely different medical questionnaire, which has actually been written by doctors. Consequently he was able to complete the questionnaire easily. As it seemed too good to be true, we rang them up to discuss the policy. They confirmed that they would not only give me travel insurance to ski in America but they would also give me an annual world wide policy! Even better, the full 12 month world wide policy (including skiing) was cheaper than what we have already paid for travel insurance for a 2 week holiday in Italy! Fantastic result. So Walley has taken the opportunity to book a number of holidays for the next 12 months. We would highly recommend Ski Club Great Britain for travel insurance, even if you don’t ski. It appears to be extremely competitively priced.

http://www.skiclubinsurance.co.uk/multi-trip-travel-insurance/

Best wishes, Linda
LIVERNORTH has a leaflet (no 16) on travel insurance for liver patients. You can find it on the website, www.livernorth.org.uk under ‘publications’ or email us for an electronic version to be sent to you. You can also write to us and ask for a paper copy to be posted to you: FREEPOST PLUS RTHL-UHKL-JKCR, LIVErNORTH, DH9 0BR.

**members have been able to get reasonably priced holiday cover here:**

- Able2travel ___________________________ 01892 839501
- Age UK _______________________________ 0800 3984852
- AVIVA ________________________________ 0800 0513606
- Bib Insurance Brokers (www.bibinsurance.co.uk) ___________ 01325 353888
- Cigna (was FirstAssist) ________________ 0330 1006402
- City Bond ____________________________ 0845 6180345
- Churchills* ___________________________ 0800 0326534
- CNA (via Brunsdon brokers) ____________ 01452 623623
- Direct Travel* ________________________ 0333 3000029
- Freedom^ ____________________________ 01223 446914
- JLT Insurance _________________________ 02476 851000
- Leisure Care Insurance __________________ 01702 427161
- Marcus Hearn _________________________ 0845 3707184
- Post Office __________________________ 0330 1233690
- RIAS* _______________________________ 0845 0451320
- SAGA ________________________________ 0800 0159293
- Sainsbury’s __________________________ 0330 1007706
- Sladdin & Co Ltd. (brokers) ___________ 0800 7313989
- Tesco Insurance ______________________ 0845 3008800
- [www.Insurancewith.com](http://www.Insurancewith.com)^ 020 38293875
- [www.miaonline.co.uk](http://www.miaonline.co.uk) (Medical Insurance Association)^ ______ 01268 783383
- [www.miatravelinsurance.co.uk](http://www.miatravelinsurance.co.uk)^ ___________ 0800 999333
- [www.PayingTooMuch.com](http://www.PayingTooMuch.com) ______________________ 01234 217466
- [http://www.skiclubinsurance.co.uk/multi-trip-travel-insurance/](http://www.skiclubinsurance.co.uk/multi-trip-travel-insurance/) __03003 032610
- [www.staysure.co.uk (Staysure UK call centre)](http://www.staysure.co.uk (Staysure UK call centre))^ ___________ 0800 0334902

* not TX patients - please check with the others also.
^ specifically includes cover for declared pre-existing medical conditions.

Please help to keep this page current and useful by letting us know of your own experiences both good and bad. You can email us at info@livernorth.org.uk or drop us a line at our FREEPOST address (above).

**IMPORTANT:** Some members have told us they are having a problem getting travel insurance when they tell insurers that they have Primary Biliary Cholangitis. Insurers report having no knowledge of this condition and have refused insurance to one member. Please advise your insurance company that this is simply another name for Primary Biliary Cirrhosis.

The latest version of this page is available as a PDF file. Email us and ask for a copy: info@livernorth.org.uk
CONTACT NUMBERS

LIVErNORTH
FREEPOST PLUS RTHL-UHKL-JKCR
LIVErNORTH DH9 0BR
www.livernorth.org.uk
Tel & FAX: 0191 3702961
info@livernorth.org.uk

Addenbrookes Liver Transplant Association (ALTA)
Davis Hyde, chairman@alta.org.uk
01480 891454
Jennifer Aspland
secretary@alta.org.uk
01353 721168

Gift of Life - Derby Liver Support Group
(for transplants and all liver disease)
Contact: Sister Gerri Casey
0133 234 0131 bleep 1926

Haemochromatosis Society
Janet Fernau
Tel: 020 8449 1363
info@haemochromatosis.org.uk
www.haemochromatosis.org.uk

Haemochromatosis West Midlands Support Group
Kieran Lynch, Coordinator
0121 457 8986
info@HaemochromatosisWM.org.uk
www.HaemochromatosisWM.org.uk

Helping Hands Support Group (BATH)
Helpline 01225 834966
helpinghandsblt@yahoo.com

Mersey Liver Support Group
0151 2207066/ 2289866
or 01772 496987
leeandalan@aol.com

Norfolk & Norwich Liver Support Group
Secretary: Marjorie Dingle
01362 695624
marjorie.dingle@hotmail.com

ICP Support (formerly Obstetric Cholestasis Support Group)
jennychamber@icpsupport
or www.icpsupport.org
Registered Charity No: 1146449

PSC - Support
Martine Walmsley
chair@pscsupport.org.uk
www.pscsupport.org.uk
www.pscnews.co.uk

Somerset Liver Patient Support Group
David
Tel & FAX 01823 662669
davidgill2002@yahoo.co.uk

British Liver Trust
Tel: 01425 481320
info@britishlivertrust.org.uk
www.britishlivertrust.org.uk

There is space here for your support group contact details. Email us for more information.

To receive a regular FREE copy of the LIVErNEWS by post or electronically, please contact LIVErNORTH (details above). Electronic subscribers receive their LIVErNEWS by email a few days before the printed version is posted.
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| | Post Code |
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I want LIVErNORTH to treat:
- The enclosed donation of £__,
- The donation of £__ Which I made on ____,
- All donations I make from the date of this declaration until I notify you otherwise,
- All donations I have made previously, and all donations I make from the date of this declaration until I notify you otherwise,

as GIFT AID donations.

Please return this form to:

FREEPOST PLUS RTHL-UHKL-JKCR LIVErNORTH DH9 0BR

Notes

You must pay an amount on income tax and/or capital gains tax at least equal to the tax that LIVErNORTH reclaims on your donations in the tax year (currently 25p for each £1 you give).

You can cancel this declaration at any time by notifying LIVErNORTH.

If in the future your circumstances change and you no longer pay tax on your income and capital gains equal to the tax that the charity reclaims, you can cancel your declaration (see note 1).

If you pay tax at the higher rate you can claim further tax relief in your Self-Assessment tax return.

If you are unsure whether your donations qualify for Gift Aid tax relief, ask LIVErNORTH or ask your local tax office for leaflet IR 65.

Please notify LIVErNORTH if you change your name or address.
TELEPHONE HELPLINE

If you are worried about liver disease or would like to know how to look after your liver, please telephone one of our helpline numbers below:

<table>
<thead>
<tr>
<th>Name</th>
<th>Phone Number</th>
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<tbody>
<tr>
<td>JOAN</td>
<td>0191 3702961</td>
</tr>
<tr>
<td>JULIE</td>
<td>0191 9062586</td>
</tr>
<tr>
<td>ANN</td>
<td>0191 4131827</td>
</tr>
<tr>
<td>SUSAN</td>
<td>01207 271707</td>
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<tr>
<td>ALAN</td>
<td>0191 4821802</td>
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<tr>
<td>MARGARET</td>
<td>0191 2622550</td>
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<tr>
<td>SUE</td>
<td>01642 706302</td>
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For alcoholism ring: MICHAEL 01228 810598

All of our information leaflets are free to download or read online at our website: www.livernorth.org.uk
You can get your LIVEReNEWS early - get it delivered electronically simply by emailing us at info@livernorth.org.uk.