

LIVErNEWS

Liver Patient Support Newsletter
Spring 2026



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

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

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

Cover photo from Rev'd Nigel Goodfellow, LIVERNORTH Governor

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With grateful thanks to all contributors

You can receive the online versions of the LIVERNEWS by emailing us to be added to our email list. Online newsletters arrive a few days before printed versions.

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

WEBSITE



LIVERNORTH National Liver Patient Support

Registered charity no. 1087226 (Oct 2000)

Run entirely by unpaid volunteers

Address: **freepost livenorth**

Tel & Fax: 0191 3702961

NIHR Non-commercial Partner

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WELCOME TO THE SPRING 2026 ISSUE OF LIVErNEWS

Spring is a lovely time of the year as the days get longer and finally, the long winter nights become a memory rather than something we have to endure.

This issue is one of our largest ever with no fewer than 44 pages, all full of really interesting items.

On page 6 Alf has written a briefing on our last talk from Prof Stuart McPherson (27th Jan) and you can watch the whole thing (or any of our earlier talks) using the link on page 5. Coming up there is a talk on 'the Future of Donated Organs' from another eminent professor, Colin Wilson - read about it on page 3 - it's been reported on the news recently and you will get all the latest information on 11th June. The big news for us all is that we are arranging a face to face meeting on 6th July. In partnership with the Newcastle Biomedical Research Centre we will get together for a great day looking at Research into Liver Disease with some top speakers and experts in their field. See page 10 for more details.

On page 19 you can read about the research carried out by Hepatology Research Nurse Sarah Hogg. This has revealed some really interesting facts and Sarah was awarded her Master of Clinical Research (MClinRes) for her study. She has also written us a letter on page 27

expressing her heartfelt thanks for the grant from LIVErNORTH in support of this important research. For those of you who have an interest in finance, our audited accounts are published on page 24 and as you will see, everything we do is accounted for in detail. These latest accounts are now published by the charities commission along with our annual report. Check them out here: <https://register-of-charities.charitycommission.gov.uk/en/> Search for 'LIVErNORTH'. Any question please contact us. Many thanks to Mrs J E Diamond for her support in auditing and checking the accuracy of our accounts.

Our Lottery gives you the opportunity of winning cash prizes whilst supporting the charity at the same time. Details of how to join can be found on page 32.

Thank you to governors Alf, Sian, Nigel and Joan for their contributions to this issue - all help to make the LIVErNEWS informative, interesting and, sometimes, challenging.

If you would like to take part the 2026 Great North Run then the good news is that we have a few places left. See page 9 for information.

Take care everyone and enjoy the better weather to come.

John

TALKS TO COME - BOOK UP NOW, ALL ARE FREE.

LIVErNORTH TALK



Professor COLIN WILSON

Consultant Transplant Surgeon
MBBS FRCS PhD

The future of donated organs

11 June 2026 at 7.00 pm
via Zoom 

email info@livenorth.org.uk for the link to join

2 x CPD points for clinical staff

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

LIVERNORTH
FREE ZOOM TALK
Prof Stuart McPherson
NHS Liver Health
Check for: **Neuro Endocrine Tumours**
Tuesday 27th January 2025
7.00pm | ZOOM
TO GET THE ZOOM LINK, EMAIL: info@livenorth.org.uk

Jan 27
Prof S. McPherson

GUEST SPEAKER
Mr Rohan Thakkar
MS DAB (Gen Surg) MRCS FRCS
Consultant HPB & Transplant Surgeon,
Newcastle upon Tyne HSG FT
**Liver Transplantation
in colorectal liver
metastasis in the UK**
7 Nov 2025 | 8.00pm | ZOOM
to get the link: info@livenorth.org.uk
ALL WELCOME (2+ CPD points for clinical staff)

Nov 7
Mr Rohan Thakkar

GUEST SPEAKER
Mr Stuart Robinson
FRCS, MRCS, MChS
Clinical Lecturer (HPB Surgery)
& Consultant HPB Surgeon
**Liver Transplant
for Neuroendocrine
Tumours**
17 July 2025 | 7.00pm | ZOOM
to get the link: info@livenorth.org.uk
ALL WELCOME (2+ CPD points for clinical staff)

July 17
Mr Stuart Robinson

GUEST SPEAKER
Kate Pym AMIH
Artificial Intelligence (AI) in healthcare innovations
Managing Director of Pure 2 Consulting LLC, founded 2015, an independent consultancy providing services for local to national sized business and universities supporting commercialisation of healthcare innovation
24 April 2025 | 7.00pm | ZOOM
**Navigating the Future:
How AI is Shaping
Our World**
to get the link: info@livenorth.org.uk
ALL WELCOME (2+ CPD points for clinical staff)

Apr 25
Kate Pym AMIH

LIVERNORTH **NHFR**
Professor Derek Manas
Medical Director, HPB 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@livenorth.org.uk
ALL WELCOME (2+ CPD points for clinical staff)

Jan 25
Prof D Manas

LIVERNORTH **NHFR**
Professor David Jones
28 Nov | 7.00pm | ZOOM
**New Therapies
for PBC + Q&A**
to get the link: info@livenorth.org.uk
ALL WELCOME (2+ CPD points for clinical staff)

Nov 24
Prof D Jones

LiverNORTH WEBINAR
Online Via ZOOM
7.00 pm, Wednesday
30th October 2024
Dr Rachel Edwards
Fibrosis assessment in those with alcohol use disorder - does it identify cirrhosis?
Followed by Q&A
to get the link to join please email: info@livenorth.org.uk
ALL WELCOME (2+ CPD points for clinical staff)

Oct 24
Dr R Edwards

TYPE THIS IN YOUR BROWSER:
<https://www.youtube.com/@livenorth7778/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



Catch up on our YouTube Channel

You can access our recorded talks on our YouTube channel:

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

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

scan here
for the link



RECORDED BRIEFINGS, TALKS & WEBINARS

Jan	2026	Prof Stuart McPherson	NHS liver Health checks – results from the national pilot
Nov	2025	Mr Rohan Thakkar	Liver Transplantation in Colorectal Liver Metastasis in the UK –
July	2025	Mr Stuart Robinson	Liver Transplantation for Neoendocrine 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 Geordie Hospital TV series.
Sept	2021	Mr Aiman Amer	A King's Fellow Returns

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

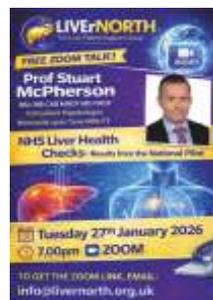


NHS Liver Checks - Results from the National Pilot

Talk on the 27th of January 2026 by Professor Stuart McPherson, Consultant Hepatologist at the Freeman Hospital.

This important talk dealt with the outcomes of the extensive NHS Primary Care Liver Health Check Pilots carried out across the UK. The results of which are expected to have a significant effect on development of future liver test pathways. Key findings are:

- Mortality from liver disease is rising.



There are significant differences in the level of liver disease across the country. Maps showed the levels where mortality was high, which included both the North East and North West.

- 95% of liver disease is probably preventable.

High levels of harmful drinking and rising obesity rates are important factors in the rise of liver disease. Plus, there is also a failure to identify liver disease at an early stage.

The natural history of Steatotic (fatty) liver disease was outlined from the initial development of fatty globules in the liver to the development of scar tissue, which in turn could lead to cirrhosis. Major factors for the progression of the disease are:

Obesity

Type 2 Diabetes

Metabolic Syndrome

Alcohol Consumption

There is an urgent need for the early identification of cirrhosis. The question is how can this be improved? People need to be identified before cirrhosis occurs. Then appropriate lifestyle changes can be made.

The question is how can we identify people with scarring of the liver? Two specific tests were outlined.

1. The FIB-4 Score

This is a non-invasive, blood test based index used to estimate liver scarring (fibrosis) by combining age, Aspartate Aminotransferase (AST), Alanine Transaminase (ALT) and platelet count. These are blood tests which can be done in the community, but unfortunately you can get a lot of false positives. Other tests may also have to be carried out in conjunction with this, for example the Enhanced Liver Fibrosis (ELF) test.

2. Fibroscan

This is a specialised machine which generates a wave passing through the liver. Wave changes are associated with the stiffness of the liver due to fat deposits or scarring.

Two approaches were made to improve the diagnosis of Steatotic Liver Disease within the Community Health Check Pilots.

1. Fibroscans were offered to people at high risk of liver disease in specific settings in:

Addiction Centres

Community Diabetes Clinics

Primary Care

Large Employers for example HMRC, BT etc

Individual results were reviewed in Clinic and depending on outcomes, appropriate lifestyle advice was recommended. In total, 7.6% of those tested were identified for further treatment.

2. Primary Care Liver Blood Tests

Twelve Primary Care Networks across the UK were identified for this. GPs in the Pilot areas searched their records for people “at risk” However, only a quarter of the 47,000 people identified and contacted actually turned up for the tests. Blood test results showed that of those tested 3.2% had suspected fibrosis.

As with all of the work carried out, full results were provided and discussed during the talk. A wide range of questions were asked throughout the presentation. Full details can be accessed by viewing the video on YouTube:

<https://www.youtube.com/watch?v=RJej3hwz7Mw&t>

The pilots have produced high levels of data and more is still coming through. The expectation is that a standard simple pathway is expected to be developed using blood tests. So there is a lot more to come as a result of the Liver Health Test Pilots.

Alf Bennett

Are you currently living with Liver Disease?

Your opinion is needed!

We are looking for people living with liver disease to take part in a co-design group. We are interested in your experiences and views of healthcare services, to help improve how healthcare professionals recognise and respond to challenges related to food affordability and access in clinical settings.

Can I be involved?

- Are you aged 18 or above?
- Have you received a diagnosis of liver disease?

If so, then yes!

To find out more, scan the QR code:



What will it involve?

This study involves participating in a group conversation to share what you believe is important in the development of this intervention.

We value your time and opinions, for taking part in the study you will be offered a £50 voucher.



Dr Laura Haigh (Principal Investigator)

Email: Laura.haigh@newcastle.ac.uk

We are looking for people aged 18+ with a diagnosis of liver disease to take part in a co-design group (in person at Newcastle or online).

The session will involve a 2-hour group discussion about your experiences of healthcare services, helping to improve how healthcare professionals recognise and respond to challenges related to food affordability and access in clinical settings.

Participants will receive a £50 voucher as a thank you for their time.

Please see the poster above and scan the QR code or email Dr Haigh to register your interest. A Participant Information Sheet is available with full details.



RUN THE GREAT NORTH RUN 2026

With Team LIVErNORTH - Sunday 13th September

There's nothing quite like the AJ Bell Great North Run -
the world's biggest half marathon.

Join thousands of runners on a 13.1 mile journey from Newcastle to South Shields, over the iconic Tyne Bridge crossing, and a stunning seaside finish.

RUN FOR MORE THAN A MEDAL

Support liver patients, carers, and vital research.

We have no paid employees -

every penny you raise goes directly to helping others



JOIN TEAM LIVErNORTH TODAY

Email: info@livenorth.org.uk

LIVErNORTH - Small Team. Big Impact.

We are back Face to Face
Patient & Public Involvement
& Engagement (PPIE) Event
Research into Chronic Liver Disease

Free lunch provided



Monday 6th July 2026

12.30pm - 3.30pm

**At the Baddiley-Clark Seminar Room,
Baddiley-Clark Building, Newcastle University NE2 4BN**

SAVE THE DATE: 6/7/2026

**TO REGISTER EMAIL info@livenorth.org.uk
OR CALL 0191 3702961**

PATIENT & PUBLIC INVOLVEMENT & ENGAGEMENT (PPIE) EVENT

Research into Chronic Liver Disease

A joint LIVERNORTH & Newcastle Biomedical Research Centre (BRC) Meeting

Draft agenda for Monday 6th July 2026 (12.30 - 15.30):

Welcome and Lunch 12.30 - 13.00

Introduction

Prof Helen Reeves & Mr John Bedlington

Early detection & prevention of chronic liver disease

Prof Stuart Mcpherson

Living well with chronic liver disease

Dr Daniel Geh

Refreshments break 14.10 - 14.30

Managing cirrhosis

Loren Wilson-Brown

Panel discussion: Your voice matters – find out how you can make a difference

Dr Kate Hallsworth & Mrs Joan Bedlington

Closing remarks

Prof Helen Reeves & Mr John Bedlington

Who Should Attend?

◆ Anyone interested in liver health research ◆

Why Attend? ◆ Learn about the latest developments in liver disease research ◆ Learn how to live well with chronic liver disease ◆

◆* Find out how your voice can shape future research ◆

◆ Meet clinicians, researchers & patient representatives ◆

Free to attend - All welcome!
(Lunch & refreshments provided)

In memory of Dean Michael Weir 1980 - 2026

We were recently invited to meet the family of the late Dean Weir.

In his memory, the family kindly asked for donations to support liver patients and their families, a gesture that reflects Dean's caring nature.

The photographs show Emma, Dean's partner; Jack, Dean and Emma's youngest son; daughter-in-law Emily; and granddaughter Addie presenting John with the magnificent sum of £500.



This incredible donation is a testament to the love, respect and affection held for Dean by his family and friends. We are sincerely grateful to everyone who contributed and helped create such a meaningful tribute.

With heartfelt thanks from everyone at LIVErNORTH.

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.

Charity Hammer Throw at Carlisle, 13th September

On Saturday 13th September, the annual hammer throw competition in memory of Lesley Little, a much-missed supporter of Cumbrian athletics was held in Carlisle.

Lesley Little, who died in 2023 aged 71, had a rare liver disease called Primary Sclerosing Cholangitis (PSC). After her transplant, the

LIVErNORTH flat provided huge help to her husband John who was able to stay close to the Freeman hospital in Newcastle whilst Lesley recovered from the operation in 2007.



Long-serving Cumbrian athletics coach John says about 24 athletes competed, many of these are under-15 and under-17s from Cumbria, Scotland and Lancashire.

Lesley Little was a devoted supporter of Cumbrian athletes for many years despite a number of health battles, which included bowel cancer and Non-Hodgkin's Lymphoma.

'Despite her illnesses over the years Lesley supported Cumbrian athletics, travelling up and down the country to various events including Border Harriers meetings in the British League, National championships when son, David, was competing, and sometimes acted as a team manager for the Cumbrian team at the English Schools Championships,' added John.

The competition saw trophies for the winners in each age group, while all competitors received a medal.

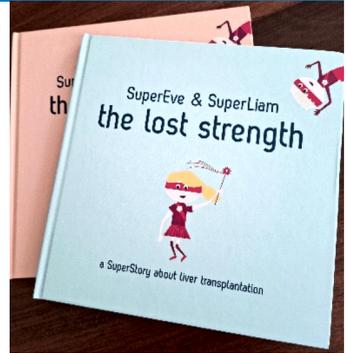
Entry fees of £5 were donated to LIVErNORTH, raising an amazing £850. Pictured is the organiser, John Little handing over the cheque to our chairman, John Bedlington on 4th December in Appleby Hub.

*(adapted from an article in the Cumbrian News and Star)
(PS - I'm the shorter of the two men pictured here - talk about irony...why*

SuperEve & SuperLiam: the lost strength - A SuperStory about liver transplantation

This is the title of a picture book for young children who have a parent needing a liver transplant. Esther Scheide is the author and illustrator of this book. She wrote it because of her experiences as a parent waiting for and having a liver transplant. Esther writes:

'In 2019. I received a new liver. My children, Tom and Bo, were two and four years old at the time. It was the best gift ever: I can now chase after my children again and be the mother I want to be.



Before the transplant, it was a different story.

Unfortunately, I know too well what it's like to be a sick mother. During the time I was on the waiting list, I searched for a way to explain to my young children why their mother had lost her strength. Something tangible that could support them when I was in hospital. Since I couldn't find anything, I wrote this story myself. As a designer and illustrator, I was able to create this picture book for parents in the same situation as we were back then.'

Esther has also written a similar book for young children of parents who need a kidney transplant. The title is: SuperGrace & SuperFinn the lost strength: a SuperStory about kidney transplantation. She hopes to write books about transplant of other organs. In addition, Esther has designed a memory card game about transplantation. This is called SuperStory memory: The game about transplantation. It can also help adults talk to children about transplantation.

Esther says the books are written for children aged 1-7 but could be used with older children too. They are designed to help parents and children talk about what is happening. There is space at the back of the book to write the end of the story for your own family. There is also a place to add a drawing or photo of your own family.

Esther has spoken at various transplant conferences about the books and memory game. Some of the transplant units in the UK already have copies of the books available. Northumberland Libraries has also just received copies of these books. The books are currently available in Dutch, English, German, French and Mandarin. Esther is based in the Netherlands. If you want to find out more, her website is: <https://www.supersprookje.nl/english>

There is also information on the Eurotransplant website:

<https://www.eurotransplant.org/news/supersprookje-a-tale-for-families-facing-transplants>

(S O'Dea)

A new online tool: What Colour Is It? (S O'Dea)

Have you ever been in the position of having to describe the exact colour of your urine, poo (faeces) or sputum to a health care professional? It is not always an easy task. It can be embarrassing too.



Sometimes medical conditions can cause changes in the colour of urine, poo or sputum. For example, if the main bile duct bringing bile from the liver to the gut is blocked, the colour of the urine and poo can change. Bile contains pigment which gives poo a brown colour. If the bile cannot reach the gut, the poo will become pale. The pigment builds up in the body instead and the urine becomes darker. As levels rise people may also notice yellowing of the whites of their eyes and skin. These colour changes can happen for other reasons too.

Researchers at Edinburgh Napier University have designed a free online tool to make describing the colour of urine, poo and sputum much easier. It is called 'What Colour Is It'. It can be viewed here:

<https://blogs.napier.ac.uk/wcii/>

In the tool there are colour charts for people to pick out the colour of their urine, poo or sputum. The charts show 15 colours of sputum that might be coughed up, 13 colours of urine and 13 colours of poo. There are some weird and wonderful colours on the charts. The colours of body fluids and poo can sometimes be altered by things like medications, dyes used in medical tests and food as well as medical conditions.

Each colour has a colour code that can then be recorded in the patient's medical notes. The 'What Colour Is It?' tool can be used in a telephone appointment if the patient and the healthcare professional both look at the tool online. The patient can read out the code on the colour. The healthcare professional can check it on their online tool and confirm with the patient they have the right colour.

The tool is very new, still being refined and is not being used widely yet. It might be that you end up educating your healthcare professional about its existence. The researchers, Hazel McPhilips, Stephen Yorkstone and Manish Khatri, are seeking feedback from anyone who has tried to use the tool. This includes suggestions for improvements.

If you would like to know more, there is a free article in the Independent online from January 2026. This includes interviews with the researchers. If you wish to search for it, the title of the article is: 'The 'simple' colour card tool that could help diagnose conditions faster'.

IF ONLY...(JEB)

If Only We'd Invested 30 Years Ago...

Looking back, we could all have been millionaires if we'd invested early in the everyday items that have quietly become essential to modern life. Just think about how many of these are everywhere now:

- Cardboard boxes – used in their millions by online retailers, takeaways and deliveries.
- Kitchen roll – once a novelty, now a staple in every home.
- Roller shutters – now protecting shops on almost every high street.
- Illuminated LED signs – especially the bright red, white and blue ones for barbers, nail bars and more.
- Hand car washes – they seem to pop up everywhere.
- Rechargeable batteries – powering phones, cars, tools, scooters and more.
- XXL clothing – for men, women and children, usually with a designer logo attached.
- Wipes – for every possible purpose, stocked in every supermarket.
- Tattoos – along with all the equipment that goes with them.
- Convenience foods – Pot Noodles, Cup-a-Soup and the like.
- Tablets and smartphones – now part of everyday life.
- Electric bikes and scooters – increasingly common on our streets.
- Solar panels – appearing on more and more rooftops.
- USB ports – in cars, buses, trains, hotels and even wall sockets.



Perhaps the next big investment opportunity will be tattoo removal clinics!

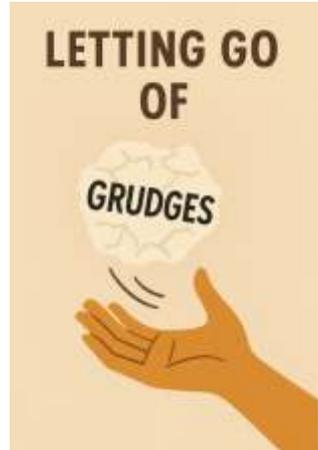
It also raises an interesting question: are we actually better off because of all these “necessities”, or were we happier without them? And while we’re thinking about change, what essentials have disappeared? I’ll start: phone boxes, walk-in GP appointments, bus conductors...

Over to you...

Letting Go of Grudges...

Why letting go is powerful

- Reclaims your power: Holding onto a grudge means giving the person who wronged you control over your emotions; letting go takes that power back.
- Promotes inner peace: It frees you from internal conflict and the mental burden of negativity, making room for happiness.
- Aids healing: It's a crucial step in self-care, allowing you to move past trauma and resentment.
- Fosters growth: It removes an obstacle to personal growth and allows you to build a life better aligned with your needs.



How to let go

- Acknowledge the pain: Understand the essence of the grudge, often rooted in feeling life would be different without the person's actions.
- Shift focus: Stop overthinking; remove reminders and redirect your energy to hobbies or positive activities you love.
- Vent safely: Talk to trusted friends, family, or a therapist to get the emotions out.
- Practice forgiveness (for yourself): Forgive the person, not necessarily to excuse their behavior, but to release yourself from the burden of anger
- Set boundaries: You don't have to forget or trust; you can let go of the grudge while still creating distance or boundaries with the person.
- Accept impermanence: Realize that clinging to the past prevents you from experiencing the present, a principle found in Buddhist philosophy.

It's a process

- Letting go isn't always immediate; it's a journey of releasing, often involving difficult emotions like pain.
- It takes honesty and courage to admit what no longer serves you, creating space for something better.

Is This the Start of Things to Come?

PostNord, Denmark officially stopped delivering physical letters on December 30, 2025, ending a 400-year tradition due to a more than 90% drop in volume since 2000. Driven by high digitalization, including mandatory Digital Post, this move makes PostNord focus entirely on parcels. Approximately 1,500 jobs are affected and 1,500 red mailboxes are being removed.



Key Aspects of the Transition:

- **Final Letter:** The final letters were delivered at the end of 2025, with letters becoming largely a memory.
- **Digitalization Shift:** Over 95% of Danes use digital communication for official business, making physical mail obsolete.
- **Private Services:** While PostNord stops, private courier services like Dao will continue to handle limited letters.
- **Impact:** 1,500 employees face layoffs, and the iconic red mailboxes are being removed for historical preservation or charity.
- **Parcel Focus:** PostNord is shifting to satisfy the surging demand in e-commerce and package delivery.

This, say The Economist via Facebook, makes Denmark a pioneer in eliminating traditional postal services. Denmark has officially brought an end to traditional letter delivery, closing a chapter that spanned more than 400 years of postal history. A private logistics company DAO (Dansk Avis Omdeling) has taken over letter post in Denmark, replacing the national service, PostNord. Following a 90% decline in volume. DAO now handles nationwide delivery of letters to private mailboxes.

Don't forget - if you would like to save us money and have your LIVErNEWS online just email us and it will be done - Second-class stamps have seen six price increases in the past eight years and it now costs us more to post the LIVErNEWS than it does to print it! (Ed)

Motivational Interviews to Reduce Alcohol Intake (MIRA)

A Pilot Study of Nurse Led Motivational Interviews in Secondary Care Outpatient Clinics to Reduce Alcohol Intake.
(Sarah Hogg, Hepatology Research Nurse, Freeman Hospital)

During the period of 2022/2023 there were nearly 10,500 deaths related to alcohol. Patients that are admitted to hospital with a high alcohol intake receive input from the Substance Misuse Nurses. However, patients attending Outpatient clinics are referred to Community Addiction Centres. Many people don't know that their level drinking is causing damage to their liver as they don't fit the stereotype of someone with an 'alcohol problem'. Therefore, there is a large barrier for them to seeking assistance with reducing their alcohol intake.

This study aimed to provide support to these patients within the hospital that they were familiar with. The patient would speak to a nurse with motivational interview training and look at ways to reduce their alcohol intake. The study consisted of 12 weekly appointments of motivational interviews. Questionnaires measuring alcohol intake and mental health were collected at 4 time points during the study.

LIVERNORTH kindly donated travel expenses for patients to attend face to face appointments or the patients could have telephone appointments if that suited them better.

I aimed to recruit patients following their appointments with the Hepatologist over a 3-month period in 2025. 45 patients received the information sheet and 11 patients were consented into the study.

There were 7 men and 4 ladies who took part. On average they were 62 years old and 7 of them had been diagnosed with cirrhosis.

6 patients attended 12 appointments. 2 left the study for mental health reasons, 1 was admitted, and 2 were lost to follow up despite repeated attempts to contact them. All of the patients who left the study did so before their week 6 visit.

At the start of the study, the average alcohol intake for all the patients was 94 units a week. At the last recorded visit for the 11 patients, this had decreased to 47 units per week. For the 6 patients who remained in the study, their average alcohol at the start was 72 units per week which reduced to 31 units per week. This was a significant difference.

From the questionnaires, there was also a big decrease in the patients at risk of alcohol dependency score but their anxiety and depression questionnaire scores did not change significantly.

The study aimed to look at reasons and patterns for drinking but during the motivational interview and analysis there was an emerging theme of patients discussing their fear, inability to access or feeling neglected by Primary and Secondary care providers.

5 patients had previous or current diagnosis of mental health issues. However, I discussed 4 patients with their GP due to their mental health questionnaires. A further 4 referred themselves to Talking Therapies for support. 2 of the patients cited difficulties with adjusting to deteriorating and multiple health conditions.

The patient who score the highest on the mental health questionnaire asked me “I wouldn’t be wasting their time?”

2 patients had moved house since Covid so had new Primary Care Practices but they were both anxious about seeing a new doctor with one saying “all they ever say is cut down on your alcohol”.

1 patient disclosed a mental health problem that they had never been able to discuss with their doctor. I helped them to register for an appointment and write his concerns down so that it helped at his next appointment.

Another patient needed help downloading the NHS phone App so they could look at results and appointments.

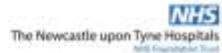
Participants described feeling that they had been “forgotten about and that they didn’t matter” but also feeling like they could not contact the services “I don’t know who to call” and “I don’t have a (telephone) number”. One patient was waiting for back surgery and they were really struggling with daily tasks. However, no one had contacted them regarding waiting lists or possible dates. I chased that up for them and gave them contact details so that they knew who to contact. Another patient had been diagnosed with a degenerative disease but due to hospital boundaries, they were struggling with the Shared Care agreement and support and equipment was not being delivered. Again, I made a phone call and this patient started to receive the support they needed.

I also made 3 referrals for Physiotherapy and Occupational Health Therapy, 1 referral to Podiatry, 2 referrals for ongoing back pain and 2 referrals with eye complaints.

During the interviews and at the end of they study, the patients spoke about feeling listened to and that made them feel valued. The patients felt they had gained confidence to talk to others about their alcohol use with family, friends and healthcare professionals.

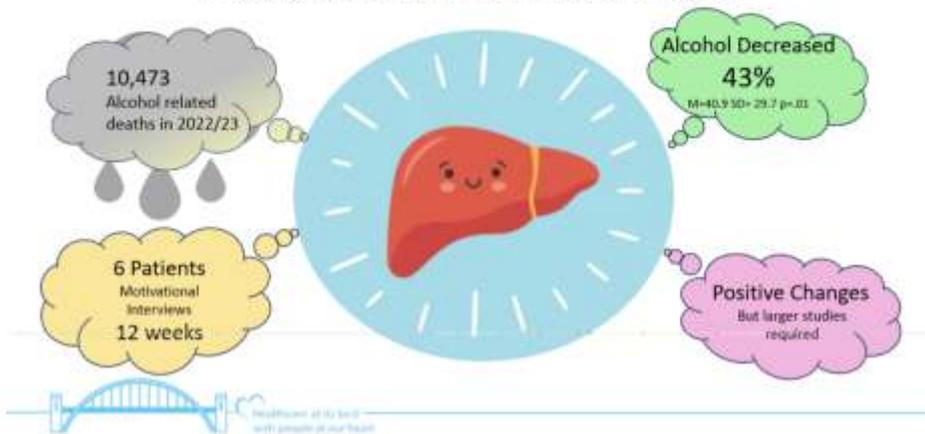
This was a small study, however the alcohol intake decreased significantly. However, the strengths of the study were that patients really appreciated that they felt that all of their concerns were listened to and acted on. During the

conversations, the patients were free to discuss anything they wanted to. Some were surprised that the conversations were often less about alcohol and more about their daily lives. This was when they disclosed their daily struggles such as food preparation when it had been a hobby that they used to enjoy. 2 of the participants felt really let down while they waited for surgery or appliances and stated feeling helpless that no one was helping them. Chasing these services, requesting referrals and signposting the participants appeared to make the biggest impact. While the mental health of the participants didn't improve, they stated that their quality of life had so I would recommend adding a quality-of life questionnaire next time. Longer-term studies will be needed to see if changes are sustained in the long term and prevent hospital admissions. However, I do believe there is a role for someone to listen and signpost these patients to further support when they feel so neglected by health care.



A Pilot Study of Nurse Led Motivational Interviews (MI) in Secondary Care Outpatient Clinics to Reduce Alcohol Intake

Sarah Hogg, C0002295, Hepatology Department, Freeman Hospital, Newcastle Upon Tyne



Yes I donate
ORGAN DONATION

Take time to talk about organ donation

Many people don't realise that their family's support is needed for organ donation to go ahead.

At last, I have passed the Winning Post

An unusual way of seeing this fantastic country of ours.

You might wonder what this title is all about. Well, I have always wanted to visit different areas of the United Kingdom and Northern Ireland, but how do you decide where to go? Do you do it by visiting towns, cities, or even counties. I finally decided to do it through my interest in Horse Racing, by attending an actual race meeting at all the 61 racecourses spread across the UK and NI. In terms of location. England has 51, the County of Yorkshire having the most with 9.



Scotland has 5, the most northerly of which is Perth. Wales has 3 courses, the most westerly is Ffos Las in Carmarthenshire and Northern Ireland has 2. So there is good spread across the country. As proof that all courses had been visited, a race card was collected for every meeting attended.

To get the most out of visits were all done by car and had to be easily accessible. Certain ground rules were set. For local racecourses, as well as attending the actual race meeting at least one extra full day was allocated for visiting the the local areas previously not visited. While for courses which needed over night accommodation, at least another two full days were spent visiting the surrounding area. Research was carried out prior to each visit. But mostly, if we saw something interesting, we stopped or if uncertain we took advice from the local Tourist Information. In effect we “went with the flow” What initially looked quite easy to organise, proved much more difficult. Racecourses have a limited number of meetings per year. The annual horse racing calendar was used for planning. However, because of the way in which the fixtures were spread it only allowed attendance at a maximum of two meetings per tour. On at least four occasions, this meant a round trip of almost a thousand miles for one race meeting.

What soon became apparent was the diversity and beauty of many parts of the UK. Although the race meetings were very enjoyable, it was the actual journey and the surprising discoveries that made it so remarkable. Here is just a small selection of highlights. The historic, traditional fishing villages of the east coast of Scotland, especially Pittenweem, where the older houses had a distinct “Dutch” feel with their crow-stepped gables. Passing over a river near Hamilton races where there had been a dramatic hatching of mayflies. There was virtually zero visibility for about fifty yards such was the number of hatchlings. Watching the cockle pickers on the South Wales coast. At low tide they used high spec 4-wheel drive pickups to drive across the mud flats to get to the cockle beds. The beautiful Exe Estuary in Devon and a National Trust property. Called À la Ronde. A 16-sided house built in 1796 by cousins Jane and Mary Parminter. The cousins did a lot of handicraft work and moved from room to room with the sun to maximise the natural light. Now that is a clever design! Other highlights were the stunning Avebury henge and stone circles in

Wiltshire, together with Silbury Hill which are one of the greatest marvels of prehistoric Britain. Far superior to Stonehenge. In Suffolk, the town of Lavenham with over 300 timber framed listed buildings was simply magichow did all these buildings survive developers? The final two race meetings were in Northern Ireland, which was a great surprise. The friendliness of the people, wonderful coastlines, the Mourne Mountains and Hillsborough Castle were just a few of the great experiences.

As far as the 61 race meetings were concerned, each one had its own unique character. The ones which stood out were Cheltenham for the crowd, their love of everything equine and the remarkable Guinness Village, with live Irish music. Ascot with its fabulous stand and facilities for the racegoers is outstanding. Chester's tight, round racecourse found just outside the city walls is just unique with a great atmosphere. It is the oldest racecourse in the country, with the first fixture in 1539. Hexham in Northumberland set in beautiful countryside is the only racecourse where I experienced rain, brilliant sunshine, and sleet in a three-hour period. Finally, Downpatrick in Northern Ireland the penultimate racecourse visited must be mentioned for its great atmosphere. It just so happened that it was Ladies Day and what a show they put on.

While it has taken longer to complete than originally planned, as with everything COVID had a significant effect. It has involved travelling over 20,000 miles over a nine-year period, a distance which would have taken me almost around the World. Its really brought home to me that we live in such a varied and beautiful country. Surprisingly, it was quite an anticlimax attending the last of the 61 meetings at Down Royal in Northern Ireland. If I had the time I could go round again. I wonder what unexplored places I would discover this time?



The Last Two Racecards – journey completed on the 27th of August 2025

I did briefly consider trying to repeat the “wish list” in France That was quickly rejected when research showed they had more than double the number of racecourses at 140. How many years would that take? You may be tempted to do something similar with your own interest. I can

thoroughly recommended it, as I learnt so much about this country. Just remember” go with the flow” and “do not forget to smell the roses”

Alf Bennett

LIVErNORTH Charities Account for year ended 31.03.2025

INCOME		EXPENDITURE	
Donations - Charity Draw	£2,010.00	Telephone Charges	£692.42
Charity Draw	£2,830.00	Christmas Gifts - inpatients	£302.30
Grant Repaid	£0.00	Computer Related Expenses	£3,940.50
Collecting Cans	£0.00	Costco Card	£174.74
Donations - Flat	£1,784.00	Charity Daw	£1,323.00
Donations - General	£6,721.71	Education	£6,230.98
Donations - Peoples Fundraising	£3,515.00	Enthuse	£134.81
Costco	£33.80	Equipment	£73.71
Gift Aid	£1,094.91	Peoples Fundraising	£394.23
Great North Run	£4,473.64	Flat	£690.76
Bequests	£2,100.00	Great North Run	£1,255.50
In Memoriam	£12,955.97	Internet	£150.11
Lottery	£416.00	Insurance	£254.35
Pens, Badges & Key Fobs	£8.00	Leaflets	£2,322.48
Postage	£10.00	Lotteries Registration	£20.00
Repaid Cheques	£0.00	Newsletter	£16,259.81
Account Transfer	£26,000.00	Lottery	£4,250.00
Sponsorship	£1,364.20	Donor Families	£1,020.22
Donations - PBC DVD	£0.00	Postage	£984.33
Education	£0.00	Research Grants	£32,848.00
		Stationery	£365.51
		PBC DVD Copies	£0.00
		Account Transfer	£0.00
		Travel/Conferences	£70.00
		Video Conferencing	£155.88
		RCPA Ret'd or Canc'd Pay't Adj	£250.00
Total Credits	£65,317.23	Total Debits	£74,163.64
Balance B/Fwd	£21,210.24	Balance C/Fwd	£12,363.83
	£86,527.47		£86,527.47

LIVERNORTH Accounts Balance Sheet for year ended 31.03.2025

CHARITIES ACCOUNT

Balance B/fwd	£21,210.24	NatWest Bank Statement to 31.03.2025	£12,363.83
Total Credits	£65,317.23	Cheques not yet presented:	
Total Debits	£74,163.64		
Balance	£12,363.83	Balance	£12,363.83

GENERAL ACCOUNT

Balance B/fwd	£322.84	NatWest Bank Statement to 31.03.2025	£312.84
Total Credits	£200.00	Cheques not yet presented:	
Total Debits	£210.00		
Balance	£312.84	Balance	£312.84

CAPITAL RESERVE ACCOUNT

Balance B/fwd	£216,336.84	NatWest Bank Statement to 31.03.2025	£212,384.42
Total Credits	£20,047.58	Transactions not yet posted to account	£0.00
Total Debits	£24,000.00		
Balance	£212,384.42	Balance	£212,384.42

CLUBS & SOCIETIES RESERVE ACCOUNT

Balance B/fwd	£13,732.65	NatWest Bank Statement to 31.03.2025	£1,933.99
Total Credits	£7,235.34	Transactions not yet posted to account	£0.00
Total Debits	£19,034.00		
Balance	£1,933.99	Balance	£1,933.99

See our detailed accounts and annual report on the UK Charity Commission website:
<https://www.gov.uk/government/organisations/charity-commission>
 Once there, use 'find a charity' and search for LIVERNORTH.

The above is a true and fair view. Julie Diamond ACA BSc 20 January 2026

LETTERS - email us or post to 'freepost livenorth'

Dear LIVErNORTH, I hope everyone is well.

I received a grant from LIVErNORTH to complete the Motivational Interviews to Reduce Alcohol intake study for my MCLinRes project. I wanted to let you know that I wrote up the research to submit for 30th January. I received my grades yesterday and am so pleased to announce that everything passed.

I need to go over the paper with Prof Stuart McPherson before we can look to publish, however I have attached 2 of the submitted pieces. Again, I am aiming to submit abstracts at the RCN Research Conference. I am presenting it at BSG Live in June.

One thing the abstracts don't show is the qualitative results. The overwhelming outcome was the patients didn't feel they could access adequate levels of health care and the main outcome of this role was signposting to mental health services and helping them gain access to their GP. I know this isn't just isolated to patients with alcohol related liver disease, so I'm hoping there is a lot that people can gain from this.

I've really enjoyed the whole process so am looking to apply for a PhD. The initial project idea is to look for ways to improve Hepatocellular Cancer surveillance as part of some NHS England work. Newcastle Hospitals perform a lot of scans and thankfully not many cancers are detected. However this means that a lot of patients undergo the physical and emotional burden of scans and appointments where it may not be necessary. There is ongoing work to find ways to detect patients most at risk of developing cancer so the pathways could potentially change in the future. However there are also a lot of patients that don't attend their scans. The research will attempt to find the barriers to patients attending scans and could we provide better information to patients?

I'd really like to say a big thank you for everything you have done to make the study and my Masters a success and I really hope I can repay you all in some way.

Best Wishes

Sarah Hogg, Hepatology Research Nurse, Freeman Hospital, 11 Feb 2026

Thank you Sarah for your excellent update and congratulations on doing so well, gaining your MCLinRes qualification. The people who donate to us will be so pleased to hear how they have helped you. By doing so they are hopefully assisting more liver patients to achieve a better life in future.

Sarah's lay summary and one of her slides is on page 19 (Ed)

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

SUPERSTITION..

Remembering when you crossed the babies palm with silver ... still do ...

Other superstitions in our house were,

Never cross on the stairs,

Never put new shoes on the table.

Falling up the stairs meant a wedding.

An itchy nose meant you were going to get vexed.

Never put an umbrella up in the house.

If you dropped a glove, someone else had to pick it up.

If you saw a black cat, let it cross your path for luck.

Getting a money spider to run across your palm for luck.

Never have crossed knives on your plate.

A chimney sweep for good luck at a wedding, my niece did... didn't work .. they divorced! ...

An itchy palm, to do with money, left you leave, right you receive (you hoped!)

An itchy ear, left for love, right for spite.

An itchy nose meant you were going to get vexed..

If you spilt sugar, it meant sweet words.

If you spilt salt you had to throw it over your shoulder.

Coming home from school we'd jump over the cracks in the paving slabs and not on the ones with NW on, it stood for nitwit!

Never stir tea, you stirred trouble.

Ne'er cast a clout until May was out.

If you said something together, you had to link little fingers and make a wish.

If you sneezed, you'd sing,

'One's a wish, two's a kiss, three's a letter, four's something better!

If someone sneezed you'd say 'God bless you'.. (still do)..

Don't walk under a ladder.

Never bring May blossom or lilac into the house (legend has it that lilac was put in coffins to mask the smell of death)..

My sisters said if they saw an ambulance they would say,

'Touch your head, touch your nose, never go in one of those'...

Never put red and white flowers together, it meant blood and bandages.

If an eyelash came out, you'd put it on your thumb, press it between someone else's thumb, and whoever's thumb it stayed on made a wish.

You'd pull the wishbone out of a chicken, whoever got the biggest piece, made a wish. (still do this)...

Your first foot had to be talk, dark and handsome holding a piece of coal.

Me mam always set the table with food and drink on New Years Eve so that in the New Year you would always have food and drink in the house..

Wow, didn't we have a lot of superstitions in our house, what about you?....

MYSTERY PHOTOGRAPH

Can you identify the the object shown in the picture on the right which is to be found in the UK?

Secondly, have you any idea where it is to be found?

The answer is below. Have you any mystery photographs that could baffle our readers? Please send them in to us by email: info@livenorth.org.uk



Note: John De Courcy was an Anglo Norman who owned huge areas of land in what we know as County Down today

on it.

The top of the granite slab has the St Patrick's Cross and Patric e graved

According to tradition the remains of St Patrick with those of Saint Bridgid and Saint Columba who is also known as Columcille, were reinterred on this site by John De Courcy in the 12th Century thus fulfilling the prophecy that the three Saints would be buried in the same place.

The information plaque states: St Patrick was born in Britain. At sixteen he was captured and taken to Ireland where he was sold into slavery. He escaped to France, but one night in a dream he heard the voice of the Irish calling him back. How Patrick answered that call and brought Christianity to Ireland is one of the most splendid chapters in our history.

The large granite slab from the Mourne Mountains in Northern Ireland marks the traditional burial place of Saint Patrick. It is located on the Hill of Down on which stands Down Cathedral in Downpatrick. The stone was placed in the graveyard in the 19th century to commemorate the fact that St Patrick's burial place is on the hill.



Thought you might like to see just a few of the brilliant 'Spring' photographs taken by our governor Rev'd Nigel Goodfellow for the cover of this issue - really difficult choosing one, they are all so beautiful! Ed.



Join the LIVErNORTH Lottery!

Only
£1
week



• 2025 – 2026 Lottery £250 prize winners:

- 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 27/01/26 – No **39** from **GOSFORTH**
- Drawn on 27/01/26 – No **74** from **BELSAY**
- Drawn on 10/03/26 – No **147** from **HETTON**

2025 LOTTERY JACKPOT WINNER - £2500!

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



All profits go directly to supporting liver patients.

You've got to be in it to win it.

Join using the form on the next page.



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!

Whilst Alan Turing was decoding the Enigma machine his sister Kay was busy making tea and sandwiches.

I was stopped down the High street earlier in the day by a Lady conducting a survey. She asked me what I knew about dwarfs. I said 'Very Little'.

I dropped a tub of margarine on my foot 2 weeks ago, it still hurts. I can't believe it's not better....

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

Anyone know what those bits they put in horses mouths are called?

There's a small island off the coast of Italy with 5 million scillionian people.. that the biggest number I've ever heard.

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

When my wife is mad at me I tighten all the jar lids so she has to talk to me.

It was freezing in my prison cell last night. I asked the warden to put another bar on.

I've just invented a bird proof lid for milk bottles...It's impeccable.

Someone asked me "Where is the city of Anchorage?" I said "I don't know, but my wife might know, "Aal ask her."

I've been in hospital. Just to let you know that I'm back home now. The doctors think that I might have pneumonoultramicroscopicsilicovolcan oconiosis...but at the moment it's hard to say.

Just heard the inventor of the throat lozenge has died this morning. There will be no coffin at his funeral.

Whoever the genius is that invented one ply toilet paper I'd like to shake his hand.

BREAKING: Whilst reporting on a storm, a TV weatherman has been blown over and broken both his legs and arms. A spokesperson for the company said, 'The reporter is OK and will be live from his hospital bed with his four casts!'.

I asked my wife if she's coming to Boots with me for my hearing test. "Yes, defo" she replied. I hate it when she calls me that.

Q: What's the difference between an Indian and an African elephant? A: one of them is an elephant.

A postman had been delivering letters all day in pouring rain. By late afternoon he was soaked, muddy, and exhausted.

He had just one final letter left, but unfortunately it was two miles down a narrow country lane.

By the time he reached the house he looked like he'd been mud wrestling.

He shut the garden gate, turned around...and suddenly a massive Rottweiler jumped up, putting two huge paws on his chest. The postman froze.

Just then a little old lady leaned out of the upstairs window and shouted, "Don't worry, son! Just kick his balls!"

The postman yelled back, "WHAT?!" She shouted again, "Kick his balls and he'll leave you alone! - he loves it"

Now the postman was wearing heavy size-12 steel-toe boots, the proper military kind. So he took a step back and WHACK! - booted the dog square between the legs.

The dog let out a terrible howl took a step back and growled angrily at the postie. The old lady screamed, "You're in BIG trouble now!"

The postman gasped, "Why?! You told me to kick his balls!"

The old lady sighed and said, "I meant the squeaky ones on the lawn beside you!"

A woman divorced her husband when she found a book about cows under the bed. She said 'It wasn't the only reason I divorced him but it was the cattle list'.

I'm hoping to start a snooker cue repair business, anyone got any tips?

At a recent job interview, I was asked if I could perform under pressure, I said that I didn't know that one but could I have a crack at Bohemian Rhapsody...

I think my wife is putting super glue on the handles of my antique pistol collection. I challenged her about it and she denied it, but I'm sticking to my guns...

Last month I paid £350 for a new settee from DFS. They've just phoned to say it'll be another 3 weeks for delivery! Does anyone know where I stand?

Me and my wife are going to have laser eye surgery tomorrow afternoon, not sure we're going to enjoy it, but we'll see.

I've had my expensive middle eastern rug stolen! I called the police, but they told me I had to wait 48 hours to report a missing persian.

There's been quite a few ladders stolen around our way, police said if the culprits are not caught, further steps will be taken.

You know it's cold outside when you go outside and it's cold!

Your call is important to us. Please hold until your call is no longer important to you!

I tried the Japanese method of decluttering. You hold every object that you own and if it does not bring you joy, you throw it away. So far, I have thrown out all of the vegetables, my bra, the electric bill, the bathroom scales, a mirror and my treadmill.

Police have confirmed that the man who tragically fell from the roof of the 18th floor nightclub was not a bouncer.

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.

A man brings his best friend home for dinner...unannounced at 7.30pm after work. His wife begins screaming at him and his friend just sits and listens.

Wife: "My hair and makeup are not done, the house is a mess, the dishes are not done, I'm in my pyjamas and I can't be bothered with cooking tonight. Why did you bring him home?!?"

Husband: "Because he's thinking of getting married and I promised him a demo!"

Old Age

"Old age comes at a bad time." (Ed Sullivan)

"Old age is like a plane flying through a storm. Once you are aboard, there is nothing you can do about it." (Golda Meir)

"Old people shouldn't eat healthy foods. They need all the preservatives they can get." (Bob Hope)

"At my age, flowers scare me." (George Burns)

"The years between 55 and 75 are the hardest. You are always being asked to do things, and yet you are not decrepit enough to turn them down." (T.S Elliot)

"When I was young, I was called a rugged individualist. When I was in my fifties, I was considered eccentric. Here I am doing and saying the same things I did then, and I'm labelled senile."

(Milton Berle) "The important thing to remember is that I'm probably going to forget." (Martin Scorsese)

"It's paradoxical that the idea of living a long life appeals to everyone, but the idea of getting old doesn't appeal to anyone." (Andy Rooney)

"The older I get, the better I used to be." (Lee Trevino)

"Looking fifty is great — if you're sixty." (Joan Rivers).

Picked up a hitch-hiker. Seemed like a nice guy. After a few miles, he asked me if I wasn't afraid that he might be a serial killer. I told him the odds of two serial killers being in the same car were extremely unlikely.

To the person who took my glasses: I will find you. I have contacts!

He wrote me: "Your adorable." I responded: "No, you're adorable."

Now he thinks I like him when all I did was point out his grammatical error.

I just find it hard to believe that bears made porridge and the only thing wrong with it was the temperature.

What country's capital has the fastest growing population? Ireland - every

day it's Dublin.

People always talk about the eye of the tiger. No-one talks about the other four letters!

The good old days eh ?

My family wasn't well off when I was growing up but we got by and learned to economise. A bag of coal lasted us all winter. When we got cold we used to pick it up and run around the yard with it.

One Christmas I found a I.O.U in my portion of Christmas pudding and under the Christmas tree I found a bag of batteries with a note saying 'Toys Not Included'.

There was an empty Action Man box beside the Christmas tree and my Mam and Dad said he was an Action Man deserter.

Still my parents managed to put clothes on my back, even if they were hand me downs. I felt a bit of prat turning up a school one day in a Japanese admirals uniform.

Who remembers knocking on doors and running away - we called it knocky door ginger, these days its called Parcel Force.

We used to have fun rolling down grassy slopes in the park in old tyres. They were good years.

I remember when the prefabs were first modernised and had central heating

installed. I had heard the term central heating as a boy but honestly didn't know what it was. My notion of central heating was a paraffin stove in the middle of the floor, central enough.

When I was a kid, my parents could only afford a secondhand calculator which was missing the 'X' button...Times were hard.

The garage gave me a car while mine was in for a service. It kept on stopping to let pedestrians cross the road and letting other drivers in ahead of me. Then I realised it was a courtesy car.

My wife thinks it's weird that I stare at the window when it's pouring with rain. It would be a lot less weird is she would just let me in.

When I get to work I immediately hide - good employees are hard to find...

I told my granddaughter that I saw a deer on the way to work this morning. She said 'how did you know it was going to work?'

Really sorry folks for the ever declining standard of our jokes. Our main source (WV) continues to provide us with his witticisms via facebook etc but you can plainly see he's lost the plot. If you can do better (and let's face it, not a high bar), please send in your jokes. We're getting desperate and anything at all would be a big improvement. If you've read the jokes, and got this far, please award yourself something nice as a reward - you are to be envied, not many people have your stamina.



Scam Emails - BE AWARE



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

It's very difficult to know which emails are genuine and which are not. Generally, if they don't use your name or your role, be suspicious. Check where the email came from and see if the sender's address seems genuine. If you've had a genuine email before from the same company, look at their previous email address to see if it's the same. If in any doubt, delete it. If you want to stamp out this type of thing, forward the email to Action Fraud (report@phishing.gov.uk) (then delete it!).

Let's talk about it

NHS Blood and Transplant

Join the NHS Organ Donor Register today and share your decision

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f nhsorgandonor

Yes I donate
ORGAN DONATION

MESSAGE IN A BOTTLE



Lions Clubs Message in a Bottle is a simple but effective way for people to keep their basic personal and medical details where they can be found in an emergency on a standard form and in a common location – the fridge.

Message in a Bottle helps emergency services personnel to save valuable time in identifying an individual very quickly and knowing if they have any allergies or take special medication.

Paramedics, police, fire-fighters and social services support Lions' life-saving initiative and know to look in the fridge when they see the Message in a Bottle stickers. The initiative provides

peace of mind that prompt and appropriate medical assistance can be provided, and next of kin / emergency contacts can be notified.

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

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

or phone the Lions on 0121 441 4544



The Pub Quiz or if you prefer the Barista Café Quiz No 15

1. What do they call the central circle of a Curling target?
2. What type of hunting hat was Sherlock Holmes famous for wearing?
3. Which singer who died recently had a hit with, “Happy Birthday Sweet Sixteen”?
4. The flag of the European Union has how many stars on it?
5. In what part of the body would you find the cruciate ligament?
6. What is the capital of Qatar?
7. The street artist Banksy is originally associated with which British city?
8. Which is the only bird which can fly backwards?
9. What was the name of the fictional borough of Melbourne where the Australian soap Neighbours was set?
10. Which soft drink is commonly associated with Scotland?
11. Who is to replace Prue Leith on the Great British Bake Off?
12. Which UK city is situated furthest west - Bristol or Edinburgh?
13. What is the name of the cowboy in Toy Story
14. Which two houses were involved in the War of the Roses?
15. Frog had teeth is an anagram of which famous movie?
16. What colour are the seats in the House of Commons?
17. O'Hare Airport serves which American city?
18. What is the chemical symbol for gold?
19. Which Shakespeare play features the line “All the world's a stage”?
20. What vitamin do we primarily get from sunlight?

(Answers below)

- | | | |
|--------------------|------------------------|--|
| 20. Vitamin D | 11. Nigella Lawson | 1. The Button - House is whole circle. |
| 19. As You Like It | 12. Edinburgh | 2. A Deerstalker |
| 18. Au | 13. Woody | 3. Neil Sedaka |
| 17. Chicago | 14. York and Lancaster | 4. 12 |
| 16. Green | 15. The Godfather | 5. Knee |
| 15. Doha | 16. Green | 6. Doha |
| 14. Hummingbirds | 17. Chicago | 7. Bristol |
| 13. Ernsborough | 18. Au | 8. Hummingbirds |
| 12. Inn-Bru | 19. As You Like It | 9. Ernsborough |

*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) SPRING 2026 - ISSUE 94

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!

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

Easy SUDOKU

Difficult SUDOKU

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

SU DOKU

'Single Digit' (Japanese)

As featured in the Times
Monday to Saturday

©Puzzles by Pappocom

www.sudoku.com

Last issue (No 93) SUDOKU solutions:
Easy

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

Difficult

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

Insurance Matters - updated 14/3/2026

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.staysure.co.uk _____	0333 0068033
https://www.world-first.co.uk/ _____	0345 9080161
https://www.freespirittravelinsurance.com/medical-conditions/liver/ _____	02392 419080
https://www.payingtoomuch.com/ _____	0330 029 5073

* 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 '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

All of 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.

ALL
ONLINE



OR GO TO
OUR WEBSITE
SEE BELOW

How to get information leaflets:

1. Website: <http://www.livernorth.org.uk/pages/factsheet.htm>
2. Email us: 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)
- Email us (info@livernorth.org.uk)
- Phone us (0191 3702961)
- Write to us at: freepost LIVERNORTH
- Message us (<https://www.facebook.com/livernorth/>)
- Ask to join our facebook LIVErNORTH MEMBER CHAT group
- Scan our website QR code here with your mobile phone



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