

Liver

NORTH

Registered Charity No. 1087226  
Patron: Denise Robertson MBE

June 2008



# LIVErNEWS

Support Newsletter for Liver Patients, their carers  
and families in the Northern Region

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

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SHEFFIELD 2008

7th - 11th AUGUST

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# LIVERNEWS No 27 - June 2008

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## Chairman's Report

As I type it's the week before midsummer and I am trying to get the newsletter to bed before nightfall. Unfortunately, we are in the middle of a power cut at home which so far has lasted over nine hours. We get over 12 cuts a year and NEDL say that the problem is overhead power lines touching the trees. My many request to have them cut the trees back BEFORE they cause a power cut has so far fallen on deaf ears and their answer is that the most cost effective way of dealing with the problem is to wait until a tree causes a power cable to short then cut that particular tree back. Wonderful isn't it? Ah well, the world is changing I suppose and it now considered unreasonable to expect common sense to be part of a job description.

There's a lot of stuff in this particular issue and once again, thank you for all the Howlers. In particular I would like to thank David Hastings, Patricia Heard and Margaret Williamson, all of whom constantly provide us with excellent howlers.

The next big thing for LIVErNORTH is of course our AGM (see p5) when once again Professor David Jones has agreed to be our guest lecturer. We are extremely grateful to David and all his colleagues for their ready willingness to help our group whenever necessary. I have been asked several times by organisers of other support groups 'how is LIVErNORTH so successful?' My answer has always been in two parts: 1. We have no paid employees whatsoever and 2. We have the support of some brilliant clinicians in our region. I firmly believe that if it was not for the former, we wouldn't have the latter in such a free and open manner.

This now leads me nicely on to something very close to my heart and close to yours too, I know. The Charities Commission has for a long time been asking for more open-ness from charities when asking for donations. On

1st April this year it became a requirement to tell potential donors how much of their money will be used for wages etc - at last! (see p12). I expect this will really make quite a lot of charity fundraisers pretty upset. For years some charities have been spending over 75% of their income on wages and expensive offices leaving only 25% to go to the people they are supposed to be helping. Some charities are even worse than this but I won't name names but watch out for 'creative accounting'.

After our AGM the next big thing is our biggest and it's the Autumn Fair. The Fair is mentioned several times in this issue so I won't dwell on it but our poster is reproduced on p7 if you know somewhere to display it.

Tilly Tattle on p15 has lots of comings and goings reported this time and I have to say, if it wasn't for Tilly and all her hard work you just would not have the LIVErNEWS you have today. Many thanks Tilly - you are an example to others and I only wish there were more people willing to do the same.

Our letters section this issue is particularly interesting and shows to some extent how people can get the wrong idea about the group. Please read what Erica has to say and I think you will agree that she is a convert now and will probably be spreading the word down the in her part of the country.

Lastly, I was reminded the other day about the ICE telephone link on your mobile phone. Please read the information on page 11 and update your phone now. It's not much use having a number on your phone that might be answered (but might not!) so check it out.

Thank you all for your submissions and especially the howlers - keep them coming, even the old ones are new to somebody. Enjoy the Summer and the sunshine, best wishes,

John Bedlington

## ☆ 2008 Numbers Club ☆

1	2	3	4	5	6	7	8	9	10
11	12	13	14	15	16	17	18	19	20
21	22	23	24	25	26	<b>27</b>	28	29	30
31	32	33	34	35	36	37	38	39	40
41	42	43	44	45	46	47	48	49	<b>50</b>
51	52	53	54	55	56	57	58	59	60
61	62	63	64	65	66	67	68	69	70
71	72	73	74	75	76	77	78	79	80
81	82	83	84	85	86	87	88	89	90
91	92	93	94	95	96	97	98	99	100
101	102	103	104	105	106	107	108	109	110
<b>111</b>	112	113	114	115	116	117	118	119	120
121	122	123	124	125	126	127	128	129	130
131	132	133	134	135	136	137	138	139	140
<b>141</b>	142	143	144	145	146	147	148	149	150
151	152	153	154	155	156	157	158	159	160
161	162	163	164	165	166	167	168	169	170
171	172	173	174	175	176	177	178	179	180
181	182	183	184	185	186	187	188	189	190
191	192	193	194	195	196				

**7 prizes of £250 drawn at LIVERNORTH meetings and a  
Grand Prize of £2500 drawn at our Christmas Dinner!**

Congratulations to the following recent £250 winners:

Mrs M Williams of Nettlesworth (no 27) at our March 19th meeting  
Mr E Atkinson of Chester le Street (no 111) at our 30th April meeting  
Mr F Dobson of Warkworth (no 50) at our 11th June meeting.

Previous winning numbers this year: 141 (13th Feb)

## DIARY 2008

The meetings are held in the Postgraduate Functions Room (137/138) on Level 1 at the Freeman Hospital. The meetings are friendly, light refreshments are served, and the speakers are always willing to answer questions in depth, so do come along. If you are coming by car, drive through the security barrier (taking the side road to the left as you approach the roundabout inside the Freeman grounds) and park in the staff car park. Access to the Functions Room is in through the double doors beside the portakabin, and straight ahead through the next set of double doors. The Functions Room is on the left hand side. If you come in through the hospital main entrance please be aware that the doors on the lower level are locked around 7 pm so you need to be in at that time otherwise you have to walk around the outside of the hospital.

If you have any queries please do not hesitate to contact us.



July	23	7.00 pm	Professor David Jones AGM
September	3	7.00 pm	Mr Bryon Jacques TBA
September	20	1.00 pm	Autumn Fair Opened by Denise Robertson
October	29	7.00 pm	Mr J J French Auxiliary Liver Transplantation

TBA = To Be Announced.

### Did you know?

You can now get LIVErNORTH pens, badges and key fobs from the following people:

Ann Ravenhall (Crawcrook) 0191 4131827

Tilly Hale (Cramlington) 01670 714901

Peggy Oliver (Pelton) 0191 3700833

Sarah Murphy (Liver Unit W12)

A small donation is required for each item and they can be posted to you if required. All Items are always available at our meetings

NEXT MEETING:



Wednesday  
23rd July 2008

Professor  
David Jones



Professor of Liver Immunology

Annual  
General  
Meeting



\* EVERYONE WELCOME \*

7.00 for 7.30 p.m. in Room 137/138  
the Teaching Centre, Freeman Hospital

# CHARITY DRAW & Autumn Fair Saturday 20th September 2008

The Autumn Fair, together with the Annual Charity Draw is LIVErNORTH's main fund raising event. Help is always needed and much appreciated in making the Fair a success.

Many of you will already have received at least 10 books of charity draw tickets in the post. If you have not received any and would like some then please ring me on 0191 3702961 telling me how many books you would like and I will send them to you as soon as possible.

You can also donate toiletries, jewellery, unwanted gifts, homemade cakes/scones/pastries or any items which are suitable for a tombola prize. (Sorry no electrical items can be accepted)

If you can help in any way please complete the form below ticking the box(es) showing what it is you would like to do and return it to our Freepost address shown on the form.

Remember any offer of assistance no matter what will be gratefully received and you will be making a great contribution towards the work of LIVErNORTH - providing support for liver patients and funding research into liver disease.

I/We would be willing to:

- Help on a stall at the Autumn Fair
- Run a stall at the Autumn Fair
- Donate a prize for the Tombola stall

post to:  
LIVErNORTH  
FREEPOST NEA2762  
Stanley  
Co. Durham DH9 0BR

Help sell charity draw tickets at The Freeman Hospital from 6.00 - 8.30 p.m. on:

- | July                          | August                        | September                     |
|-------------------------------|-------------------------------|-------------------------------|
| 21st <input type="checkbox"/> | 4th <input type="checkbox"/>  | 1st <input type="checkbox"/>  |
| 25th <input type="checkbox"/> | 6th <input type="checkbox"/>  | 8th <input type="checkbox"/>  |
| 30th <input type="checkbox"/> | 13th <input type="checkbox"/> | 10th <input type="checkbox"/> |
|                               | 15th <input type="checkbox"/> |                               |
|                               | 20th <input type="checkbox"/> |                               |
|                               | 22nd <input type="checkbox"/> |                               |
|                               | 27th <input type="checkbox"/> |                               |

Name..... Tel. No.....  
please print





**Liver**  
NORTH  
REGIONAL LIVER PATIENT SUPPORT GROUP

# **Autumn Fair**

**20th Sept.**

**1.00 pm**


**in the Teaching  
Centre, Level 1  
Admission Free**

**—£350 Raffle  
Tombola  
Cakes  
Games  
Jewellery  
Bric-a-Brac  
Refreshments  
Etc.**

**Open to Staff,  
Patients &  
Visitors**

**To be opened by  
Denise Robertson MBE**

Doors open to the public at 1.00 p.m. Stall holders and helpers please arrive before 11.00 a.m. Draws will all take place between 3.00 & 3.30 p.m. If you want a stall, want to help or have a tombola prize please ring us on 0191 3702961

FUTURE MEETING:   
Wednesday  
3rd September 2008

Mr Bryon  
Jacques



Consultant  
Transplant  
Surgeon



\* EVERYONE WELCOME \*  
7.00 for 7.30 p.m. in Room 137/138  
the Teaching Centre, Freeman Hospital

# LIVErNORTH PBC DIARY

Wednesday	25 June	12.00 – 2.30	Sunderland Royal Hospital, Bede Main Conference Room
Dr Julia Newton & Dr James Frith			
Tuesday	23 September	12.00 – 2.30	Bishop Auckland General Hospital, Postgraduate Common Room
**Wednesday	8 October	7 pm	Freeman Hospital. Lecture Theatre 1 (Opposite the Functions Room) The PBC DVD – showing.
Wednesday	5 November	11.00 – 1.30	Freeman Hospital, Postgraduate Functions Room (137/138) Christmas Coffee Morning – Coffee, Cake and Raffle. All proceeds to PBC Research.

Please note that there is an extra meeting listed, and this is an evening meeting at Freeman Hospital. This is to show the DVD which has been produced on PBC. Everyone is welcome to come along and see this DVD, so please do try to make it.

The meetings are open to all – PBC patients, family members, friends and anyone with an interest in this disease.

Tea, coffee and biscuits will be provided, but please feel free to bring your own sandwich. (It may not be possible to provide refreshments at the evening meeting as we do not have access to the kitchen on that night).

Please do not hesitate to contact me if you have any queries.

Tilly Hale  
01670 714901

## LN PBC MEETINGS

We had an excellent meeting on Monday 21 April, despite having to move from the Functions Room to Classrooms 1 and 2. Julia Newton gave an very interesting talk and also asked members to complete a questionnaire for Chris Elliott, an Occupational Therapist, who has joined the team. Chris is looking into ways to help people overcome problems around the house and outside.



This month we have our meeting at Sunderland and Julia is bringing Dr James Frith along to the meeting. Several members have met James who is working with Dave Jones and Julia, along with Lisa Robinson the physiotherapist attached to the liver team. James has been working in the outpatients' clinic as well as taking part in a research project at the RVI. (Incidentally, it was James' old school, Appleby Grammar School, who donated the marvellous sum of £1568 to LIVErNORTH which was written up in the last newsletter).

# PBC NEWS

## THE PBC DVD

Filming took place early in April, and it is hoped that the DVD will be edited by July. We are very grateful to those who took part. Of course the specialist stars, Prof David Jones and Dr Julia Newton, were excellent, but thanks are also due to Dr Ruth Howe who many of you know from the Memory Study, and Sister Jessie Pairman from Falls & Syncope, Peggy Oliver, Julie Pyburn and Ken Brown, who spoke about the effect of PBC from the patient's perspective, and to Jim Charlton (husband of Audrey) and Dick Edminson (husband of Diane) who gave much valuable information about living with a PBC patient.

Filming was fun and frightening. I tried to lose a stone for the day, which was very ambitious of me, and doomed to failure. Julia had her hair cut and had washed it three times getting ready for her part, David wore a new tie, which had been a Christmas present, Ruth had written all her questions on strips of paper and fastened them on to the side of the table so she did not appear to be reading them, Jessie was about to go off duty and kindly changed back into her uniform and stayed late, Peggy had made scones which were really appreciated by the film team, and Julie who was being filmed at 5pm on the third day, had spent the day wishing it was all over and done with. Jim Charlton had taken advice from Brad Pitt, and Dick decided he did not need advice but both men were stars.

Special thanks are due to Jonathan Allan (Ruth's brother), a professional cameraman who did the filming and will edit the tapes, and his wife Serena who proof read and checked so many of our attempts. Thanks also to Sue Preston of Prompt Action, who provided the autocue when Julia did the background information and voiceover work. Of course, very special thanks are due to Harold Hueston from Northern Ireland, who donated £3,000 to fund the project in memory of his dear wife, Hannah, who died in August 2004. Hannah never managed to come to a LIVERNORTH meeting, but she was always a great supporter of the group, and always extremely interested in what was happening at LIVERNORTH and with PBC research.

## PBC RESEARCH – Optical Assessment

At the meeting on 30 April, Dr John Allen (pictured receiving his pen from John) gave a very interesting talk on Optical Assessment in Chronic Fatigue. Several PBC patients had been involved in this research and John and his research associate, Dr Sam Stevens asked that their sincere thanks be passed on to all who had taken part. They had enjoyed meeting everyone, and getting to know more about PBC. Sam will be coming to a lunchtime meeting to talk about specific aspects of the research relating to PBC.

now you know  
what he looks  
like in real life!



# BREAKING NEWS - PBC DVD – THE PREMIERE

## 8 October 2008

The DVD is now being edited and it is anticipated that it will be completed by the end of July. It has been suggested that we hold a showing for LIVErNORTH members so that everyone can see what has been done. This is open to all LIVErNORTH people, all liver diseases, friends, families, anyone with an interest.



The showing will be held in Lecture Theatre One at the Freeman (opposite the Functions Room) on Wednesday 8 October, beginning at 7.00 pm, and David Jones, Julia Newton, and Ruth Pearce will be there.

It is hoped that this DVD will help all newly diagnosed patients understand Primary Biliary Cirrhosis more easily and that it will be a real help to them, and their families and friends.

Tilly Hale

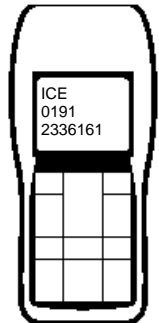


## ICE - THE LIFE SAVER

If you don't know about this then reading this could save your life - even if you do know about it you should still read on because it's probably time you reviewed your own arrangements.

ICE stands for In Case of Emergency and you should have at least one number on your mobile phone saved under the name ICE. It's very easy to do this, just enter the number of the person who you know you can depend on in an emergency and save their name as ICE. The emergency services will look at your phone if you are unconscious and will ring the ICE number to tell them about you and find out about you (any medications you are taking or conditions you have).

It must be someone dependable but the most important thing is to have an ICE number and preferably at least one alternative should the first number not be answered.



Why not do it now? It might be time to change your ICE arrangements or even adding an ICE2 number.



## IN MEMORIAM

Dorothy Kay – died April 2008.

Dorothy Kay first became involved with LIVErNORTH about 11 years ago. She had been a PBC patient at Wansbeck and was contacted to take part in Dr Jane Metcalf's study on PBC. It was suggested to Dorothy that she contact me, and from our first meeting we became good friends. Dorothy had many problems, not just her PBC, but also heart problems and painful arthritis. Despite her problems she was a very enthusiastic member of LIVErNORTH and attended the evening meetings and also the LN PBC lunchtime meetings at all the various hospitals. Dorothy was a lovely, cheerful, vibrant woman, who had time for everyone. When we first held a lunchtime meeting at Bishop Auckland Hospital, I had no idea where Bishop Auckland was, let alone the hospital. Dorothy and I set off to find the place, about a week before our first meeting. We ended up taking a very long route, neither of us being particularly good at map reading, but we did find the hospital eventually. On the return route (having said we knew where we were) we found ourselves heading south to Darlington. We then abandoned plans to use the motorway and took the scenic route via Durham, stopping off for lunch at a pub. That was the first of many scenic routes taken by Dorothy and myself. We always got there in the end, but saw lots of small villages and B roads on those journeys. Getting lost with Dorothy was always fun, and we always found something to give us a hearty laugh. I will miss Dorothy, and I know many of you reading this will miss her too.

Her husband, Alan, has asked me to thank all the LN people who attended her funeral and sent letters and cards. He also told me that Dorothy had always looked forward to the meetings and seeing and talking to members who often, like her, were not in the best of health, but who were all there to help and support each other.

## NEW RULES FOR FUNDRAISING - IMPORTANT!

The 4th Commencement order of the Charities Act 2006 became law on 1st April 08. Here's an extract from it:

***'New fundraising requirements - professional fundraisers, staff and paid officials will be required to tell potential donors how much of each donation will go to charity and what proportion goes towards their own wages'***

This is of course mana from heaven for LIVErNORTH but not for most other charities. As you know, LIVErNORTH is run entirely by unpaid volunteers and we can confidently make the statement:

***' 100% of every donation received goes to charity and 0% of any donation received goes to wages'***

# Can Victoria Sponge Cake Help Improve Memory?

I was meeting my son and his girlfriend in Newcastle, it was his birthday and they were visiting from Plymouth for the weekend. We met at the restaurant and after a lovely lunch they decided to catch up with some friends, so they walked with me back to the car park so I could take their bags home. When we got to where I had parked the car, it wasn't there. Carl, knowing me from old, asked if I was sure that was where I had parked. Of course – I always park there. Meanwhile his girlfriend was amazed at how calm I was - it's only a car, nothing that can't be replaced I told her.

I insisted they continue with their plans and I would report the car stolen to the police. So off they went with their bags, Carl muttering under his breath something about mothers, liability, sure the car would be parked elsewhere! Only he didn't realise that I always parked there, as my memory is so bad I now always park in the same place so I don't 'lose' the car, which I have previously done on several occasions.

I went into the Department Store and asked an assistant if she could get me someone from security. I told her the tale and we decided to have one last look before informing the police, of course the car wasn't there so the phone call was made. The police were very concerned; they would get someone out as soon as possible, how would I get home? I told them it wasn't a problem, I would catch a bus.

The assistant was looking forward to the arrival of the policeman, would he be tall, dark and handsome? Would he be single? Another assistant wondered if he maybe had a brother who was single?

I decided to wait in the restaurant until the police arrived. The assistant insisted on giving me a voucher for complimentary tea and cake, having just had lunch I decided to just have a drink, but when I saw how delicious the cakes looked I decided on a piece of Victoria Sponge Cake. I got myself seated, poured the tea, had one mouthful of the cake - that's all it took for the memory to return. Oh no, I remember now I parked the car on another level. Anything but calm now, I hurried back to the sales assistant and told her I now remembered where I had parked the car and needed to inform the police, so another phone call was made, they were very understanding, the sales assistants were disappointed not to get to meet the police officer and I was totally embarrassed by the whole event. The assistants said I had made their day and Carl was proved right once again. The moral of the story is whenever you feel you may have 'lost' something have a piece of cake, it may be the sugar rush but it may just bring everything you think you have forgotten flooding back!



Julie Pyburn



## Appleby Grammar School

You may remember that myself and Tilly were at Appleby Grammar School receiving a cheque for £1568 from year eight students on 7th March.

The cheque was designated for Professor Manas' research projects and he is seen here receiving the students cheque (passed on by us) at our LIVErNORTH meeting on 19th March. He is extremely grateful to the school for this brilliant donation and has asked

me to pass on his thanks and gratitude to the Year eight students and to Mr Little their form teacher.



## Financial Report

No sooner do I get one year's accounts audited than the next year's have to be prepared for audit and that is where I am now. The financial year for LIVErNORTH ended on 31st March 2008 so the books are in the process of being balanced so that statements can be produced showing where the money has come from and where it is being spent. As ever (I know I say this time and time again) the generosity of the group's supporters knows no bounds and as a result LIVErNORTH is in a position to offer help and support to patients and medical professionals working in the field of liver disease research and treatment. Hopefully, in the next issue of LIVErNEWS the accounts for 2007/2008 will be audited and ready for publication. In the meantime, on behalf of LIVErNORTH I will take this opportunity to thank EVERYONE for their generosity, whether it has been a financial contribution or not, every bit of support is sincerely appreciated.

Joan Bedlington, Hon Treasurer.



## Annual Cricket Match Doctors vs Transplant Patients -oOo-

Tuesday 22nd JULY, 6.30 for 7.00 p.m.

Blue Flames Sports Ground, Benton

\* Free Buffet \* Raffle \*

Ring John Harty 0191 4607937 for details





# TILLY TATTLE

Looking back at the March edition of the newsletter I see that I sat typing with the sun shining and the daffodils were beginning to show in my back garden. We have had some very different weather since then, but once again, sitting here today, the sun is shining and the temperature is very pleasant. Let's hope we have a better summer than last year weather-wise.

We are now looking forward to holidays (some have already been), the Fair, the Great North Run (and this year we have ten places), and lots of good times both for us personally and for LIVErNORTH.

Could I just remind people that we do need lots of donations for the Fair which takes place on Saturday, 20 September, at 1 pm.. The Tombola stall would not exist without the generous donations of so many of you. Please do bring items along to the various meetings – I will be very happy to store them until September. If you don't come to meetings but have items to donate you can do this very easily by bringing them to the Freeman when you come to clinics, and leaving them with Sarah Murphy in the Secretaries Office on Ward 12. Sarah is a member of the LIVErNORTH Committee and will pass them on to me. The Tombola stall is a very popular stall, and obviously the more prizes we have the more effective it is as a fund raiser. The Fair, along with the Grand Charity Draw, is the main fund-raiser for LIVErNORTH that is done by the group as a whole. Donations are also needed for the other stalls – toiletries, cakes, jewellery, crafts – you name it, we

probably have a place for it. Offers of help on the day are also greatly appreciated, and of course we also need you to come along, with your family and friends, and support us as customers.

A few weeks ago you will have received details about the raffle. Joan Bedlington sent out the raffle tickets together with a letter asking for volunteers to sell tickets at the Freeman. We would be very grateful for any offers of help. This can be great fun, and the more volunteers the merrier, and the more money that we will raise.

In this issue, we have news of various comings and goings. Some of the names will be very familiar to you, and some will be quite unknown. I do not think people realise just how much help we get from various members of the hospital staff. In this issue I have mentioned various people in the Administration Departments and without their help we would not be able to arrange meetings etc. I have mentioned Amanda who is moving on from the General Office at Freeman, and Stacey who is at the RVI and is on maternity leave. However, one department which is not mentioned due to no-one moving (as far as I know), is Catering, and I would like to say a big thank you to Elaine and Lesley who book all the catering for our committee and general meetings. They have been doing this for years now, and nothing is ever too much trouble for them. My thanks also to the kitchen staff who cheerfully bring the trolleys to the meetings. We would not function without the help of all these people.

Also in the newsletter you will find a very

amusing article by Julie Pyburn. This follows on from Julia Newton's talk on memory problems in PBC. I am sure many of you could write articles which would be of interest, so please do think about it and if you have any items – whether it be about your illness or anything to do with your life, we would love to hear from you. You don't need to have a computer, or even a typewriter – we would be delighted to receive handwritten items.

Kind regards,  
Tilly

## Ward 12 News

We are delighted to welcome Marion back to Ward 12. Marion has been missing from the ward for some time recently, due to having treatment for breast cancer. She is now well on the road to full recovery and is wearing a very fetching wig, which is so like her own hair that I could not believe it was a wig until she actually lifted it up to show me. You have been much missed, Marion, and everyone is so pleased that you are doing so well.

We are also very pleased to welcome back Louise, the ward clerk. Louise has been away on maternity leave and is now the proud Mum of Alfie. We hope she and her husband are enjoying their family life and that it is not too difficult being back at work.

Mr Derek Manas has been made Professor of Transplantation. We are delighted to hear this news and offer our warmest congratulations to Derek who is well known to many of us, and who knows many of us very well indeed, having performed transplant and other operations on us. Derek is a very active

supporter of LIVErNORTH and is a member of the Committee. He regularly speaks at our general meetings and is always willing to give help and advice to us.

## Professor Oliver James

Professor James retired recently as Vice Chancellor of Newcastle University. We wish him a long and happy retirement.

However, retirement is not quite the right word as, luckily for PBC people, Prof James plans to spend one week in three in Newcastle, working on his research into PBC. He told me he will be sharing an office with his research assistant, Sam Ducker, and he is looking forward to being able to do this work without having to carry out administrative duties and attend meetings as he did before his retirement. He has promised to come and talk to our meetings at some time in the future, when he will no doubt entertain us as always with some fascinating facts delivered in a very witty manner.

## Congratulations & Comings & Goings (and Even Goings & Comings!)

### Congratulations:

From the beginning of August, Dr Julia Newton will be PROFESSOR JULIA NEWTON. As most people know Julia is a geriatrician and works in the Falls and Syncope Department at the RVI, but for some time now has also worked with PBC patients and works in the PBC clinic at Freeman on Monday mornings. Julia, along with Dave Jones, has instigated a great deal of research into aspects of PBC and has brought new ideas to the research

programme. She also attends many of the LN PBC lunchtime meetings, as well as speaking at LN General meetings and is an excellent speaker and a very good friend to LIVERNORTH. She is also working on PSC, as well as ME and Chronic Fatigue Syndrome. Julia is a very talented doctor, and this promotion is very well deserved. Her official title is Professor of Ageing and Health.

### Congratulations:

Warmest congratulations to Stacey Donkin and her husband Sean on the birth of their daughter Stephanie Leigh Donkin who arrived on 9 April, weighing in at a very healthy 7 lb. 10 oz.

Stacey is based at the RVI and is the woman who very kindly books the Functions Room for our meetings. Stacey is taking maternity leave but will be back at her desk sometime in the autumn. In the meantime Brooke Headley is dealing with our bookings.

### Goings:

Sincere thanks and best wishes to Amanda Waterfall who moved from the General Office on 30 May to take up a position in the Operations Department at Freeman. For several years, Amanda has been our contact to book the committee room for committee meetings and the charity booth so that we can sell raffle tickets. She is also the person who has arranged for us to be able to park through the security barrier for meetings and the Fair. Amanda has been a great support to us, never a single grumble when I had to ask her to put extra cars through at the last minute, or to rearrange bookings. Very many thanks, Amanda, and we hope you enjoy the new

job.

Laura Sharman is taking over from Amanda in the General Office and will be making our bookings in the future. We are very fortunate that the General Office staff have always been so supportive to us and so very helpful.

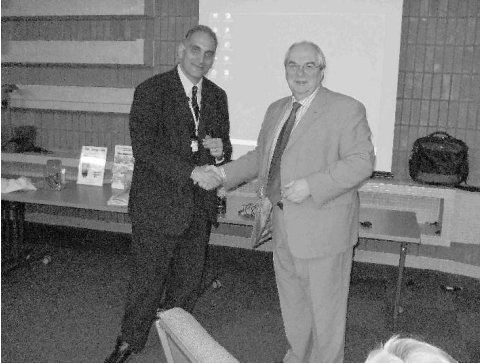
### Goings – and comings:

Sister Linda Flint, Sister in Charge of Outpatients is “retiring” at the end of July. This would be a very sad occasion, as Linda is a good friend to all the liver patients (and indeed to all the patients who attend Outpatients) but on 14 August, after her holidays, Linda will return as a Staff Nurse. For some time now Linda has wanted to work less hours and this is a way to do this, so she is looking forward to spending more time with the patients, less on administration, and having more flexible working time.

Linda has worked in Outpatients for twenty eight years. She started as an enrolled nurse, and indeed as a bank nurse, at Freeman Hospital, and then did a conversion course to become a staff nurse. She originally worked in Orthopaedics and Rheumatology and then transferred to the Muscular Skeletal Department when it was first opened in April 1994 to help them to get set up. She returned to Outpatients and became Sister in Charge six years ago.

We are delighted that Linda will still be around, and that her smiling face will continue to greet us. Linda knows so many patients by name, and we are very grateful for all the friendship and support that she gives to us.

## RECENT MEETINGS



Professor of Transplantation Derek Manas getting his umpteenth LIVErNORTH pen for the brilliant lecture on 19th March 'Live Liver Transplantation'. We are extremely grateful to Prof Manas and his team for all the support we have had from him (and them) over the years. Derek has introduced many improvements in operating procedures at the Freeman and led the way in innovative surgery. His research has real benefits for liver

patients and has already improved the quality of life for hundreds of people. Hardly any funding is available from the NHS for research of this nature (despite what the government publicity machine tell you) so if you would like to make a donation to this cause simply send it to LIVErNORTH, payable to 'LIVErNORTH' and mark the back of the cheque 'Prof Manas Research'. You will be sent a receipt of course and Professor Manas will be given full details of all donations received.



Professor Dave Talbot relaxing after giving his very enlightening talk on transplants from non-heart beating donors on June 11th. A lively Q & A session followed and everyone in the room (apart from Dave of course) was much more aware of the procedure and what goes on behind the scenes.

Dave is another long term friend and supporter of the group and holds a professorship from Sunderland University. Although a Consultant

Transplant Surgeon at the Freeman Hospital his links with Sunderland University helps to bring a different aspect to his research. If you want to support Dave in his research then simply send your donation to LIVErNORTH, payable to 'LIVErNORTH' and mark the back of the cheque 'Prof Talbot Research'. You will be sent a receipt of course and Professor Talbot will be given full details of all donations received.



*Dear LIVERNORTH*

Editors Note: what follows next is a bit of an epic but please read on. Lots of interesting points raised!

IPSWICH, Suffolk

Dear Sir/Madam

You recently sent me a copy of your publication LIVERNEWS. I suppose you got my name and address from a website or The British Liver Trust. I run a support group for people with Hepatitis C in Suffolk; my interest in Primary Biliary Cirrhosis is therefore limited. As a feminist and Guardian reader, I am even less interested in your Chairman's male chauvinist report, and some of your reactionary "jokes".

Your publication is nicely put together, and I'm sure publication and distribution cost quite a bit. You list local events which are a couple of hundred miles away from where I live. Can I suggest you save yourself some money and desist from sending me any more issues? You seem to be very well organised and have a lot of support and I wish you well in your efforts.

Yours faithfully

Ms Erica Wildwood

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Dear Ms Wildwood,

Thank you for your letter which I received recently. May I start by explaining why our newsletter was sent to you. As you are probably aware being diagnosed with any type of liver disease can be a daunting experience with a plethora of effects not least of which is isolation. Although LIVERNORTH is based in the North East it has always been the aim of our group to reach out and support as many liver disease sufferers, their families and friends as possible. We currently have a circulation of 1750 with copies of our newsletter being sent all over the UK as well as Canada, Australia, Sweden and the Republic of Ireland.

LIVERNORTH is extremely fortunate to have the support of a world class team of medical professionals who freely give their time to come along and talk to us about a diverse range of subjects relating to liver disease as well as cutting edge research into the causes and cures of all types of liver disease.

As you quite rightly point out our meetings are held many miles from where you are based, although in the past we have accommodated people from other parts of the country who have had a particular interest in one of our talks. For those unable to attend we endeavour to have an article in the LIVERNEWS written by the speaker so everyone who is interested can share in the knowledge which is passed onto us and it

was for this reason your support group was included in our most recent mailing. I was very much aware that the current issue concentrated on PBC and in fact referred to it in my report. We are more than happy to print our readers' experiences and thoughts so a copy of your letter will appear in our next issue.

I am sorry that my report appears to have offended you, I can assure you it was very much tongue in cheek and no offence was intended. Our group caters for people from all walks of life and I do not believe we would be as successful as we are had we operated an ethos which reflected any kind of bias or prejudice.

You might be interested to know that LIVERNORTH has recently agreed to help fund a Hepatitis C research project being carried out by Professor Bassendine and her team at Newcastle upon Tyne University, the progress of which will be appearing in future issues of LIVERNEWS.

Once again I am sorry you were offended and that you are not interested in sharing any of LIVERNORTH's information with your group. As you requested your details have been removed from our mailing list, however, if you should change your mind at any time in the future simply let me know and I will make the necessary arrangements to reinstate them.

Yours sincerely,  
John Bedlington  
Chairman

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Dear Mr Bedlington

Thank you for your friendly response to my not-so-friendly letter. I was under the impression that your publication was exclusively for people with PBC. I was wrong. I am impressed that LIVERNORTH has the support of so many professionals, and that it is sent to people all over the world. Can I humbly ;-) ask you to reinstate my name and address on your database? And if you're going to print my first letter, can you please print this one as an addendum?

I'm interested that you're helping to fund a Hepatitis C project at Newcastle upon Tyne University. If any case histories are required, I'd be happy for you to pass my contact details on to Professor Bassendine and her team.

You must have some serious funding as a group. My support group gets the use of a room at the PCT headquarters, and coffee and biscuits... I set up, and have been running the group single-handedly. We started out with maybe a dozen people, who heard about it at the clinic (only twenty people in Suffolk are getting treated for Hep C in any one year). I've done interviews in the local press and on local radio, but that did not result in new members joining, unfortunately. And people have drifted away because they've been cured. I had 14 weeks of horrendous

treatment two years ago, but it did not work. I felt very isolated when I was first diagnosed in 2002, but then when I was on treatment I got lots of attention. Now I'm feeling even more isolated. I'm divorced, my son is at university, and I have no family. And of course liver disease can have unpleasant side effects. Oh well, c'est la vie...

I'm a writer, and I teach Creative Writing at my local college. If you're interested, I'd be happy to write an article for your newsletter some time.

Yours sincerely  
Erica Wildwood

Your reply is welcome and lovely Erica and thank you for taking the time to write the article for us (below). Please don't feel isolated - we are here at any time for a chat and will help you and your group in any way we can.

## HEPATITIS C - THE SILENT EPIDEMIC

Hepatitis C is an insidious disease: the virus can be in your bloodstream and damaging your liver for decades without you knowing about it. It is thought that up to 80% of people who carry it are unaware of it - that's why it is often referred to as "the silent epidemic". It is transmitted through blood-to-blood contact: by drug addicts sharing needles, by transfusion of infected blood, by tattoos done with unsterilised equipment, and medical treatment or dentistry in areas where it is common. The symptoms of Hep C can be vague and non-specific: fatigue, depression and brain fog are sometimes attributed to ME (chronic fatigue syndrome). One of the most common symptoms is upper body sweating, and this is how I was diagnosed.

I had not been feeling well for a long time. I'd been suffering from severe lower back pain, and concomitant depression, for many years. By my mid-forties I was suffering badly, embarrassingly, from upper body sweating, so my GP ran some tests. I was not menopausal, but my liver was only 20% functional. I wasn't drinking enough alcohol to explain that kind of damage, so, knowing a little about my somewhat chequered past, the GP suggested a Hep C test. I scoffed, but agreed, and it came back positive.

In Britain, donated blood has been screened for it since 1991. Hep C is common in India and Pakistan, where during the polio eradication programmes, needles were re-used until they got blunt. However, the stigma associated with it comes mainly from the association with injecting drugs. As I believe that the only way to dispel stigma is being open about, I am quite willing to tell people that I got it through injecting drugs – just a few times.

I grew up in Holland, the youngest of four siblings. By the time I was fifteen I was the only one still at home, and still at school. After an argument, my parents kicked me out. Soon afterwards, they got divorced. I ended up in care, where I came into contact with the wrong kind of people. When I was seventeen, I met a man in his late twenties who was a heroin addict. He injected me with heroin, using his own needles, just twice. I actually thought it was a very grown-up and glamorous thing to do. He wanted a fresh face to go to the "script doctor" to ask for painkillers... I didn't do that, I never saw him



again, and I never used heroin again.

A year later, I came to England, to get away from the drugs scene and start a new life, where I knew nobody and nobody knew me. It was a terrible shock to find, thirty years later, that I had Hepatitis C. My past had caught up with me. Four years later I tried treatment, which involved weekly injections of (highly toxic) Interferon, plus five capsules of Ribavirin a day. As far as I was concerned, the treatment was worse than the disease, so when a blood test after 13 weeks showed it was not working, I was relieved to be able to stop. I have genotype 1, which is the hardest to treat, and would have involved a whole year of treatment with only a 50% chance of a cure. However, I know a number of people who have genotypes 2 or 3 - who have an 80% chance of a cure, and require only 24 weeks of treatment – whose treatment has been successful.

I've been running a support group for people with Hep C, and I've done several interviews with the local press and radio in the past couple of years, but it has proved difficult to get people to come along, although those who do, tend to find it really helpful. Nowadays, lots of support and information are available online, and maybe people prefer the anonymity of the internet.

What are the prospects? In the long term, cirrhosis or liver cancer are quite likely to develop. However, it is possible to live with Hepatitis C. It is important to eat healthily - lots of fresh fruit and veg, little fat, no fried or barbecued food. Some people also find alternative therapies useful.

A diagnosis of Hepatitis C is not a death sentence. I would urge anyone who has been exposed to any of the risk factors to get tested. And remember, it is not transmitted through ordinary day-to-day contact, and only extremely rarely through sex (less than 5%). My ex-husband doesn't have it. I had no idea I had it when I had my son – thank goodness he does not have it either.

For more information call the Hepatitis C information line on 0800 451451 or visit [www.hepc.nhs.co.uk](http://www.hepc.nhs.co.uk)

or the Hepatitis C Trust helpline on 0870 200 1 200 or visit [www.hepctrust.org.uk](http://www.hepctrust.org.uk)

The Trust is a charity, whose patron was Anita Roddick of Body Shop fame. Tragically, she died last year at the age of 62, only months after she'd agreed to become a patron. (I'm trying to keep up the good work.)

Erica Wildwood

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Dear Sir,

Thank you for the LIVErNEWS received yesterday, which I have passed on to a friend. I enclose a donation of £20 + £1 for postage as I was wondering if you had any more March issues? Could you send me two more copies as everyone who sees a copy, wants one.

MS, Ferryhill

To All at LIVErNORTH,

I would like to extend our very sincere thanks to you all. My daughter recently had a Liver Transplant (2nd) and was so grateful that we were able to visit her, due to your marvellous service.

During my stay in one of your flats I had the opportunity to talk to many people in similar situations and you will never know how grateful both the patients and relatives were to be able to stay and give support and help, whenever it was needed.

This was made possible because they (the relatives) were able to stay close at hand instead of having to travel long distances. This is just a very small donation as a heartfelt thanks to you all.

Wishing you all good luck and good health,  
Best wishes,

JP, Bishop Auckland

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Dear Sirs,

Further to a recommendation made by one of the Yorkshire Building Society's members, I am delighted to inform you that the Trustees of the Charitable Foundation have agreed to make a donation of £50.00 to your organisation.

As part of the Foundation's ongoing support, members of the Society are regularly asked to nominate causes which they would like to benefit from the Foundation. One of the Foundation's aims is to help as many different organisations as possible, where often even a small donation can make a big difference.

We hope that the enclosed donation will help to support the vital contribution that you provide to the local community and make a difference to your activities.

Yours faithfully

Adrian Horsley  
Campaign Administrator  
Yorkshire Building Society Charitable Foundation

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**To avoid a lifetime of humiliation,  
Never give away your friend's secrets**  
(ancient Chinese proverb)

## HELEN'S HOWLERS

**M**ost of the funnies you see in these pages are sent from friends and colleagues or a freely circulating via the internet. Special thanks to Patricia Heard and David Hasting for many of the items in this issue.

I am 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 wish I will ensure you are credited with whatever you send me.

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An elderly gentleman had serious hearing problems for a number of years.

He went to the doctor and the doctor was able to have him fitted for a set of hearing aids that allowed the gentleman to hear 100% The elderly gentleman went back in a month to the doctor and the doctor said, "Your hearing is perfect. Your family must be really pleased that you can hear again." The gentleman replied, "Oh, I haven't told my family yet. I just sit around and listen to the conversations. I've changed my will three times!"

The other man said, "What is the name of the restaurant?"

The first man thought and thought and finally said, "What is the name of that flower you give to someone you love?"

You know... The one that's red and has thorns."

"Do you mean a rose?"

"Yes, that's the one," replied the man. He then turned towards the kitchen and yelled, "Rose, what's the name of that restaurant we went to last night?"

Two elderly gentlemen from a retirement center were sitting on a bench under a tree when one turns to the other and says: "Slim, I'm 83 years old now and I'm just full of aches and pains. I know you're about my age. How do you feel?"

Slim says, "I feel just like a newborn baby."

"Really!? Like a newborn baby!?"

"Yep. No hair, no teeth, and I think I just wet my pants."

Hospital regulations require a wheel chair for patients being discharged.

However, while working as a student nurse, I found one elderly gentleman already dressed and sitting on the bed with a suitcase at his feet, who insisted he didn't need my help to leave the hospital.

After a chat about rules being rules, he reluctantly let me wheel him to the elevator.

On the way down I asked him if his wife was meeting him.

"I don't know," he said "She's still upstairs in the bathroom changing out of her hospital gown"

An elderly couple had dinner at another couple's house, and after eating, the wives left the table and went into the kitchen.

The two gentlemen were talking, and one said, "Last night we went out to a new restaurant and it was really great. I would recommend it very highly."

Couple in their nineties are both having problems remembering things. During a

checkup, the doctor tells them that they're physically okay, but they might want to start writing things down to help them remember.

Later that night, while watching TV, the old man gets up from his chair.

"Want anything while I'm in the kitchen?" he asks.

"Will you get me a bowl of ice cream?"

"Sure."

"Don't you think you should write it down so you can remember it?" she asks.

"No, I can remember it."

"Well, I'd like some strawberries on top, too. Maybe you should write it down, so's not to forget it?"

He says, "I can remember that. You want a bowl of ice cream with strawberries."

"I'd also like whipped cream. I'm certain you'll forget that, write it down?" she asks.

Irritated, he says, "I don't need to write it down, I can remember it! Ice cream with strawberries and whipped cream - I got it, for goodness sake!"

Then he toddles into the kitchen. After about 20 minutes, The old man returns from the kitchen and hands his wife a plate of bacon and eggs. She stares at the plate for a moment.

"Where's my toast?"

A senior citizen said to his eighty-year old buddy, "So I hear you're getting married?"

"Yep!"

"Do I know her?"

"Nope!"

"This woman, is she good looking?"

"Not really."

"Is she a good cook?"

"Naw, she can't cook too well."

"Does she have lots of money?"

"Nope! Poor as a church mouse."

"Well, then, is she good in bed?"

"I don't know."

"Why in the world do you want to marry her then?"

"Because she can still drive!"

Three old guys are out walking.

First one says, "Windy, isn't it?"

Second one says, "No, it's Thursday!"

Third one says, "So am I. Let's go get a beer."

A man was telling his neighbour, "I just bought a new hearing aid. It cost me four thousand dollars, but It's state of the art. It's perfect."

"Really," answered the neighbor . "What kind is it?"

"Twelve thirty."

Morris, an 82 year-old man, went to the doctor to get a physical.

A few days later, the doctor saw Morris walking down the street with a gorgeous young woman on his arm.

A couple of days later, the doctor spoke to Morris and said, "You're really doing great, aren't you?"

Morris replied, "Just doing what you said, Doc: 'Get a hot mamma and be cheerful.'"

The doctor said, "I didn't say that. I said, 'You've got a heart murmur; be careful.'"

A little old man shuffled slowly into an ice cream parlour and pulled himself slowly, painfully, up onto a stool.. After catching his breath, he ordered a banana split.

The waitress asked kindly, "Crushed

nuts?"

"No," he replied, "Arthritis."

On the first day, God created the dog and said:

'Sit all day by the door of your house and bark at anyone who comes in or walks past. For this, I will give you a life span of twenty years.'

The dog said: 'That's a long time to be barking. How about only ten years and I'll give you back the other ten?'

So God agreed.

On the second day, God created the monkey and said:

'Entertain people, do tricks, and make them laugh. For this, I'll give you a twenty-year life span.'

The monkey said: 'Monkey tricks for twenty years? That's a pretty long time to perform. How about I give you back ten like the Dog did?'

And God agreed.

On the third day, God created the cow and said:

'You must go into the field with the farmer all day long and suffer under the sun, have calves and give milk to support the farmer's family. For this, I will give you a life span of sixty years.'

The cow said: 'That's kind of a tough life you want me to live for sixty years. How about twenty and I'll give back the other forty?'

And God agreed again.

On the fourth day, God created man and said:

'Eat, sleep, play, marry and enjoy your life. For this, I'll give you twenty years.'

But man said: 'Only twenty years? Could you possibly give me my twenty, the forty the cow gave back, the ten the monkey gave back, and the ten the dog gave back; that makes eighty, okay?'

'Okay,' said God, 'You asked for it.'

So that is why for our first twenty years we eat, sleep, play and enjoy ourselves. For the next forty years we slave in the sun to support our family. For the next ten years we do monkey tricks to entertain the grandchildren. And for the last ten years we sit on the front porch and bark at everyone.

Life has now been explained to you.

SMART ANSWERS 2008

The last one is a worthy winner.

6th Place

It was mealtime during a flight on a British Airways plane:

'Would you like dinner?' the flight attendant asked the man seated in the front row.

'What are my choices?' the man asked.

'Yes or no,' she replied.

5th Place

A flight attendant was stationed at the departure gate to check tickets.

As a man approached, she extended her hand for the ticket and he opened his trench coat and flashed her.

Without blinking an eyelid she said,

'Sir, I need to see your ticket not your stub.'

4th Place

A lady was picking through the frozen turkeys at a branch of Sainsbury's but she couldn't find one big enough for her

family.

She asked a passing assistant, 'Do these turkeys get any bigger?'

The assistant replied, 'I'm afraid not, they're dead.'

3rd Place

The policeman got out of his car and approached the boy racer he stopped for speeding.

'I've been waiting for you all day,' the bobby said.

The kid replied, 'Yes, well I got here as fast as I could.'

When the policeman finally stopped laughing, he sent the kid on his way without a ticket.

2nd Place

A lorry driver was driving along on a country road.

A sign came up that read "Low Bridge Ahead."

Before he realised it, the bridge was directly ahead and he got stuck under it.

Cars are backed up for miles.

Finally, a police car comes up.

The policeman got out of his car and walked to the lorry's cab

And said to the driver,

'Got stuck, eh?'

The lorry driver said, 'No, I was delivering this bridge and ran out of petrol!'

SMART ARSED ANSWER OF THE YEAR 2008

A teacher at a polytechnic college reminded her pupils of tomorrow's final exam.

'Now listen to me, I won't tolerate any excuses for you not being here tomorrow.

I might consider a nuclear attack or a serious personal injury, illness, or a death in your immediate family, but that's it, no other excuses whatsoever!'

A smart-arsed boy at the back of the room raised his hand and asked,

'What would happen if I came in tomorrow suffering from complete and utter sexual exhaustion?'

The entire class was reduced to laughter and sniggering.

When silence was restored, the teacher smiled knowingly at the student, shook her head and sweetly said,

'Well, I suppose you'd have to write with your other hand'.

THINGS THAT ARE DIFFICULT TO SAY WHEN DRUNK:

1. Innovative
2. Preliminary
3. Proliferation
4. Cinnamon

THINGS THAT ARE VERY DIFFICULT TO SAY WHEN DRUNK:

1. Specificity
2. Anti-constitutionally
3. Passive-aggressive disorder
4. Transubstantiate

THINGS THAT ARE DOWNRIGHT IMPOSSIBLE TO SAY WHEN DRUNK:

1. No thanks, I'm married.
2. Nope, no more booze for me!
3. Sorry, but you're not really my type.
4. Kebab? No thanks, I'm not hungry.
5. Good evening, officer. Isn't it lovely out tonight?
6. Oh, I couldn't! No one wants to hear me sing karaoke.
7. I'm not interested in fighting you.
8. Thank you, but I won't make any attempt to dance, I have no coordination. I'd hate to look like a fool!
9. Where is the nearest bathroom? I

refuse to pee in this parking lot or on the side of the road.

10. I must be going home now, as I have to work in the morning.

A father passing by his son's bedroom was astonished to see the bed was nicely made, and everything was picked up.

Then, he saw an envelope, propped up prominently on the pillow.

It was addressed, "Dad."

With the worst premonition, he opened the envelope and read the letter, with trembling hands.

Dear, Dad.

It is with great regret and sorrow that I'm writing you. I had to elope with my new girlfriend, because I wanted to avoid a scene with Mum and you.

I've been finding real passion with Stacy, and she is so nice, but I knew you would not approve of her, because of all her piercing's, tattoos, her tight Motorcycle clothes, and because she is so much older than I am. But it's not only the passion, Dad. She's pregnant.

Stacy said that we will be very happy.

She owns a trailer in the woods, and has a stack of firewood for the whole winter.

We share a dream of having many more children. Stacy has opened my eyes to the fact that marijuana doesn't really hurt anyone.

We'll be growing it for ourselves, and trading it with the other people in the commune, for all the cocaine and ecstasy we want.

In the meantime, we'll pray that science will find a cure for AIDS, so Stacy can get better. She sure deserves it!!

Don't worry Dad, I'm 15, and I know how to take care of myself.

Someday, I'm sure we'll be back to visit, so you can get to know your many grandchildren.

Love,

Your son, Joshua.

P.S. Dad, none of the above is true. I'm over at Jason's house. I just wanted to remind you that there are worse things in life than the school report that's on my desk.

I love you!

Call when it is safe for me to come home.

I was having trouble with my computer. So I called Eric, the 11 year old next door, whose bedroom looks like Mission Control, to come over. Eric clicked a couple of buttons and solved the problem.

As he was walking away, I called after him, 'So, what was wrong?'

He replied, 'It was an "ID ten T" error.'

'I didn't want to appear stupid, but nonetheless inquired, 'An, ID ten T error? What's that .... In case I need to fix it again?'

Eric grinned.... 'Haven't you ever heard of an ID ten T error before?'

'No,' I replied.

'Write it down,' he said, 'and I think you'll figure it out.'

So I wrote down: I D 1 0 T

I used to like Eric.....

#### CAKE OR BED

A husband is at homewatching a football match when his wife interrupts,

"Honey, could you fix the light in the hallway? it's been flickering for weeks now."

He looks at her and says angrily, "fix the

lights now? does it look like I have "powergen" written on my forehead? I don't think so!"

"Fine!"

Then the wife asks, "Well then, could you fix the fridge door? It won't close right"

To which he replied, "Fix the fridge door? does it look like I have "fridgidaire" written on my forehead? I don't think so!"

"Fine!" she says, "Then you could at least fix the steps to the front door? They are about to break"

"I'm not a carpenter and I don't want to fix steps", he says, "does it look like I have "Taylor Woodrow" written on my forehead? I don't think so! I've had enough of this, i'm going to the pub!"

So he goes to the pub and drinks for a couple of hours.....

He starts to feel guilty about how he treated his wife, and decides to go home. As he walks into the house he notices that the steps are already fixed.

As he enters the hall, he sees the light is working. As he goes to get a beer, he notices the fridge door is fixed.

Honey, he asks, "How'd all this get fixed?" she said, "Well, when you left I sat outside and cried. Just then a nice young man asked me what was wrong, and i told him.

He offered to do all the repairs, and all I had to do was either go to bed with him or bake a cake."

He said, "So what kind of cake did you bake?"

She replied,

"Hellooooo.., do you see "Mr Kipling" written on my forehead? I don't think so!"

In Honour of Stupid People

In case you needed further proof that the

human race is doomed through stupidity, here are some actual label instructions on consumer goods.

On Tesco's Tiramisu dessert (printed on bottom) --

"Do not turn upside down."

(well...duh, a bit late, huh!)

On Sainsbury's peanuts --

"Warning: contains nuts."

(talk about a news flash)

On Boot's Children Cough Medicine --

"Do not drive a car or operate machinery after taking this medication."

(We could do a lot to reduce the rate of construction accidents if we could just get those 5 year-olds with head-colds off those bulldozers.)

On Marks & Spencer Bread Pudding --

"Product will be hot after heating."

(...and you thought????...)

On a Sears hairdryer --

Do not use while sleeping.

(That's the only time I have to work on my hair.)

On a bag of Fritos --

You could be a winner! No purchase necessary. Details inside.

(the shoplifter special?)

On a bar of Dial soap --

"Directions: Use like regular soap."

(and that would be????...)

On some Swanson frozen dinners --

"Serving suggestion: Defrost."

(but, it's just a suggestion.)

On packaging for a Rowenta iron --

"Do not iron clothes on body."

(but wouldn't this save me time?)

On Nytol Sleep Aid --

"Warning: May cause drowsiness."

(..I'm taking this because????...)

On most brands of Christmas lights --

"For indoor or outdoor use only."



On a Japanese food processor --  
"Not to be used for the other use."  
(now, somebody out there, help me on this. I'm a bit curious.)  
On an American Airlines packet of nuts --  
"Instructions: Open packet, eat nuts."  
(Step 3: say what?)  
On a child's Superman costume --  
"Wearing of this garment does not enable you to fly."  
(I don't blame the company. I blame the parents for this one.)  
On a Swedish chainsaw --  
"Do not attempt to stop chain with your hands or genitals."  
(Oh my God..was there a lot of this happening somewhere?)

#### The Middle Wife

The 'Middle Wife' by an Anonymous 2nd grade teacher  
I've been teaching now for about fifteen years. I have two kids myself, but the best birth story I know is the one I saw in my own second-grade classroom a few years back.  
When I was a kid, I loved show-and-tell. So I always have a few sessions with my students. It helps them get overshyness and usually, show-and-tell is pretty tame. Kids bring in pet turtles, model aeroplanes, pictures of fish they catch, stuff like that.  
And I never, ever place any boundaries or limitations on them. If they want to lug it in to school and talk about it, they're welcome.  
Well, one day this little girl, Erica, a very bright, very outgoing kid, takes her turn and waddles up to the front of the class with a pillow stuffed under her sweater. She holds up a snapshot of an infant. 'This

is Luke, my baby brother, and I'm going to tell you about his birthday.'  
First, Mom and Dad made him as a symbol of their love, and then Dad put a seed in my Mom's stomach, and Luke grew in there. He ate for nine months through an umbrella cord.'  
She's standing there with her hands on the pillow, and I'm trying not to laugh and wishing I had my camcorder with me. The kids are watching her in amazement.  
'Then, about two Saturdays ago, my Mom starts saying and going, 'Oh, Oh, Oh, Oh!' Erica puts a hand behind her back and groans. 'She walked around the house for, like an hour, 'Oh, oh, oh!'  
Now this kid is doing a hysterical duck walk and groaning.  
'My Dad called the middle wife. She delivers babies, but she doesn't have a sign on the car like the Domino's man. They got my Mom to lie down in bed like this.'  
Then Erica lies down with her back against the wall.  
'And then, pop! My Mom had this bag of water she kept in there in case he got thirsty, and it just blew up and spilled all over the bed, like psshheew!'  
This kid has her legs spread with her little hands miming water flowing away. It was too much!  
'Then the middle wife starts saying 'push, push,' and 'breathe, breathe. They started counting, but never even got past ten.  
Then, all of a sudden, out comes my brother. He was covered in yucky stuff that they all said it was from Mom's play-center, so there must be a lot of toys inside there.'  
Then Erica stood up, took a big theatrical bow and returned to her seat. I'm sure I

applauded the loudest. Ever since then, when it's show-and-tell day, I bring my camcorder, just in case another 'Middle Wife' comes along.

**Tickle Me Elmo:**

There is a factory in Northern Minnesota which makes the Tickle Me Elmo Toys. The toy laughs when you tickle it under the arms.

Well, Lena is hired at The Tickle Me Elmo factory and she reports for her first day promptly at 8:00 AM.

The next day at 8:45 AM there is a knock at the Personnel Manager's door.

The Foreman throws open the door and begins to rant about the new employee.

He complains that she is incredibly slow and the whole line is backing up, putting the entire production line behind schedule.

The Personnel Manager decides he should see this for himself, so the 2 men march down to the factory floor.

When they get there the line is so backed up that there are Tickle Me Elmo's all over the factory floor and they're really beginning to pile up.

At the end of the line stood Lena surrounded by mountains of Tickle Me Elmo's.

She had a roll of plush red fabric and a huge bag of small marbles.

The 2 men watched in amazement as she cut a little piece of fabric, wrapped it around two marbles and began to carefully sew the little package between Elmo's legs.

The Personnel Manager burst into laughter.

After several minutes of hysterics he pulled himself together and approached

Lena.

'I'm sorry,' he said to her, barely able to keep a straight face, 'but I think you misunderstood the instructions I gave you yesterday...'

'Your job is to give Elmo two test tickles.'

**VASELINE**

A man doing market research knocked on a door and was greeted by a young woman with three small children running around at her feet.

He says, 'I'm doing some research for Vaseline. Have you ever used the product?' She says, 'Yes. My husband and I use it all the time.' 'And if you don't mind me asking, what do you use it for?' 'We use it for sex.'

The researcher was a little taken back.

'Usually people lie to me and say that they use it on a child's bicycle chain or to help with a gate hinge. But, in fact, I know that most people do use it for sex. I admire you for your honesty. Since you've been frank so far, can you tell me exactly how you use it for sex?'

The woman says, 'I don't mind telling you at all. My husband and I put it on the door knob and it keeps the kids out.'

And you thought it was gonna be a dirty joke...

You know you are living in 2008 when...

1. You accidentally enter your PIN on the microwave.
2. You haven't played Solitaire with real cards in years.
3. You have a list of 15 phone numbers to reach your family of three.
4. You email the person who works at the desk next to you.

5. Your reason for not staying in touch with friends and family is that they don't have email addresses.
6. You pull up in your own driveway and use your mobile to see if anyone is home to help you carry in the groceries.
7. Every commercial on television has a web site at the bottom of the screen.
8. Leaving the house without your mobile phone, which you didn't even have for the first 20 or 30 (or 60) years of your life, is now a cause for panic and you turn around to go and get it.
10. You get up in the morning and go on line before getting your coffee.
11. You start tilting your head sideways to smile. :)
12. You're reading this and nodding and laughing.
13. Even worse, you know exactly to whom you will email this article.
14. You are too busy to notice there was no number 9 on this list.

#### VERY INTERESTING STUFF

In the 1400's a law was set forth in England that a man was allowed to beat his wife with a stick no thicker than his thumb. Hence we have "the rule of thumb".

Many years ago, in Scotland, a new game was invented. It was ruled "Gentlemen Only...Ladies Forbidden" and thus the word GOLF entered the English language. The first couple to be shown in bed together on prime time TV were Fred and Wilma Flintstone.

Every day more money is printed for Monopoly than the U.S. Treasury.  
Men can read smaller print than women – women can hear better.  
Coca-Cola was originally green.

It is impossible to lick your elbow.

The American State with the highest percentage of people who walk to work is Alaska.

Intelligent people have more zinc and copper in their hair.

The first novel ever written on a typewriter was Tom Sawyer.

The San Francisco Cable Cars are the only mobile National Monuments.

Each kind in a deck of playing cards represents a great king from history:

Spades – King David.

Hearts – Charlemagne.

Clubs – Alexander the Great.

Diamonds – Julius Caesar.

111, 111, 111 x 111, 111, 111 =

12,345,678,987,654,321.

If a statue in the park of a person on a horse has both front legs in the air, the person died in battle. If the horse has one front leg in the air the person died as a result of wounds received in battle. If the horse has all four legs on the ground, the person died of natural causes.

Only two people signed the Declaration of Independence on July 4th, John Hancock and Charles Thomson. Most of the rest signed on August 2, but the last signature wasn't added until five years later.

Q. Half of all Americans live within 50 miles of what? A. Their birthplace.

Q. Most boat owners name their boats. What is the most popular boat name requested? A. Obsession.

Q. If you were to spell out numbers, how far would you have to go until you would find the letter "A". A. One Thousand.

What do bulletproof vests, fire escapes, windshield wipers and laser printers all have in common? All were invented by women.

Q. What is the only food that doesn't spoil. A. Honey.

Q. Which day are there more collect calls than any other day of the year? A. Fathers Day.

In Shakespeare's time, mattresses were secured on bed frames by ropes. When you pulled on the ropes the mattress tightened, making the bed firmer to sleep on. Hence the phrase.... "goodnight, sleep tight".

It was the accepted practice in Babylon 4,000 years ago that for a month after the wedding, the bride's father would supply his son-in-law with all the mead he could drink. Mead is a honey beer and because their calendar was lunar based, this period was called the honey month, which we know today as the honeymoon.

In English pubs, ale is ordered by pints and quarters...so in old England, when customers got unruly, the bartender would yell at them "Mind your pints and quarts, and settle down." That is where we get the phrase "mind your P's and Q's".

Many years ago, in England, pub frequenters had a whistle baked into the rim, or handle, of their ceramic cups. When they needed a refill, they used the whistle to get some service. "Wet your whistle" is the phrase inspired by this practice.

(At least 75% of people who read this will try to lick their elbow!)

#### DIET FOR STRESSED WOMEN

This is a specially formulated diet to help women cope with the stress that builds during the day:

#### BREAKFAST

1 Grapefruit, 1 slice whole-wheat bread, 1 cup skimmed milk.

#### LUNCH

1 small portion lean, steamed chicken with a cup of spinach. 1 cup herbal tea. 1 Penguin biscuit.

#### AFTERNOON TEA

The rest of the Penguins from the packet. 1 tub of Gino Ginelli ice cream with chocolate topping.

#### DINNER

4 bottles of wine (red or white). 2 loaves garlic bread. 1 family size Supreme pizza. 3 Snickers bars.

#### LATE NIGHT SNACK

1 whole cheesecake (eaten directly from the freezer).

REMEMBER - "Stressed" spelled backwards is "desserts".

Some advice:

The doctor proclaimed the way to achieve inner peace is to finish all the things you have started. So I looked round my house to see things I started and hadn't finished, and before leaving this house morning, I finished off a bottle of Pinot, a bottle of Cardonay, a bottle of Baileys a bottle of Kehuha, a package of Pinquens, the remainder of bot Prozac and Valium scriptins, the rest of the the Chesescake, some saltins and a box a cholates.

Yu haf no idr who gud I fel!

(Sue Arkle - friend of Tilly's - and a Slimming World friend at that!)

WHEN a young couple applied to join the church, the vicar told them, "We have a special requirement for new member couples. You must abstain from sex for one whole month." The couple agreed.

After two-and-a-half weeks the couple returned to the church, with the wife in tears and the husband very depressed. "You are back so soon," said the vicar. "Is

there a problem?"

"We are terribly ashamed to admit that we did not manage to abstain from sex for the required month," said the husband. The vicar asked him what had happened.

"Well, the first week was difficult," explained the husband. "But we managed to abstain through sheer willpower. The second week was terrible but, with the use of prayer, we managed to abstain. However, the third week was unbearable. We tried cold showers, prayer, reading from the Bible, anything to keep our minds off carnal thoughts. One afternoon my wife reached for a tin of paint and dropped it. When she bent over to pick it up, I was overcome with lust and I just had my way with her right then and there. It was lustful, loud, passionate sex. It lasted for over an hour and when we were finished we were both drenched in sweat." The vicar lowered his head and said sternly, "You understand that this means you will not be welcome in our church." "We know," said the young man, hanging his head, "We're not welcome at Homebase either."

Where there's a will

A MAN went to his lawyer and said, "I would like to make a will but I don't know exactly how to go about it."

The lawyer said, "No problem, leave it to me."

The man looked somewhat upset and said, "Well, I knew you were going to take the biggest slice, but I would like to leave a little to my children too."

Sharp practice

A LAWYER opened his own office immediately after passing his bar exams.

While he was sitting idly at his desk, his secretary announced that there was a gentleman to see him. He told his secretary to show him in. Sensing the possibility of a new client, and wanting to make a good impression, the lawyer picked up the phone just as his visitor was shown in and yelled into the receiver, "Absolutely not! You tell them I will not settle this case for less than five hundred thousand pounds. Don't bother me again until that amount has been agreed."

Slamming the phone down, he greeted his visitor, "How do you do? What can I do to help you?"

The visitor replied, "Hello, I'm from BT. I'm here to connect your phone."

Food for thought

TWO lawyers went into a snack bar and ordered a couple of drinks. They then took some sandwiches from their briefcases and started to eat them. Seeing this, the angry owner went over to them and said, "Excuse me, but you can't eat your own sandwiches in here." Shrugging their shoulders, the lawyers exchanged sandwiches.

That's all folks

Helen

Howlers welcome via email to  
[info@livernorth.org.uk](mailto:info@livernorth.org.uk)

or by letter to  
LIVERNORTH  
FREEPOST NEA2762

STANLEY  
Co Durham  
DH9 0BR

# How does the European Health Insurance Card work?

On January 01, 2006, the E111 form was replaced by the European Health Insurance Card (EHIC) which gives its carriers access to state-provided medical treatment in the country they are visiting. Effectively, holding an EHIC means you will be treated in the same way as an insured person who lives in the country you are visiting. Bear in mind however, that everything you expect to be covered on the NHS may not necessarily be covered free of charge in the country you are visiting – even with an EHIC it may still be necessary to contribute to the cost of your care.

An EHIC is usually valid for three-five years and will cover treatment you need for chronic diseases or pre-existing illnesses. However, it will not cover you if getting medical treatment is the main purpose of your trip.

If you are likely to require kidney dialysis during your trip, you should contact your NHS renal unit prior to travelling. In addition, if you are likely to require oxygen therapy you should contact the Department of Health's Customer Service Centre on 020 7210 4850.

For pregnant travellers whose specific purpose is to travel abroad to have a baby, you must fill out an E112 form. The EHIC will only cover you for routine maternity care.

Whatever the purpose of your trip, you are strongly advised to take out private travel insurance in addition to carrying the EHIC – a good policy should cover you for any contribution that is not reimbursable by the EHIC.

Where does the EHIC cover?

The EEA consists of the European Union (EU) countries plus Iceland, Liechtenstein and Norway. Switzerland applies the EHIC arrangements through an agreement with the EU. The EHIC is valid in:

Austria	Belgium	Cyprus (not Northern Cyprus)		
Czech Republic	Denmark	Estonia	Finland	France
Germany	Greece	Hungary	Iceland	Ireland
Italy	Latvia	Liechtenstein	Lithuania	Luxembourg
Malta	Netherlands	Norway	Poland	Portugal
Romania	Slovakia	Slovenia	Spain	Sweden
Switzerland				

Who is eligible for an EHIC?

UK residents are entitled to a UK-issued EHIC. It is not valid for people who are going to live abroad. The only restrictions are as follows:

\* UK and other EU nationals, stateless persons and refugees are covered in all EEA countries and Switzerland. However, if you are a national of Cyprus, Czech Republic, Estonia, Hungary, Latvia, Lithuania, Malta, Poland, Slovakia and Slovenia your EHIC is not valid in Switzerland.

\* Nationals of Iceland, Liechtenstein and Norway are covered in all EEA countries but not in Switzerland.

\* People who do not have UK, EU, EEA or Swiss nationality are covered in all EU countries but not in Denmark, Norway, Liechtenstein or Switzerland. They are covered for emergency treatment only in Iceland.

\* Swiss nationals are covered in all EU countries but not in Norway or Liechtenstein. They are only covered for emergency treatment in Iceland.

\* Dependants of EEA nationals who are ordinarily resident in the UK are covered in all EEA countries and Switzerland, regardless of their own nationality.

Do I need this as well as travel insurance?

Many travel insurance policies are only valid if you have an EHIC when travelling to an EU country. It should not be seen as an alternative to travel insurance, as it does not cover baggage, repatriation, cancellation, etc. A good travel insurance policy should also cover you for any medical care contribution that is not reimbursable by the EHIC.

How do I get a European Health Insurance Card?

There are several ways to pick up an EHIC:

\* Online by visiting [www.ehic.org.uk](http://www.ehic.org.uk). Your card should be delivered within seven days.

\* Call the EHIC Applications Line on 0845 606 2030. Your card should be delivered within 10 days.

\* By post - you can get an EHIC application pack from your local Post Office branch. Your card should be delivered within 21 days.

If you wish to renew a card or you have queries about an impending application call 0845 605 0707 – this is also the number to call if your card is lost or stolen. If you are calling from abroad, phone +44 191 212 7500.

*(This information has been kindly provided by the Department of Health and LIVErNORTH have no control over the issue, use or delivery of health insurance cards. Please contact the Department of Health on 0845 6062030 if you have a query.)*

**A new broom sweeps clean but an old brush knows  
all the corners (Irish Proverb)**

## INSURANCE

These are the insurance companies our members have reported having some success with. Please let us know your experience and we will update this page.

Age Concern	0845 6012234
Bib Insurance Brokers	01325 353888
<a href="http://www.bibinsurance.co.uk">www.bibinsurance.co.uk</a>	
Bishop Skinner	0191 232 8682
City Bond	0117 9426877
Churchills*	0800 200388
CNA	01452 623623
Direct Travel Insurance*	0800 068 1603
Endsleigh Insurance	0191 2210900
Floyd's Direct	0870 442 3234
Holiday Services	01773 747 426
(Quote MS for LiverNorth discount)	
Insure and Go	0870 2202240
Jardine/Lloyd Thompson	0121 2246934
Leisure Care Insurance	01793 514 199
Marcus Hearn	0207 7393444
Norwich Union Direct*	0800 121007
Post Office	0800 1699999
RIAS*	0800 552100
SAGA	0800 0964556
Sainsbury's	0845 3003190
Tesco Insurance	0845 300 8800
Travelcare Ltd	0800 181 532

[www.the-life-insurance.co.uk](http://www.the-life-insurance.co.uk)

\* - Will not insure you against liver problems if you have had a transplant. It is essential to check this aspect with other companies.



Try also (online) :

<http://www.moneysupermarket.com/c/travel-insurance/pre-existing/medical/conditions/>

## Answers to UIOLI No.31

We hope you all enjoyed doing the SUDOKU puzzles in our last issue. Those of you who completed either (or both) puzzles will know that you got the correct answer because that's how it works!.

For those of you didn't manage it, there are two more on the next page and the correct answers to last issues SUDOKU's are shown below.

Keep trying - Use It Or Loose It!

### Medium SUDOKU

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

### Hard SUDOKU

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



# UIOLI No.33

It's the craze that has swept the nation...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.

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!

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

Medium SUDOKU

Hard SUDOKU

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

## SU DOKU

As featured in the Times  
Monday to Saturday

©Puzzles by Pappocom

[www.sudoku.com](http://www.sudoku.com)

How to play:

Fill the grid so that every column, every row and every 3 x 3 box contains the digits 1 to 9.

The top puzzle is graded Medium and the lower one Hard. Please let us know if you want harder/easier Sudoku or even different UIOLI's.

You will know if you have got it right because you will have all the numbers in the right places and only one of each in any row, column or box.

If you want some tips on getting started, have a look at the website [www.sudoku.com](http://www.sudoku.com)

The correct solutions will be published in our next issue.

# ANSWERS TO UIOLI No 32

## FOOTBALL & MARINE QUIZ!

Those of you who were driven crazy by this will probably be even crazier when you see the answers. Remember it's what the answer sounds like, not the way it is written - that's our excuse anyway. If you liked this quiz it's thanks to Wes & Elsie Clayton for sending it in. If you hated it, you probably need a mirth transplant.

The sun shone BRIGHTON the day we set sail for the SOUTHPORT in a ship with a HULL riddled with holes. We sailed down the river which LEEDS to the sea. We waved to a fair maiden who was leaning against the old Baltic Flour MILLWALL.

The motley CREWE was made up of Scots, Irish and others of the CELTIC race. The exception was the cabin boy named DONCASTER, whose job it was to STROKE the boilers. He was illiterate, but won our HEARTS with his STIRLING efforts to improve his READING. He was sent to COVENTRY by the other villains who had brought their ARSENAL of weapons on board. They were a rowdy lot and after a bout of drinking they did in fact WREXHAM of the furniture and we had to repair it.

The voyage made my MOTHERWELL. She had not had a holiday FORFAR too long and the sea AYRE did her CHESTER lot of good.

We landed on the SOUTHEND of the island below where the natives BURY their dead. We PRESTON regardless and eventually met a group of RANGERS dressed in LINCOLN green with cowboy hats and wearing SPURS. After a days journey we caught some dirty fish in a BLACKPOOL and tried to get some milk from a herd of cows but they didn't like having their HUDDERSFIELD.

At last we came to our destination, the home of the Hawaiian Monarch, the QUEEN OF THE SOUTH. She greeted us with a friendly 'ALLOA' but she was upset as her expensive CRYSTAL PALACE had been smashed during construction when the WALLSALL fell down. While her NEWCASTLE was being built she had to live in a sumptuous VILLA.

When we found the treasure someone suggested we should put the LUTON the deck of the ship. We were determined to put it in the CLYDEBANK when we got home. That night we had DUNDEE cake and CHELSEA buns, and for supper we had some OLDHAM which made us all quite ill.

If you, or someone you care about is worried,  
confused or uncertain about liver disease,  
we may be able to help:

SYLVIA	01661 881020
IRENE	01287 644211
NANCY	01325 463754
JOAN	0191 3702961
TILLY	01670 714901
ANN	0191 4131827
SUSAN	01207 271707
JULIE	0191 4873665

Please ring us to make contact or  
email us at [info@livernorth.org.uk](mailto:info@livernorth.org.uk)

Calls are not monitored and are guaranteed confidential.  
(Please try and call between 9.30 a.m. and 8.30 p.m.)

Lots of information also available via our website:  
[www.livernorth.org.uk](http://www.livernorth.org.uk)

**Liver**  
NORTH  
REGIONAL LIVER PATIENT SUPPORT GROUP

Please try and call between  
9.30 a.m. & 8.30 p.m.

FREEPOST NEA2762 STANLEY Co. Durham DH9 0BR Tel & FAX 0191 3702961 e-mail [info@livernorth.org.uk](mailto:info@livernorth.org.uk)

Registered Charity No. 1087226

# CONTACT NUMBERS

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Tel & FAX: 0191 3702961  
[info@LIVERnORTH.org.uk](mailto:info@LIVERnORTH.org.uk)

SEE INSIDE FOR OUR  
HELPLINE NUMBERS

-oOo-  
ALTA

Addenbrookes Liver Transplant Association  
<http://alto.org.uk/contact>

-oOo-

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

-oOo-

HAEMOCHROMATOSIS SOCIETY  
Janet Fernau  
Tel: 0181 449 1363  
e-mail: [info@ghsoc.org](mailto:info@ghsoc.org)  
Website: [www.ghsoc.org](http://www.ghsoc.org)

-oOo-

ROOM FOR YOUR GROUP HERE!  
Tel: 0191 3702961  
email: [info@livernorth.ork.uk](mailto:info@livernorth.ork.uk)  
to arrange

-oOo-

HELPING HANDS  
SUPPORT GROUP (BATH)  
Helpline 01225 834966  
e-mail: [helpinghandsblt@yahoo.com](mailto:helpinghandsblt@yahoo.com)

-oOo-

MERSEY LIVER SUPPORT GROUP  
Tel: 0151 2207066/  
2289866 or 01772 496987  
e-mail: [leeandalan@aol.com](mailto:leeandalan@aol.com)

-oOo-

OBSTETRIC CHOLESTASIS  
SUPPORT GROUP  
Jenny Chambers  
Tel: 0121 353 0699

-oOo-

PSC - SUPPORT  
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-oOo-

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website: [www.britishlivertrust.org.uk](http://www.britishlivertrust.org.uk)

***If you run a liver patient support group you can have your contact details printed here free in every issue. Just ring LIVERNORTH on one of the numbers above or e-mail us on [info@livernorth.org.uk](mailto:info@livernorth.org.uk)***

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