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LIVER  
PATIENT  
SUPPORT



# Liver Patient Support

*Liver*  
NORTH  
LIVER PATIENT SUPPORT

information leaflet 1  
Revised Nov 19

LIVERNORTH is a national liver patient support group and has over 2500 members. Based at the Freeman Hospital Liver Unit in Newcastle upon Tyne, we help liver patients, their carers and families throughout the country and beyond. The Freeman Hospital is a 'centre of excellence' for the treatment of liver disease and has no catchment area for this service i.e. patients are admitted from all parts of the UK and abroad.

LIVERNORTH is a registered charity (no. 1087226) and is run entirely by unpaid volunteers.

We pay no wages, commission, salaries or fees whatsoever to anyone.

Every penny given to LIVERNORTH is used to support liver patients, their carers or families and to fund research into finding cures and treatments for liver disease.

We provide the following:

- Free information leaflets on most types of liver disease related subjects. These have all been written specifically for us by experts in their field and are a valuable tool in the fight against liver disease.
- A website & social media presence where people can engage with others, find out about the group and download the information leaflets mentioned above.
- Meetings where guest lecturers (usually consultant clinicians) address the meeting and give the latest facts on research into, the causes of and treatments for, liver disease. At the end of every meeting members are given free time with the consultant(s) to ask questions.
- A free quarterly newsletter which keeps members up to date with developments in liver research, treatments and the news and views of patients, consultants and carers. Humour features strongly in the newsletter and many members contribute to the very popular 'Helen's Howlers' column.
- Accommodation at the Freeman Hospital (a 4 bed, 2 bedroom flat) for patients, their carers and families who find travel to & from the hospital too difficult. A minimal charge is made to cover the cost of home comforts such as tea/coffee/TV/microwave etc which are all provided by LIVERNORTH.

- Helplines throughout the region provided by qualified listeners.
- A laboratory at Newcastle University Medical School (The LIVErNORTH Laboratories). Research funded by the group and by others is carried out here to find cures and new treatments for liver disease. Newcastle is a leading centre for liver disease research & treatment in the UK.
- Fund raising events and initiatives (turnover £250k). Our Autumn Fair combined with the Grand Prize Draw and Great North Run raises over £12,000 each year for the group. Promotional items are available at meetings for a small donation and supporters are constantly engaged in fund raising activities for the group. Speakers from the group who give talks to other interested organisations are often given a small fee which is passed on to the group as a donation. Our numbers club has almost 200 members and raises £5000 per year for the group. Coffee mornings etc. raise a further £2000+ per year and general donations make up the remainder.
- Advice and advocacy for members having difficulty with healthcare provision, insurance, allowances or entitlements. The group has governors with legal, medical, social and scientific qualifications.
- Liaison nationally with the Department of Health and regionally with hospitals, clinics, health centres, care providers and other third sector organisations.
- Notice boards where members of the public and carers can obtain information and leaflets are provided at several locations in Hospitals and Liver Clinics throughout the North of England.
- Research Funding <£10k - ask for information.

## Liver Disease Facts...

- ➔ There are over 100 known diseases of the liver and only two or three are alcohol related.
- ➔ 90% of people who die from liver disease are under 70 years old.
- ➔ More than 1 in 10 of deaths of people in their 40s are from liver disease, most of them from alcoholic liver disease.

There are several ways to contact LIVErNORTH:

Website                      www.livernorth.org.uk  
email                         info@livernorth.org.uk  
Telephone & FAX    0191 3702961  
Post

FREEPOST PLUS RTHL - UHKL - JKCR LIVErNORTH DH9 0BR
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If you would like to support us in our work, please make any donation payable to 'LIVErNORTH' and post it to the above FREEPOST PLUS address. Please include your name and address for a receipt and also indicate if you are a taxpayer and would like us to claim gift aid on your donation. You can also donate online using our website or via <https://mydonate.bt.com/charities/livernorth>.

If you would like to volunteer to help us with fundraising or patient support, please ring the above number or send an email.

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In accordance with charity law, wherein charities must state what proportions of any donation will be used for wages and administration, we are proud to make the following statement:

'0% of your donation to LIVErNORTH will be used for salaries and 0% of your donation will be used for administration. LIVErNORTH is run entirely by unpaid volunteers.'

Before you give to any charity, why not ask them to tell you how much of your donation will be used for wages and administration?

## Information Leaflets Available:

1. Liver Patient Support
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
12. Liver Disease
13. Skin Care for Liver Patients
14. Diet and Liver Disease
15. Hepatitis C
16. Travel Insurance for Liver Patients
17. Hepatitis E
18. Fatigue in Liver Patients
- 18a. A Patient's Journey (Fatigue in PBC)
19. Understanding Healthcare Tests
20. Liver Cirrhosis Self Management Toolkit\*
21. Exercise & Osteoporosis in Liver Patients
22. Hepatic Encephalopathy

\* only from your doctor or healthcare professional

### **Seven ways to get an information leaflet:**

**1. ISSUU:** <https://issuu.com/livernorth>

**2. Download from our website:**

(<http://www.livernorth.org.uk/pages/factsheet.htm>)

**3. Collect from our display boards:**

(Various Hospitals & Clinics)

**4. Email us:** [info@livernorth.org.uk](mailto:info@livernorth.org.uk)

**5. Phone/FAX:** 0191 3702961

**6. Write:**

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LIVERNORTH DH9 OBR

(no postage stamp necessary)

**7. Facebook message us:**

<https://www.facebook.com/livernorth/>

***Don't take your organs  
to heaven, heaven knows  
we need them here***



**Join the Organ  
Donor Register**  
**0300 123 23 23**  
**organdonation.nhs.uk**

Information Service provided by:

**LIVERNORTH:**

**FREEPOST PLUS RTHL - UHKL - JKCR**

**LIVERNORTH DH9 0BR**

**Tel & FAX: 0191 3702961**

**[Info@livernorth.org.uk](mailto:Info@livernorth.org.uk)**

**[www.livernorth.org.uk](http://www.livernorth.org.uk)**

**Registered Charity Number 1087226**

**LIVERNORTH is a national liver patient support charity  
and has provided this leaflet free of charge.  
We have no paid employees.**

Patron: George Maguire

President: Professor OFW James MA BM BCh FRCP FAMSci,

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Mr Colin Wilson MBBS FRCS PhD

***NIHR non-commercial Partner***

**Research applications invited -  
download application form from website**

**Find 'LIVERNORTH' on:**



*This leaflet is for information only. Professional, medical or other advice should be obtained before acting on anything contained in this leaflet. LIVERNORTH can accept no responsibility as a result of action taken or not taken because of the contents.*