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LIVER
PATIENT
SUPPORT

Liver Patient Support

Liver NORTH
LIVER PATIENT SUPPORT

information leaflet 1
Reviewed Nov 24

LIVErNORTH is a national liver patient support group and a registered charity (no. 1087226) with over 2500 members. Based in the North of England, we offer support to liver patients, their carers and families throughout the UK. LIVErNORTH is run entirely by unpaid volunteers therefore no-one receives any wages, commission, salaries or fees whatsoever. Every penny donated to LIVErNORTH is used to support liver patients, their carers and families or to fund research into the causes 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 helping people understand more about liver disease.

- A website: *www.livernorth.org.uk* and social media groups where people can engage with us via facebook & X (formerly twitter).

- Online meetings where guest speakers, who are expert health professionals, 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 there is time for a question and answer session with the speaker(s). The meetings are recorded and available on YouTube - search for LIVErNORTH.

- A free quarterly magazine 'LIVErNEWS' which offers up to date information on developments in liver disease research as well as the news and views of patients, consultants and carers. Humour features strongly in the newsletter and many

- readers contribute to the very popular 'Helen's Howlers' column.

- Accommodation at the Freeman Hospital, Newcastle upon Tyne (a 2 bedroom, 4 bed flat) for patients, their carers and families. A donation is requested towards covering the cost of home comforts which are all provided by LIVErNORTH. Ask for leaflet No 2.

- Helplines with qualified listeners who are all unpaid volunteers.

- Fund raising events and initiatives continue throughout the year providing income to fulfill our objectives. Legacy donations, sponsored events, our lottery and the generosity of our community allows us to continue to operate effectively without paid employees or expensive overheads.

- Advice, advocacy and support for people having difficulty with healthcare provision, insurance, allowances or entitlements. The group has governors and volunteers with legal, medical, social and scientific qualifications.

- Liaison nationally with hospitals, clinics, health centres, care providers and other third sector/government organisations.

- Notice boards, where members of the public and carers can obtain information and leaflets, are provided in many Hospitals and Liver Clinics. Let us know if your hospital or clinic would like one.

- Research Funding - for more information call us or visit out website.

- Patient and Public Involvement/Engagement (PPI/E) actively ensuring the voice of the patient is heard.

There are several ways to engage with LIVErNORTH:

www.livernorth.org.uk
✉: info@livernorth.org.uk
facebook & X: @livernorth
☎ 0191 3702961

Royal Mail:
freepost LIVErNORTH
(no stamp required)

If you would like to support us in our work you can make a donation:

- Online using our website www.livernorth.org.uk
- People's Fundraising: https://www.peoplesfundraising.com/donation/livernorth
- By post to ***freepost LIVERNORTH*** (please make cheques payable to LIVErNORTH). 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

If you would like to volunteer to help us with fundraising or patient support, please ring 0191 3702961 or send an email to info@livernorth.org.uk

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. LIVErNORTH is run entirely by unpaid volunteers.'

LIVErNORTH Information Leaflets:

1. Liver Patient Support
2. Accommodation for patients & families
3. Autoimmune Hepatitis (AIH)
4. Alcohol and Liver Disease
5. Looking After Your Liver
6. Primary Biliary Cholangitis (PBC)
7. Coping With Stress
8. Primary Liver Cancer (HCC)
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 (HEPC)
16. Travel Insurance for Liver Patients
17. Hepatitis E (HEPE)
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 (HE)

23 Our Livers, Our Lives

25 Allowances (DLA & PIP)

26 Compensated Liver Cirrhosis (CLC)

27 Hepatitis B (HEPB)

30 Wellness Walks - several available

* only from your doctor or healthcare professional

To access LIVErNORTH information leaflets:

- **Download from our website:** *(http://www.livernorth.org.uk/pages/factsheet.htm)*
- **Collect from our display boards:** *(Various Hospitals & Clinics)*
- **Email us:** info@livernorth.org.uk
- **Phone/FAX**: 0191 3702961
- **Write to us:** *freepost LIVErNORTH*
- **Facebook direct message us:** https://www.facebook.com/livernorth/

Feb2025

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.

Information Service provided by:
LIVErNORTH
Tel & Helpline: 0191 3702961
Info@livernorth.org.uk
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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Professor Fiona Oakley PhD BSc,
Professor Helen Reeves BM BS BMedSci FRCP PhD,
Professor Colin Wilson MBBS FRCS PhD

NIHR non-commercial Partner
Research applications invited -
download application form from website
NHS *National Institute for Health Research*

Postal address: **freepost LIVErNORTH**

Find 'LIVErNORTH' on:

twitter YouTube Peoples Fundraising

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.