

Liver

NORTH

Registered Charity No. 1087226
Patron: Denise Robertson MBE

September 2008



LIVERrNEWS

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

www.livernorth.org.uk

Circulation - 1750 copies. Distributed free to
Liver Disease Patients, their Carers and Supporters throughout the Northern Region.



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

LIVERNEWS No 28 - September 2008

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If you are disabled or you know someone who is, try the website www.yourlevelbest.com to find somewhere to eat & drink. You can type in the postcode of anywhere you like and see a list of restaurants, pubs & cafes with flat or ramped access and adapted toilets. You can also enter your own recommendations on the site. Tip: just enter the first part of the postcode.

Chairman's Report

It's raining outside and has been for about three weeks now - so it must be Summer. The schools are on holiday but no sign of kids playing outside. I suppose the Wii's & PSP's would get wet in the rain. Ah well - times have changed.

And on that subject I want to discuss how perceptions have also changed with time and the long term implications brought about by this. You will see in this issue that we have just published several new leaflets and I hope you take the opportunity to obtain copies and read them because they really are very good. One of the leaflets, the one on Alcoholic Liver Disease written by Dr Stephen Stewart got me thinking about alcohol and the effect that it has on young people.

You are now probably wondering how perceptions can have long term effects and what this has to do with alcohol. Well, in my youth people got drunk just like they do now but the difference then was that seeing drunkards on the streets was pretty rare. In fact, a drunkard was a person to be avoided at all costs. People would cross over to the other side of the street to avoid this person who socially was considered little better than a tramp or a beggar.

The perception when I was a young man was that people did drink but they 'held' their drink. No doubt enormous quantities of beer were sunk at working men's clubs but it was considered a good thing to be unaffected by the drink. Real men didn't get drunk and came home upright from the club in their Sunday best to a huge meal and a good sleep after dinner.

If you perceived the situation in the same way as me when you were young then just think about what happens today and consider the drastic changes in attitude.

Now, young people buy strong booze cheaply in supermarkets (I have seen lager for 27p a can!) and they drink as much as they can before they turn out for the night. Once out on the town they take full advantage of the happy

hours and two for one offers to get as publicly drunk as they possibly can in the shortest possible time. Quite often they top up their 'high' with some kind of street drugs and they invariably end up out of their minds doing all sorts of embarrassing things.

They are in fact behaving exactly the same way that drunkards did in our youth. The only difference is that then they were treated with contempt the same way as tramps or beggars and now it is considered normal behaviour for young people on a weekend night out. Then there were very few of them, now there are many. This whole philosophy has now become so entrenched in our society that the term 'binge drinking' has entered the language.

So - there's my case. The perception of drunkards has changed. Then they were anti-social gutter dwellers, a rarity and now they are the cream of our youth and commonplace.

My message to young people is this and it's a simple challenge - look at someone who has been a habitual drunkard all their lives and see what they have done to themselves because that's where you will be in a few years. No doubt about it.

Liver damage may not occur overnight but it definitely will occur with several years heavy drinking. You may think you are getting away with it but rest assured - you are not and it will catch up with you in the end and your quality of life will drop like a bomb.

I predict that liver transplants will become the most sought after operation for the forty-somethings in the future, say around the 2020's and the worst of it is that the shortage of donor livers will be even greater than today because alcohol damaged livers will be the norm rather than the exception and 'clean' livers will be rare.

Wow - quite intense this issue. Hope you didn't mind!

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	27	28	29	30
31	32	33	34	35	36	37	38	39	40
41	42	43	44	45	46	47	48	49	50
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
111	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
141	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 winner:
Mr & Mrs E & N Richardson of Darlington with their number 60
drawn at our AGM by Professor David Jones on 23rd July
Previous winning numbers this year: 141, 27, 111, 50

DIARY 2008/09

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 multi storey 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.

September	3	7.00 pm	Mr Bryon Jacques Liver Disease
September	20	1.00 pm	Autumn Fair Opened by Denise Robertson
October	8	7.00 pm	PBC DVD Viewing No.1 Lecture Room
October	29	7.00 pm	Mr J J French Auxiliary Liver Transplantation
December	3	6.30 pm	Christmas Dinner Freeman Restaurant
February	4	7.00 pm	Mick Lovell Chief Petty Officer (I went to Afghanistan but left my wife and her liver back home)

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)

IMPORTANT: PARKING PERMITS FOR MEETINGS

With kind permission of Mr. Paul Brewis, head of operations at the Freeman Hospital, we have been granted permission to print our own parking permits for LIVErNORTH activities in the LIVErNEWS. This means that parking whilst attending our meetings is free but there are some conditions and the use of the system is to be closely monitored. The first condition is that we have to use the multi storey car park at the rear of the hospital. The second condition is that we have to display a permit for the appropriate day in the windscreen. Failure to do so could mean a fine.

Here are your parking permits for the next few meetings which include the PBC DVD viewing and the Autumn Fair - just cut out the ones you want and ensure they are on show when you park. Separate arrangements are in place for the daytime PBC meetings - just park at the front as usual and collect an exit barrier pass whilst at the meeting. This will lift the barrier and let you leave without paying.

FREEMAN HOSPITAL MSCP

LIVErNORTH VOLUNTEER PARKING PERMIT

Valid only on 3rd Sept 2008
from 1830 until 2130
Meeting in: 137/138 Level 1

FREEMAN HOSPITAL MSCP

LIVErNORTH VOLUNTEER PARKING PERMIT

Valid only on 29th Oct 2008
from 1830 until 2130
Meeting in: 137/138 Level 1

FREEMAN HOSPITAL MSCP

LIVErNORTH VOLUNTEER PARKING PERMIT

Valid only on 8th Oct 2008
from 1830 until 2130
Meeting in: Lecture Theatre 1

FREEMAN HOSPITAL MSCP

LIVErNORTH VOLUNTEER PARKING PERMIT

Valid only on 20th Sept 2008
from 12.45 until 1630
Fundraising in: 137/138 Level 1

NEXT MEETING:
Wednesday
3rd September 2008

**Mr Bryon
Jacques**



**Consultant
Transplant
Surgeon**



FREE PARKING FOR THIS EVENT:
PERMIT ON PAGE SIX

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

**FUTURE MEETING:
Wednesday
29th October 2008**

**Mr Jeremy
French**



Consultant Transplant Surgeon

**Auxiliary
Liver
Transplantation**

**FREE PARKING FOR THIS EVENT:
PERMIT ON PAGE SIX**



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

LIVErNORTH *PBC* DIARY

The lunchtime meetings for the remainder of 2008 are as follows:

Tuesday 23 September 12.00 – 2.30 Bishop Auckland General Hospital, Postgraduate Common Room
Speaker:
Professor Julia Newton

**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 (permit for free parking in this issue).

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).

Directions to the various hospitals are available but it would be helpful if you could request these at least one week in advance.

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

Tilly Hale
01670 714901



LN PBC MEETINGS

We had an excellent meeting at Sunderland Royal Hospital on 25 June, when we had talks from Julia Newton, and also an excellent presentation from Dr James Frith showing the results from some work done with PBC patients earlier this year. James had carried out the work, with Lisa Robinson, the psychologist working with Julia Newton. Chris Elliott, the occupational therapist, also came along and more people completed her questionnaires.

Julia will be the speaker at the Bishop Auckland meeting on 23 September, and as always she will give us lots of feedback on the various projects being carried out.

PBC RESEARCH

As always, there are various studies taking place and I am contacting people asking if they would be interested in taking part. If you have not been involved in this way before, but are willing to be a volunteer, please do give me a call, or email me. The same faces take part in most studies, but it would be great to have some new people.

At the moment, a new study is being set up looking at sleep problems in PBC patients. Dr Kirstie Anderson, a consultant neurologist, is working with Julia Newton on this study, which involves keeping a sleep diary for two weeks and then having a follow-up appointment at the RVI. Several people are already involved but if you have problems with sleep, either daytime sleepiness and/or not being able to sleep well at night, and feel you would like to take part, please do contact me and if there are still spaces I will be able to include you.

Dr Claire MacDonald has now completed her study "Determining whether fatigue in PBC is central or peripheral". This is the study we laughingly called the "electric chair" as it involved sitting in a chair, wearing a helmet with probes attached, and having one arm strapped to a board. Claire and Julia have spoken about this work at previous meetings, and Claire is now completing the write up for publication.

Dr James Frith is also carrying out an additional piece of work, measuring blood flow, by means of an ultrasound scan of the head. This follows on from some of the work done by Keiron Hollingsworth at the General Hospital, using the MRI scanner. James, and Katherine Wilton, a research nurse in Falls and Syncope at the RVI, have to fit this in around other work on the machine, so it is a slow process, but people who took part in the MRI will be contacted by me as and when the machine is available.

Tilly Hale
01670 714901

I SHOULD HAVE HAD THE VICTORIA SPONGE!!

I laughed at Julie Pyburn's article in the last newsletter, when she told us about losing her car, and remembering where it was as she bit into the Victoria Sponge. I too constantly forget where I have put things, and occasionally get lost driving to places I have been going to for years. I know my memory is poor and do various things to help, including leaving notes all over the place to remind myself about phone calls, hospital appointments, collecting friends etc.

A few weeks after Julie's article was published I had a somewhat similar experience but in my case, rather than the Victoria Sponge memory prompt my story is more about – “Talk about Salads”.

A few weeks ago I was up and about getting ready to go to Slimming World. Yes, despite the over two stone weight gain from last year when my steroids were massively increased due to some rejection of my donor liver, I do still attend and am finally starting to lose a little weight (so far it is very little each week, but out of tiny acorns... although actually I am trying to become a tiny acorn, rather than a mighty oak. As I was ready at 8.30 am, a good 30 minutes before the class, I decided to hard boil some eggs for my salad later that day.

Feeling very virtuous at being so organised I went off to class where I found I had lost 1-lb, and so felt even more virtuous. Around 10.30, after everyone was weighed, we were sitting talking in the group about how to cope with barbecues and other summer entertainments. One person said she stuck with the salads. I said to my neighbour that was what I tended to do, and suddenly leapt out of my chair with a gasp. My neighbour thought I was ill, and leapt up with me asking what was wrong. I could hardly get the words out, but managed to explain I had put eggs on to boil for my salad at 8.30 and had not turned them off. The look on everyone's face was comical, if I could have paused to note. I rushed out, into the car and drove home in shock wondering if I had a home to go to. When I got home the place looked the same from outside, but when I opened the front door I was met by a thick blue haze. I rushed through to the kitchen and turned the stove off, and grabbed the oven mitt and removed the pan. Fortunately the only real damage was to the pan and the contents. Thanks to having a lid on the pad, very little egg had hit the walls etc, but the pan was ruined. The ceramic hob was ok too, which had been my big worry.

The smell was right through the house, and despite opening all the windows was still there several days later.

I was very fortunate because if salads had not been mentioned I would have sat through the entire meeting, and then gone to lunch with some of the women and not got home until after 12.30 – a whole four hours – and who knows what might have happened in that time.

It is odd the things that trigger our memories. However, I am now going down the well trodden path of having a note beside the front door which asks if I have checked that the oven is off, along with a list of various other questions (back door locked etc.).

Tilly Hale

JUST FOR LAUGHS Irish Medical Dictionary

Artery	The study of painting
Bacteria	Back door of cafeteria
Barium	What doctors do when patients die
Bowel	A letter like A E I O U
Caesarean Section	A neighbourhood in Rome
Cat Scan	Searching for a lost cat
Cauterise	Making eye contact with a woman
Coma	Punctuation Mark
D & C	Where Washington is
Dilate	To live longer
Enema	Not a friend
Fester	Quicker
Fibula	A little lie
Genital	Not a Jew
Hangnail	Coat hook
Impotent	Distinguished, well-known
Labour pain	Getting hurt at work
Medical Staff	Doctor's cane
Morbid	A higher bid
Nitrates	Cheaper than day rates
Node	Was aware of
Out patient	A person who has fainted
Pap smear	A fatherhood test
Pelvis	Father of Elvis
Recovery Room	Place to do upholstery
Rectum	Took apart violently
Secretion	Hiding something
Seizure	A Roman emperor
Tablet	A small table
Terminal illness	Getting sick in an airport
Tumour	More than once
Urine	Opposite of your out
Varicose	Nearby
Vein	Conceited

Source unknown, passed to LIVErNORTH by Dorothy Barker.



Bad spellers of the world: UNTIE!

British Transplant Games 2008 Sheffield 7th - 11th August

Thursday 7th August saw the opening of the 2008 Transplant Games in the city of Sheffield. The Newcastle Transplant Team took 10 athletes and 1 supporter, with heart transplantee David Donkin making up the six members of the Volleyball Team. On the Thursday evening there was the parade of athletes through the city centre of Sheffield and the opening ceremony at the Town Hall.

The accommodation was at the University of Sheffield. The campas had just been built so we were the first people to try it out.

A full programme of sports over the first three days kept everyone busy. On the Friday, Sheffield United Football Club hosted the Darts Comedy Night. We all had tickets to watch Rotherham United v Lincoln City on Saturday - Rotherham won 1 - 0. We bumped into Barry, the little one of the Chuckle Brothers, and he kindly gave £10 to me and Susan for our sponsored 5km Donor Run.

The 2nd 5km Donor run was started at 7.15p.m. by Pudsey from BBC Children in Need and took place at the Don Valley Stadium (home of Rotherham United) in Sheffield. Approximately 500+ people registered to partake in the run, which is open to everyone and aims to raise

funds through sponsorship as well as promoting and encouraging organ donation. In pouring rain the Donor Run took 51 minutes to complete and we were soaking wet. We were given free tee shirts from the Blood Donors stand so we were able to join the rest of the team at Weatherspoons, the venue for team's Saturday night out in the city centre.

We also raised over £300.00 for Transplant Sport UK, Newcastle Transplant Team Fund and the Transplant Trust Donor Bus.

Sunday was a full day of field and track events at the Don Valley Stadium. Newcastle finished the day off with a hat full of medals.

At 6.15p.m. on Sunday a fleet of buses ferried everyone to the Gala Dinner in the city centre. About 1000 people attended for a meal, entertainment by a live band and the presentation of the trophies, which was great to see. Marjorie Batey received a special individual trophy. The Fred Morton Memorial Victrex Ludorum (Dry) Super Veteran Cup was presented to Marjorie, who had won 2 Gold medals, 1 Silver medal and 1 Bronze medal during the 2008 games. At the young age of 69 years it was a great achievement and fully deserved. It just goes to show you are never too old to be involved and

successful at sport - Well done from everyone Marjorie.

Reporters: John and Susan Harty

Dawn Fenton Wingate (Kidney)
Volleyball Bronze
Shot Put Silver
Discus Silver

British Transplant Games 2008 Medal Winners

Graeme Appleby Morpeth (Kidney)
Volleyball Bronze
Darts Gold
Discus Bronze

Marjorie Batey Newton Aycliffe (Liver)

Archery Bronze
Badminton Silver
Shot Put Gold
Discus Gold

Denise Baker Darlington (Kidney)

Swimming
200mtrs Freestyle Silver
100mtrs Freestyle Bronze
50mtrs Butterfly Gold

Joyce Gill Monkseaton (Kidney)

Ten Pin Bowling Bronze
Canoeing Silver

Martin Graham West Allotment (Kidney)

Volleyball Bronze
Swimming
100mtrs Freestyle Gold
50 mtrs Breaststroke Bronze

David Lee Whitley Bay (Kidney)
Volleyball Bronze

John Harty Gateshead (Liver)
Volleyball Bronze

Simon Lloyd Newcastle (Kidney)
Canoeing Gold

David Donkin Craghead (Heart)
Volleyball Bronze

Daymon Johnston Newcastle (Kidney)
5km Walk Bronze
Cricket Ball Gold

The 32nd British Transplant Games will be held 30th July - 2nd August 2009 at Coventry

For more information contact:

John Timms Event Director - email:
john.timms@mls.gb.com

Tel: 01 14 257 1992

or

Emma Dean Event Manager- email:
emma.dean@mls.gb.com

Tel: 01 14 257 1992

TSUK office - email:

office@transplantsport.org.uk

Tel: 01962 865 030

or visit www.transplantsport.org.uk

TILLY TATTLE

After writing to you on sunny days in the past two newsletters, today my luck has run out and I am writing this as the rain comes down. Oh well, at least I managed to cut the grass yesterday, and it will save me watering the plants – although I must admit I have not had to do this for a couple of weeks now.

We are fast approaching the LIVERNORTH Fair, and volunteers to sell raffle tickets at the Freeman have come forward which is always a great relief. The more times we can sell in the hospital, the more money we will make. As I am sure you know, all of the fund raising goes to either amenities for the Liver Ward, equipment for the Liver Unit which is outside the remit of the NHS, or to help with research into various liver diseases. We do not have any paid staff at LIVERNORTH, everyone is a volunteer, and over the years we have raised considerable sums of money to pass on in this way.

With regard to the Fair, which takes place on Saturday 20 September, we still need items for the various stalls, and I would be very grateful to anyone who can contribute to the Tombola stall. This is always a good money-raiser, and the more items we have, the better. If anyone has items for this stall, or any other, please do pass them on to us. There are various ways you can do this. You can bring them to the LIVERNORTH meeting on Wednesday 3 September, you can leave them with Sarah Murphy (Professor Dave Talbot's secretary on Ward 12) or you can phone and we will do our best to arrange collection. For the tombola I need the

items by the 15 September at the very latest. Obviously items for the Cake Stall can be brought in on the day.

In this newsletter you will see the booking form for the LIVERNORTH Christmas Dinner, which takes place on Wednesday 3 December. Please remember that places are limited, so if you do intend booking it would be a good idea to do it fairly quickly.

After the Dinner we have the LIVERNORTH Carol Service on Sunday 7 December at 2.30pm. As always, if anyone would like to take an active part in the service – either by doing a reading, or speaking, then please do get in touch with me. I know many of you have done this in the past, and are willing to do it again, but if anyone hasn't taken part and would like to be involved, then I would love to hear from you.

Kind regards

Tilly Hale – 01670 714901

FLU VACCINATIONS

Do remember that if you have most forms of liver disease you can have the flu jab, regardless of age. Flu can be a great problem for people who have poor immune systems, so check with your GP. Flu jabs are given anytime from end of September through October.

THE LIVERNORTH BOOK OF REMEMBRANCE

Some years ago we set up the LIVERNORTH Book of Remembrance, which is kept on show in the Freeman Chapel. Each day the pages are turned by

the Chaplaincy team. I realise that some members do not know about the book, and I felt I should write a little note.

The Book of Remembrance is housed in a special display cabinet made by John Bedlington, and is situated just as you go into the Freeman Chapel, next to the children's book of remembrance.

The book is there for all liver patients. It is a way of commemorating their deaths. Anyone who has lost a relative or friend to liver disease can have their loved one's name put in the book, along with a short note about the person. Forms for this are available from John and Joan Bedlington,

or myself. Obviously the person's name is displayed on their anniversary, but it is also possible to see the entry at any other time, by contacting the Chaplain (Nigel Goodfellow) or one of his team, who can arrange to show the appropriate entry.

When the book was first started we held a service in the Freeman Chapel and named all those who were in the book. Obviously we cannot do this regularly, but having your loved one's name displayed is a tribute to them, and very meaningful. There is no charge for this and you will be given a copy of the entry.

Tilly Hale, 01670 714901



INNER STRENGTH

If you can start the day without caffeine

If you can always be cheerful, ignoring aches and pains

If you can resist complaining and boring people with your troubles

If you can eat the same food every day and be grateful for it

If you can understand when your loved ones

are too busy to give you any time

If you can take criticism and blame without resentment

If you can ignore a friend's limited education and never correct him

If you can resist treating a rich friend better than a poor friend

If you can conquer tension without medical help

If you can relax without alcohol

If you can sleep without the aid of drugs

THEN YOU ARE PROBABLY THE FAMILY DOG!

(from Margaret Hanna).



*Wise men speak because they have something to say; Fools
because they have to say something. (Plato)*

A MEMORIAL TO LILIAN CORNISH

My mother, Lilian Cornish, was diagnosed with liver cancer nine years ago, and was given 18 months to live.

Our lives were blown apart. My mother was widowed at just 42 years old and had brought up one son and three daughters on her own. She was then 68 years old and looking at the prospect of never reaching her 70th birthday.

After several sessions of chemotherapy Mr. Manas gave her a glimmer of hope when he offered her the chance to try the RITA (as he called it) Tissue Ablator. This, if successful, would give her at least five more years with us, so she jumped at the opportunity.

My mother became well known in Ward 12 and the X Ray Department where she kept them laughing at her jokes – she adored the staff in the Freeman. Mr Manas meant the world to her and she would shop around looking for silly gifts for him that made him laugh. The rapport they had was wonderful to see (it was a good job his wife wasn't the jealous type!).

She looked forward to Liver News dropping on the mat and would ring me to talk about the latest news, and tell me the best “Helen's Howlers”. Every year she enjoyed the Fair at the Freeman and she would take my sister and her three children there for a day out. My niece once entered the “name the doll” competition and she chose the name Lily after my mother and won the prize – so everyone went home happy that day.

Last November my mother was admitted to hospital with breathing difficulties and was told the cancer had moved to her lung and neck. Not one for giving in, she agreed to radiotherapy but this drained her of what little strength she had left.

By March she was getting weaker and on June 3 at 5.40 am, aged 77 years, our precious mother passed away. It was the saddest day of our lives. She could be short-tempered at times (who wouldn't be, bringing up four children on their own?) but she was the kindest person I know and would help anyone in need. She also had a fantastic sense of humour which everyone will remember her for.

At her funeral we requested donations for her favourite charity, LIVErNORTH, and I know she would have been proud to hand over the cheque had she been here. She was given nine extra years with us. I know there is one particular angel smiling down at all the other “angels” in the Freeman Hospital saying, “God is with you” and that is my mother. Her name is Lily.

Susan Riddell

I would like to pay tribute to my friend Norman Fay.

I first met Norman more than thirty years ago when then in my younger days I bought my Fay cycle. Norman's bike knowledge was second to none and his opinion and advice was widely sort.

I worked for Norman and gained a wealth of knowledge. He managed to turn his love of cycling into a successful business. He combined the new with the old, selling the latest in folding bikes and equipment, but also had a love of the old cycles. He kept history alive with his working collection of older machines and demonstrated his cycles at the bygone bikes and at the places like the York Rally. A modest and yet proud man, modest in his achievement of designing and making his own machines and running cycle shop.

A proud man. A proud father and grandfather. Proud of his children Helen and Norman and grandson Adam.

I know I am not alone when I say I will miss you.

Robin Coombes

Great North Walk 2008

This year's nine and a half mile walk was held in my own back yard, in & around Herrington Country Park, Sunderland. A cool breezy day, ideal for walking and thankfully no rain. I was lucky enough to start with the first wave of 700 fellow walkers at 10:30, setting off to the south on paths and tracks on the reclaimed former colliery site. We passed the Sightlines view point before turning north between the lakes. Time for my first banana! We continued up hill crossing

the main road and the short but very steep climb up to Penshaw Monument, the Grecian style structure built to honour the first Earl of Durham, John George Lambton in 1884. Pausing briefly to take in the view and a much needed breather, we continued down and north through the woods with views of the Nissan car plant in the near distance. We then looped back along the banks of the Wear before climbing back up to the monument and a view of the finish line. Crossing the line some two and a half hours after I started, with my medal presented by the Mayor of Sunderland no less. No aches and pains, just two very sore feet!



The look on Robin's face says it all - his friend Norman died just a few days before the walk (Ed)

Robin Coombes

New Information Leaflets

Four new leaflets have been published by LIVERNORTH since the last issue:

1. Coping with Stress. Written for us by Dr Sue Vidler, Peggy Oliver's friend. Stress is part and parcel of almost any liver disease and this leaflet may help patients and carers identify how to deal with stress.

2. Alcoholic Liver Disease. Written for us by Dr Stephen Stewart, Consultant Hepatologist. This is a long awaited addition to our 'arsenal' of leaflets and should be a great help in clinics and on the internet.

3. You and Your Consultant. Written for us by Mr Jeremy French, Consultant Transplant Surgeon with some input from the group. The most common moan we hear from our members is that they wished they had asked their consultant something during their consultation. Hopefully, this will address the problem in some measure - take this leaflet the next time you are in clinic and use the questions as a checklist.

4. Look After Your Liver. Another one kindly written by Mr French. The need for this one was identified when we were giving talks to students. They had plenty of knowledge about drugs and alcohol but little knowledge about the long term damage they were doing to their livers. This leaflet identifies several things to avoid and gives sensible guidelines.

The leaflets are all available from LIVERNORTH, from clinic B, ward 16 and ward 12 at the Freeman. By the time of publication of this LIVERNEWS, they should also be available online via www.livernorth.org.uk.



A wise man changes his mind, a fool never.

(Spanish Proverb)



WORLD TRANSPLANT GAMES 2011

The world transplant games federation (wtgf) has announced the site and host country of the World Transplant Games, scheduled for June 18th-25th 2011: Gothenburg, Sweden. The 2011 event will be the 17th such games. The federation stages both summer and winter international sporting activities for transplant athletes to illustrate the success of transplant surgery and to heighten public awareness of the necessity to boost rates of organ donation.

It's a Crazy World...

(or as Uncle Stan says, the fuse gets a little shorter every day)

A self employed painter and decorator has been fined £30 for smoking in his own van. Caredeigion (Wales) Council employees who issued the fine said that his van counts as his workplace and is therefore illegal to smoke in it. He was not actually at work as he had just popped down to the shops to get some tea bags for his wife after work but they still said it was his workplace.

(He should have said he was a member of a religion that insist on him smoking - Ed)

My car was broken into last week and I rang Durham police at 11.30 a.m. (when I discovered the crime). They failed to turn up at all until the next afternoon (30 hours later - after I had telephoned to complain). I have since been told by a policeman that I was lucky - they don't promise anything better than 72 hours response for this type of crime.

THE GREAT NORTH RUN 2008 LIVErNORTH RUNNERS

This year we have no less than nine charity runners! It would have been ten but one person failed to return their entry form which is particularly disappointing considering how hard we have worked over the years to get the entries we have. Sorry to those of you who would have run but it was first come, first served and we are not happy to have wasted a place.

Runners for 2008:

Jeremy French

Robin Harmor

Chris Bennett

Susan Exley

Phillip Heaton

Ruth Pearce

Robert Maguire

Steven Angus

Gundabolu Pradeep

Look out for them in their distinctive LIVErNORTH tee shirts on 5th October and if you want to sponsor any of them then please send a donation to us (address on back cover) and put the name of the runner you want to sponsor on the back of the cheque. You can also donate online via our website.

Others may also be running for LIVErNORTH as private entrants but the names above are our official charity runners.

We hope to have even more places available next year so watch this space!

Dear LIVERNORTH

Dear Tilly,

I don't know if you remember but I did a ghost night a few years back and, along with the help of a few friends, raised about £600 I believe (can't

remember the exact amount). My husband, who is a "pigeon fancier" also did a charity night and thanks to his efforts sent a nice cheque to LIVERNORTH a couple of years ago.

This is to show how grateful we are to people like your fantastic team who give support and a little bit of sunshine to those with liver problems in the way of your wonderful newsletter. Enclosed is a cheque for £228.15 which was donated instead of flowers at my dear mother's funeral recently.

I shall continue raising funds whenever I can for your marvellous charity – this will go on.

I have enclosed an article which I've written about my mother (as writing down helps me ease the pain sometimes) and I would be grateful if you would consider printing this in the newsletter.

Love to you all, and keep up the good work.

Susan Riddell

Dear Tilly,

I feel I must write and thank you and all of Dorothy's friends from LIVERNORTH for attending her funeral. It was much appreciated by myself and my family. I am only sorry that I did not have the opportunity to speak to you all afterwards. Dorothy did so look forward to going to the evening and lunchtime meetings with you. She enjoyed seeing and talking to the members who often, like her, were not in the best of health, but who were all there to help and support each other. She was always positive in her outlook on life, and was a vibrant, warm, caring person, who was full of life. I think at the last she was ready to go. Too many operations, too much pain eventually wore down even her great courage. I think that she was the strong member of the family. Her death has left a great emptiness which I am struggling to cope with.

Tilly, once again, many thanks for the care and friendship which you gave to Dorothy over the years. It was much treasured by her.

Sincerely,

Alan Kay

Dear John,

This is a belated thank you for sending me copies of LiverNews. I have been saving them to read at clinic appointments - I have been the only person with a smile on my face, giggling away.

Janet told me she had spoken to you but I had no idea that I was in for such a good read. Sometime in the future, our group hopes to provide a newsletter, please may I use some of your jokes?

Thanks for making me smile, Take care,

Pat Waddington, Liverpool

(Of course you can use them Pat - as far as we are aware, all of our jokes are in the public domain. Just say that you saw them in LIVErNEWS and we will be happy. Thanks for your nice comments! Ed)

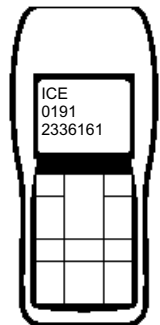
ICE - REMINDER

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.



HELEN'S HOWLERS

Most 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.

EVERYTHING HAS A GENDER

You may not know this but many nonliving things have a gender...

*Ziploc Bags are Male, because they hold everything in, but you can see right through them.

*Copiers are Female, because once turned off; it takes a while to warm them up again. It's an effective reproductive device if the right buttons are pushed, but can wreak havoc if the wrong buttons are pushed.

*A Hot Air Balloon is Male, because, to get it to go anywhere, you have to light a fire under it, and of course, there's the hot air part.

*Sponges are Female, because they're soft, squeezable and retain water.

*A Web Page is Female, because it's always getting hit on.

*A Subway is Male, because it uses the same old lines to pick people up.

*An Hourglass is Female, because over time, the weight shifts to the bottom.

*A Hammer is Male, because it hasn't changed much over the last 5,000 years, but it's handy to have around.

*A Remote Control is Female. Had you fooled! You thought it'd be male, didn't you? But consider this - it gives a man pleasure, he'd be lost without it, and while he doesn't always know the right buttons

to push, he keeps trying!

Delia's Way...

Stuff a miniature marshmallow in the bottom of a sugar cone to prevent ice-cream drips.

The Real Woman's Way

Just suck the ice cream out of the bottom of the cone, for God's sake. You are probably lying on the couch with your feet up eating it anyway.

Delia's Way

To keep potatoes from budding, place an apple in the bag with the potatoes.

The Real Woman's Way

Buy Smash and keep it in the cupboard for up to a year.

Delia's Way

When a cake recipe calls for flouring the baking tin, use a bit of the dry cake mix instead and there won't be any white mess on the outside of the cake.

The Real Woman's Way

Tescos' sell cakes. They even do decorated versions.

Delia's Way

If you accidentally over-salt a dish while it's still cooking, drop in a potato slice.

The Real Woman's Way

If you over salt a dish while you are cooking, that's tough sh!t. Please recite with me the Real Woman's motto: "I made

it and you will eat it and I don't care how bad it tastes."

Delia's Way

Wrap celery in aluminum foil when putting in the refrigerator and it will keep for weeks

The Real Woman's Way

It could keep forever. Who eats it?

Delia's Way

Cure for headaches: Take a lime, cut it in half and rub it on your forehead. The throbbing will go away.

The Real Woman's Way

Cure for headaches: Take a lime, cut it in half and drop it in 8 ounces of vodka. Drink the vodka. You might still have the headache, but you won't give a sh*t?

Delia's Way

If you have a problem opening jars, try using latex dishwashing gloves. They give a non-slip grip that makes opening jars easy.

The Real Woman's Way

Why do I have a man?

Finally the most important tip (and my fav!!!)

Delia's Way

Freeze leftover wine into ice cubes for future use in casseroles

The Real Woman's Way

left over wine???? Hellllloooo

Death March

A MAN was leaving a cafe with his morning cup of tea when he noticed a most unusual funeral procession approaching the nearby cemetery. A long black hearse was followed by a second long black hearse about 50 feet behind the first. Behind the second hearse was a solitary old man walking a pit-bull terrier on a leash. Behind him was a queue of 200

men walking in single file. Unable to contain his curiosity, the man quietly approached the old man walking the dog and said, "I'm so sorry for your loss, and I know now is a bad time to disturb you, but I've never seen a funeral like this with so many of you walking in single file. Whose funeral is it?"

The old man replied, "Well, the first hearse is for my wife."

"What happened to her?" asked the man. The old man replied, "My dog attacked and killed her."

"Well, who's in the second hearse?" inquired the man.

The old man answered, "My mother-in-law. She was trying to help my wife when the dog turned on her."

A poignant and thoughtful moment of silence passed between the two men, before the man asked, "Can I borrow the dog?"

The old man replied, "Join the queue".

Bedside manner

A MAN had been slipping in and out of a coma for several months. His wife stayed by his bedside every single day. When he finally regained consciousness, he motioned for her to come nearer. He said, "You have been with me all through the bad times. When I got the sack, you were there to support me. When my business failed, you were there. When I got shot, you were by my side. When we lost the house, you gave me support. When my health started failing, you were still by my side."

"I know, dear. What is it?" she asked, gently.

"I think you bring me bad luck," he replied.

Funny valentine

A WOMAN walked into a post office one day to see a middle-aged, balding man standing at the counter methodically placing 'Love' stamps on bright pink envelopes adorned with hearts. He then took out a perfume bottle and sprayed the letters.

Her curiosity getting the better of her, the woman asked the man what he was doing. The man said, "I'm sending out one thousand Valentine cards signed, 'Guess who?'"

"But why?" asked the woman.

The man replied, "I'm a divorce lawyer".

Dream sequence

A WOMAN woke from her afternoon nap and told her husband, "I just had a dream in which you gave me a pearl necklace for my birthday. What do you think it means?" "You'll know tonight," replied her husband, embracing her fondly.

That evening, the man came home with a small package and gave it to his wife. Expectantly, she opened it, to find a book entitled, 'The meaning of dreams'.

A man and a friend are playing golf one day at their local golf course. One of the guys is about to chip onto the green when he sees a long funeral procession on the road next to the course. He stops in mid-swing, takes off his golf cap, closes his eyes, and bows down in prayer.

His friend says: "Wow, that is the most thoughtful and touching thing I have ever seen. You truly are a kind man."

The man then replies: "Yeah, well we were married 35 years."

Squirrels had overrun three churches

in town. After much prayer, the elders of the first church determined that the animals were predestined to be there. Who were they to interfere with God's will? they reasoned. Soon, the squirrels multiplied.

The elders of the second church, deciding that they could not harm any of God's creatures, humanely trapped the squirrels and set them free outside of town. Three days later, the squirrels were back. It was only the third church that succeeded in keeping the pests away. The elders baptized the squirrels and registered them as members of the church. Now they only see them at Christmas and Easter.

While going through his wife's dresser drawers, a farmer discovered three beans and an envelope containing £30 in cash. The farmer confronted his wife, and when asked about the curious items, she confessed:

"Over the years, I haven't been completely faithful to you."

"When I did fool around, I put a bean in the drawer to remind myself of my indiscretion," she explained.

The farmer admitted that he had not always been faithful either, and therefore, was inclined to forgive and forget a few moments of weakness in his wife.

"I'm curious though," he said, "Where did the thirty pounds come from?"

"Oh that, " his wife replied, "Well, when beans hit two quid a stone, I sold out!"

This guy arrives at the Pearly Gates. He has to wait to be admitted, while St. Peter leafs through his Big Book.

He's checking to see if the guy is worthy of

entry or not. Saint Peter goes through the books several times, furrows his brow, and says to the guy, "You know, I can't see that you did lots of good in your life but, you never did anything bad either.

Tell you what, if you can tell me of one REALLY good deed that you did in your life, you're in."

The guy thinks for a moment and says, "Well, there was this one time when I was drivin' down the highway and I saw a Biker Gang assaulting this poor girl. I slowed down my car to see what was going on, and sure enough, that's what they were doing. There were about 50 of 'em torturing this chick.

Infuriated, I got out my car, grabbed a tire iron from my trunk and walked straight up to the leader of the gang. He was a huge guy with a studded leather jacket and a chain running from his nose to his ear. As I walked up to the leader, the Gang formed a circle all around me.

So I ripped the leader's chain off his face and smashed him over the head with the tire iron. Then I turned around and yelled to the rest of them, 'Leave this poor, innocent girl alone, you slime! You're all a bunch of sick, deranged animals! Go home before I teach you all a lesson in pain!'"

St. Peter, extremely impressed, says, "Really? Wow, when did all this happen?" "Er.. about two minutes ago."

Sherlock Holmes and Dr. Watson went on a camping trip. After a good meal and a bottle of wine, they were exhausted and went to sleep.

Some hours later, Holmes awoke and nudged his faithful friend.

"Watson, look up at the sky and tell me

what you see."

Watson replied, "I see millions and millions of stars."

"What does that tell you?" Holmes said Watson pondered for a minute.

"Astronomically, it tells me that there are millions of galaxies and potentially billions of planets. Astrologically, I observe that Saturn is in Leo. Timewise, I deduce that the time is approximately a quarter past three. Theologically, I can see that The lord is all powerful and that we are small and insignificant.

Meteorologically, I suspect that we will have, a beautiful day tomorrow. What does it tell you?"

Holmes was silent for a minute, then spoke. "Watson, you idiot, Some **** has stolen our tent."

Two men are having an awfully slow round of golf because the two ladies in front of them managed to get into every sand trap, lake, and rough on the course, and they didn't bother to wave the men on through, which is proper golf etiquette.

After two hours of waiting and waiting, one man said, "I think I'll walk up there and ask those gals to let us play through." He walked out to the fairway, got halfway to the ladies, stopped, turned around and came back, explaining, "I can't do it. One of those women is my wife and the other is my mistress. Maybe you'd better go talk to them."

The second man walked toward the ladies, go halfway there and, just as his partner had done, stopped, turned around and walked back.

He smiled sheepishly and said, "Small World!"

A woman finds herself in dire financial trouble. Desperate, she goes to church and begins to pray.

"God, please help me. I've lost my business and I'm going to lose my house as well. Please let me win the lottery."

Lottery night comes, and she is devastated when someone else wins.

She prays again. "God, please let me win the lottery. I've lost my business, my house, and I'm going to lose my car as well."

Lottery night comes, and once again she has no luck.

Once again, she prays. "God, I've lost my business, my house and my car. Please just let me win the lottery this one time so I can get my life back in order."

Suddenly, the heavens open. There is a blinding flash of light and a voice echoes through the church. "Work with me here, my child. Buy a ticket."

If Only I had Said it

The exchange between Churchill and Lady Astor: She said, "If you were my husband, I'd give you poison," and he said, "If you were my wife, I'd take it."

Gladstone, a member of Parliament, to Benjamin Disraeli:

"Sir, you will either die on the gallows or of some unspeakable disease."

"That depends, sir," said Disraeli, "On whether I embrace your policies or your mistress."

"He had delusions of adequacy." - Walter Kerr

"He has all the virtues I dislike and none of the vices I admire." - Winston Churchill

"A modest little person, with much to be modest about."

- Winston Churchill

"I have never killed a man, but I have read many obituaries with great pleasure." - Clarence Darrow

"He has never been known to use a word that might send a reader to the dictionary." - William Faulkner (about Ernest Hemingway).

"Poor Faulkner. Does he really think big emotions come from big words?" - Ernest Hemingway (about William Faulkner)

"Thank you for sending me a copy of your book; I'll waste no time reading it." - Moses Hadas

"He can compress the most words into the smallest idea of any man I know." - Abraham Lincoln

"I didn't attend the funeral, but I sent a nice letter saying I approved of it." - Mark Twain

"He has no enemies, but is intensely disliked by his friends." - Oscar Wilde

"I am enclosing two tickets to the first night of my new play; bring a friend.... if you have one." - George Bernard Shaw to Winston Churchill

"Cannot possibly attend first night, will attend second...

if there is one!" - Winston Churchill, in response.

"I feel so miserable without you; it's almost like having you here." - Stephen Bishop

He is a self-made man and worships his creator." - John Bright

"I've just learned about his illness. Let's hope it's nothing trivial." - Irvin S. Cobb

"He is not only dull himself, he is the cause of dullness in others." - Samuel Johnson

"There's nothing wrong with you that reincarnation won't cure." - Jack E. Leonard

"He has the attention span of a lightning

bolt."

- Robert Redford

"They never open their mouths without subtracting from the sum of human knowledge." - Thomas Brackett Reed

"In order to avoid being called a flirt, she always yielded easily." - Charles, Count Talleyrand

"He loves nature in spite of what it did to him."

- Forrest Tucker

"Why do you sit there looking like an envelope without any address on it?" - Mark Twain

"His mother should have thrown him away and kept the stork." - Mae West

"Some cause happiness wherever they go; others, whenever they go." - Oscar Wilde

"He uses statistics as a drunken man uses lamp-posts...

for support, rather than illumination." - Andrew Lang (1844-1912)

"He has Van Gogh's ear for music." - Billy Wilder

"I've had a perfectly wonderful evening. But this wasn't it." - Groucho Marx

An old retired sailor puts on his old uniform and heads to the docks once more for old times' sake.

He engages a lady of the night and takes her up to a room. He's soon going at it as well as he can for a guy his age, but needing some reassurance, he asks, 'How am I doing?'

The lady of the night replies,

'Well old sailor, you're doing about 3 knots'.

"Three knots?" he asks, 'What's that supposed to mean?'

She says,

'You're knot hard, you're knot in, and

you're knot getting your money back !

Footloose

ONE evening after work, a man drove his secretary home after she had had a little too much to drink at a party. Although nothing happened, he decided not to mention it to his wife. Later that night, the man and his wife were driving to the theatre when he spotted a high-heeled shoe hidden under the passenger seat. Pointing to something out of the passenger window to distract his wife, he picked up the shoe and threw it out of his window. They arrived at the theatre a short time later and were about to get out when the woman said to her husband, "Have you seen my other shoe, dear?"

Short cut

A FLORIST visited his local barber for a haircut. When he tried to pay the barber, the barber replied, "I'm sorry. I can't accept money from you. I am providing a community service". The next morning, the barber found a card and a dozen roses on his doorstep. The next day a butcher went for a haircut and was again told by the barber, "I'm sorry. I can't accept money from you. I am providing a community service". The next morning the barber found a 'Thank You' card and a selection of prime steaks on his doorstep. The next day a fireman visited the barber, who again refused payment for giving him a haircut, on the grounds that he was providing a community service. The next morning the barber opened his door to find two dozen other firemen waiting for free haircuts.

Custom built

A YOUNG woman on a flight into

London asked the priest sitting beside her, "Father, may I ask a favour?"

"Of course child," replied the priest. "What can I do for you?"

"Well, I bought an expensive woman's electronic hair dryer for my mother's birthday and it's well over the customs limit. I'm afraid they'll confiscate it. Is there any way you could carry it through customs for me? Under your robes perhaps?"

"I would love to help you, dear, but I must warn you - I will not lie."

"With your honest face, father, no one will question you."

When they get to customs, the woman let the priest go ahead of her. The official asked, "Father, do you have anything to declare?"

"From the top of my head down to my waist, I have nothing to declare," said the priest.

The official asked, "And what do you have to declare from your waist to the floor?"

"I have a marvellous instrument designed to be used on a woman, but which is, to date, unused."

The official waved the priest through with a smile.

Jesus and Satan have an argument as to who is the better programmer. This goes on for a few hours until they agree to hold a contest with God as the judge.

They set themselves before their computers and begin. They type furiously for several hours, lines of code streaming up the screen.

Seconds before the end, a bolt of lightning struck taking out the electricity. Moments later, the power is restored, and God announces that the contest is over.

He asks Satan to show what he has come up with.

Satan is visibly upset, and cries, "I have nothing! I lost it all when the power went out."

"Very well, then," says God, "let us see if Jesus fared any better."

Jesus enters a command, and the screen comes to life in vivid display, the voices of an angelic choir pour forth from the speakers.

Satan is astonished. He stutters, "But how?! I lost everything, yet Jesus' program is intact! How did he do it?!"

God chuckles, "Jesus saves."

Three ladies were discussing the travails of getting older. One said, "Sometimes I catch myself with a jar of mayonnaise in my hand, while standing in front of the refrigerator, and I can't remember whether I need to put it away, or start making a sandwich."

The second lady chimed in with, "Yes, sometimes I find myself on the landing of the stairs and can't remember whether I was on my way up or on my way down."

The third one responded, " Well, ladies, I'm glad I don't have that problem. Knock on wood," as she rapped her knuckles on the table, and then said, "That must be the door, I'll get it!"

A manager was complaining in a staff meeting that he wasn't getting any respect. The next morning he brought in a small sign that read, "I'm the boss" and taped it to his door.

When he returned from lunch, he found another note taped to his door that said, "Your wife called, she wants her sign back!"

It had been raining for days and days, and a terrible flood had come over the land. The waters rose so high that one man was forced to climb onto the roof of his house.

As the waters rose higher and higher, a man in a rowboat appeared, and told him to get in. "No," replied the man on the roof. "I have faith in the Lord; the Lord will save me." So the man in the rowboat went away. The man on the roof prayed for God to save him.

The waters rose higher and higher, and suddenly a speedboat appeared. "Climb in!" shouted a man in the boat. "No," replied the man on the roof. "I have faith in the Lord; the Lord will save me." So the man in the speedboat went away. The man on the roof prayed for God to save him. The waters continued to rise. A helicopter appeared and over the loudspeaker, the pilot announced he would lower a rope to the man on the roof. "No," replied the man on the roof. "I have faith in the Lord; the Lord will save me." So the helicopter went away. The man on the roof prayed for God to save him.

The waters rose higher and higher, and eventually they rose so high that the man on the roof was washed away, and alas, the poor man drowned.

Upon arriving in heaven, the man marched straight over to God. "Heavenly Father," he said, "I had faith in you, I prayed to you to save me, and yet you did nothing. Why?" God gave him a puzzled look, and replied "I sent you two boats and a helicopter, what more did you expect?"

Why do cannibals prefer eating readers to writers?

Because writers cramp but readers digest.

A man gets captured by cannibals and every day they poke him with spears and use his blood to wash down their food. Finally the guy calls the chief over and says, "You can kill me or you can eat me, but I'm tired of getting stuck for drinks."

Two cannibals were sitting by a fire. The first says, "Gee, I hate my mother-in-law." The 2nd replies, "So, try the potatoes."

Everything I Needed to Know I Learned From Noah's Ark

Plan ahead. It wasn't raining when Noah built the ark.

Stay fit. When you're 600 years old, someone might ask you to do something REALLY big.

Don't listen to critics -- do what has to be done.

Build on high ground.

For safety's sake, travel in pairs.

Two heads are better than one.

Speed isn't always an advantage. The cheetahs were on board, but so were the snails.

If you can't fight or flee -- float!

Take care of your animals as if they were the last ones on earth.

Don't forget that we're all in the same boat.

When the doo-doo gets really deep, don't sit there and complain -- shovel!

Stay below deck during the storm.

Remember that the ark was built by amateurs and the Titanic was built by professionals.

If you have to start over, have a friend by your side.

Remember that the woodpeckers INSIDE are often a bigger threat than the storm outside.

Don't miss the boat.

No matter how bleak it looks, there's always a rainbow on the other side.

When you have a 'I Hate My Job' day, try this: On your way home from work, stop at your pharmacy and go to the thermometer section and purchase a rectal thermometer made by Johnson & Johnson. Be very sure you get this brand. When you get home, lock your doors, draw the curtains and disconnect the phone so you will not be disturbed. Change into very comfortable clothing and sit in your favourite chair.

Open the package and remove the thermometer. Now, carefully place it on a table or a surface so that it will not become chipped or broken.

Now the fun part begins. Take out the literature from the box and read it carefully. You will notice that in small print there is a statement:

'Every Rectal Thermometer made by Johnson & Johnson is personally tested and then sanitized'.

Now, close your eyes and repeat out loud five times, 'I am so glad I do not work in the thermometer quality control at Johnson & Johnson.'

HAVE A NICE DAY AND REMEMBER, THERE IS ALWAYS SOMEONE ELSE WITH A JOB THAT IS MORE OF A PAIN IN THE A*** THAN YOURS.....

A guy is driving around the back woods of Tennessee and he sees a sign in front of a broken down shanty-style house:

"Talking Dog For Sale."

He rings the bell and the owner appears and tells him the dog is in the backyard.

The guy goes into the backyard and sees a nice looking Labrador Retriever sitting there.

"You talk?" he asks.

"Yep," the Lab replies.

After the guy recovers from the shock of hearing a dog speak, he says, "So, what's your story?"

The Lab looks up and says, "Well, I discovered that I could talk when I was pretty young. I wanted to help the government, so I told them. In no time at all they had me jetting from country to country, sitting in rooms with spies and world leaders, because no one figured a dog would be eavesdropping.

I was one of their most valuable spies for eight years running.

"But the jetting around really tired me out, and I knew I wasn't getting any younger so I decided to settle down. I signed up for a job at the airport to do some undercover security, wandering near suspicious characters and listening in.

"I uncovered some incredible stuff and was awarded a bunch of medals. I got married, had a mess of puppies, and now I'm just retired."

The guy is amazed. He goes back in and asks the owner what he wants for the dog.

"Ten dollars," the guy says.

"Ten dollars?! This dog is amazing! Why on earth are you selling him so cheap?"

"Because he's a liar. He never did any of that stuff."

The priest was preparing a dying man for his voyage into the great beyond. Whispering firmly, the priest said, "Denounce the devil! Let him know how little you think of his evil!" The dying man

said nothing. The priest repeated his order. Still the dying man said nothing. The priest asked, "Why do you refuse to denounce the devil and his evil?" The dying man said, "Until I know where I'm heading, I don't think I ought to aggravate anybody."

In Ireland there is a mental institution that every year picks two of its most reformed patients and questions them. If they get the questions right they are free to leave.

This year the two lucky gents were Patty and Mike. They were called down to the office and left there by the orderly. They were told to wait as the doctor got their files. The doctor came out and motioned for Patty to come in for his questioning. When Patty came into the office he was instructed to sit in the seat across from the doctor.

"Patty you know the tradition of this institution so I imagine you know why you are here. You will be asked two questions, and if you get them right, you will be free to go. Do you understand all that you have been told?" said the doctor with a rather sly grin.

Patty nodded and the doctor began to question him. The first question was this. "Patty if I was to poke out one of your eyes what would happen?"

"I would be half blind of course," Patty answered without much thought. "What would happen if I poked out the other eye?"

"I would be completely blind," said Patty knowing that he had just gotten his freedom. The doctor then sent him outside while he drew up the paperwork and accessed Mike`s files.

When Patty got into the waiting room however, he told Mike what the questions would be and what the correct answers were.

The doctor calls in Mike and he followed the same procedure that he had with Patty. "Mike the first question is what would happen if I cut off your ear?" "I would be blind in one eye," he said remembering what he had been told. This received a perplexed look from the doctor but he just simply asks the other question so that he could figure out what the man was thinking. "Mike, what would happen if I cut off your other ear?"

"I would be completely blind," he answered with a smile as if he knew he had passed.

But then the doctor asked him what His reasoning was, and he said flatly, "Me hat would fall down over me eyes."

A grizzled old man was eating in a truck stop when three Hell's Angels bikers walked in. The first walked up to the old man, pushed his cigarette into the old man's pie and then took a seat at the counter. The second walked up to the old man, spit into the old man's milk and then he took a seat at the counter. The third walked up to the old man, turned over the old man's plate, and then he took a seat at the counter.

Without a word of protest, the old man quietly left the diner. Shortly thereafter, one of the bikers said to the waitress, "Humph, not much of a man, was he?" The waitress replied, "Not much of a truck driver either. He just backed his truck over three motorcycles."

A couple goes out to dinner to celebrate

their 50th wedding anniversary. On the way home, she notices a tear in his eye and asks if he's getting sentimental because they're celebrating 50 wonderful years together. He replies, "No, I was thinking about the time before we got married. Your father threatened me with a shotgun and said he'd have me thrown in jail for 50 years if I didn't marry you. Tomorrow I would've been a free man!"

Three guys were trying to sneak into the Olympic Village to scoop souvenirs and autographs. The first says, "Let's watch the registration table to see if there's a crack in the security system that we can utilize to scam our way in."

Immediately, a burly athlete walks up to the table and states, "Angus MacPherson. Scotland. Shotput." He opens his gym bag to display a shotput to the registration attendant.

The attendant says, "Very good, Mr. MacPherson. Here is your packet of registration materials, complete with hotel keys, passes to all Olympic events, meal tickets, and other information." The first guy gets inspired and grabs a small tree sapling, strips off the limbs and roots, walks up the registration table and states: "Chuck Wagon. Canada. Javelin."

The attendant says, "Very good, Mr. Wagon. Here is your packet of registration materials, hotel keys, passes, meal tickets, and so forth. Good luck!"

The second guy grabs a street utility manhole cover, walks up to the registration table and states: "Dusty Rhodes. Australia. Discus."

The attendant says, "Terrific, Mr. Rhodes. Here is your packet of registration materials, hotel keys, a full set of passes,

and meal tickets. Enjoy yourself."

They scamper in, but suddenly realize the third guy is missing. They groan, because he's a simpleton from the hills of Vermont. They forgot to make sure he doesn't do something stupid and blow their cover stories.

Just then he walks proudly up to the table with a roll of barbed wire under his arm and states: "Foster Bean. Hardwick, Vermont. Fencing."

The tri stages of sex in marriage-

1. Tri-weekly
2. Try-weekly
3. Try-weekly

A drunk is driving through the city and his car is weaving violently all over the road. A cop pulls him over.

"So," says the cop to the driver, "where have you been?"

"I've been to the pub," slurs the drunk. "Well," says the cop, "it looks like you've had quite a few."

"I did all right," the drunk says with a smile. "Did you know," says the cop, standing straight and folding his arms, "that a few intersections back, your wife fell out of your car?"

"Oh, thank heavens," sighs the drunk. "For a minute there, I thought I'd gone deaf."

A Twenty-one-year-old girl tells her Mom that she has missed her period for two months. Very worried, her mother goes to the drugstore and buys a test kit. The test result shows that the girl is, truly pregnant.

Shouting, cursing, crying, the mother says, "Who was the pig that did this to you? I want to know!"

The girl picks up the phone and makes a call. Half an hour later a Ferrari stops in front of their house; a mature and distinguished man with grey hair, impeccably dressed in a very expensive suit, steps out of the car and enters the house.

He sits in the living room with the father, the mother and the girl, and tells them, "Good morning, your daughter has informed me of the problem. I can't marry her because of my personal family situation, but I'll provide support. If a girl is born, I will bequeath her two retail stores, a townhouse, a beach villa and a £1,000,000 bank account. If a boy is born, my legacy will be a couple of factories and a £2,000,000 bank account.

If it is twins, a factory and £1,000,000 each. However, if there is a miscarriage, what do you suggest I do?"

At this point, the father, who had remained silent, places a hand firmly on the man's shoulder and tells him ...

"Then you try again."

A kindergarten teacher was walking around observing her classroom of children while they were drawing pictures. As she got to one girl who was working diligently, she asked what the drawing was. The girl replied, "I'm drawing God."

The teacher paused and said, "But no one knows what God looks like."

Without looking up from her drawing, the girl replied, "They will in a minute."

A couple go on vacation to a fishing resort in northern Minnesota. The husband likes to fish at the crack of dawn. The wife likes to read. One morning the husband returns after several hours of

fishing and decides to take a nap. Although not familiar with the lake, the wife decides to take the boat out. She motors out a short distance, anchors, and continues to read her book. Along comes a forest policeman in his boat. He pulls up alongside the woman and says, "Good morning Ma'am. What are you doing?" "Reading a book," she replies, (thinking "isn't that obvious?") "You're in a restricted fishing area," he informs her. "I'm sorry officer, but I'm not fishing, I'm reading." "Yes, but you have all the equipment. I'll have to take you in and write you up." "If you do that, I'll have to charge you with sexual assault," says the woman. "But I haven't even touched you," says the policeman. "That's true, but you have all the equipment."

Two lawyers, Jon and Amanpreet, head out for their usual 9 holes of golf. Jon offers Amanpreet a £50 bet. Amanpreet agrees and they're off. They shoot a great game. After the 8th hole, Amanpreet is ahead by one stroke, but cuts his ball into the rough on the 9th.

"Help me find my ball. Look over there," he says to Jon. After a few minutes, neither has any luck. Since a lost ball carries a four point penalty, Amanpreet secretly pulls a ball from his pocket and tosses it to the ground. "I've found my ball!" he announces.

"After all of the years we've been partners and playing together," Jon says, "you'd cheat me out of a lousy 50 quid?"

"What do you mean, cheat? I found my ball sitting right there!"

"And you're a liar, too!" Jon says. "I'll have you know I've been **STANDING** on your ball for the last five minutes!"

A MAN stepped into a lift and, as he turned to push the button for his floor, his elbow brushed the breast of an attractive woman. He said, "Oh, I'm so sorry. If your heart is as soft as your breast, I hope you'll be able to forgive me." The woman looked at him and said, "That's all right. If the rest of you is as hard as your elbow, I'm in room 204."

Drive time

JUDY was bored with driving her BMW. It lacked individuality and, besides that, every other girl in the office had one. She fancied something a bit more individual. That week she visited her local car showroom and spotted a beautiful Jaguar XK140 convertible. It was wonderfully restored and she fell in love with its gorgeous red paintwork. An empty cheque stub later and she was racing off down the leafy country lanes enjoying her beautiful new car. Her long blonde hair was flowing in the wind, music was blaring from the radio. What could possibly go wrong?

At this point there was a splutter from the engine and the car slowly coasted to a stop. Getting out and lifting the bonnet, she concluded after a few minutes that she didn't have a clue what was wrong. She called the AA on her mobile phone and, in a short while, the yellow van pulled up behind her. "That's a lovely car," said the mechanic. "What seems to be the matter?" Judy replied, "Well, it just conked out, I'm afraid."

"Let me have look," said the AA man. Ten minutes later the engine was purring once more like a cat. "Thank goodness," she said. "What was the matter?"

"Simple really," said the AA man. "Just crap in the carburettor."

"Oh!" she said. "How often do I have to do that?"

Still life

TWO statues, one female and the other male, faced each other for many years in a city park. Early one morning, an angel appeared before the statues and said, "Since the two of you have been exemplary statues and have brought enjoyment to many people, I am giving you your greatest wish. I hereby give you the gift of life. You have thirty minutes to do whatever you desire." And with that command, the statues came to life.

The two statues smiled at each other, ran to some nearby woods and disappeared behind some bushes. The angel smiled as she listened to the two statues giggling, the bushes rustling, and the twigs snapping. After fifteen minutes, the two statues emerged from the bushes, satisfied and smiling.

Puzzled, the angel looked at her watch and asked the statues, "You still have fifteen minutes. Would you like to continue?" The male statue looked at the female and asked, "Do you want to do it again?" Smiling, the female statue said, "Of course. But this time YOU hold the pigeon down and I'll crap on its head."

Noah is busy building the ark when God passes by and asks him about progress.

"It's not going too well", Noah said, "my timber was delivered to the wrong address, the nails keep on bending, the tar is of poor quality and does not seal the gaps, no elephants are available on the market, and they sell chickens only by the

dozen and not seven pieces only, my building permission here expires next month -- renewal pending, the union will go on strike next week for at least three days, five young carpenters have quit and have founded a band. Oh you know what it's like!"

"Sure I know what it's like" said God, "why do you think I'm sending a flood?"

A man walked into a lawyer's office and inquired about the lawyer's rates.

"£50 for three questions",.

"Isn't that awfully steep?".

"Yes it is. And what was your third question?"

A woman comes home and tells her husband, 'Remember those headaches I've been having all these years?

Well, they're gone.'

'No more headaches?' the husband asks,

'What happened?'

His wife replies, 'Margie referred me to a hypnotist.

He told me to stand in front of a mirror, stare at myself and repeat 'I do not have a headache;

I do not have a headache,

I do not have a headache.'

It worked!

The headaches are all gone.'

Well, that is wonderful.'

His wife then says,

'You know, you haven't been exactly a ball of fire in the bedroom these last few years.

Why don't you go see the hypnotist and see if he can do anything for that?'

The husband agrees to try it.

Following his appointment, the husband comes home, rips off his clothes, picks up his wife and carries her into the bedroom.

He puts her on the bed and says,

'Don't move, I'll be right back.'

He goes into the bathroom and comes back a few minutes later and jumps into bed and makes passionate love to his wife like never before.

His wife says, 'Boy, that was wonderful!'

The husband says, 'Don't move! I will be right back.'

He goes back into the bathroom, comes back and round two !

It was even better than the first time.

The wife sits up and her head is spinning.

Her husband again says,

'Don't move, I'll be right back.'

With that, he goes back in the bathroom.

This time, his wife quietly follows him and there, in the bathroom, she sees him standing at the mirror and saying,

'She's not my wife.

She's not my wife.

She's not my wife!'

His funeral service will be held on Saturday

That's all folks - special thanks this issue to Phil Busby and regulars David Hastings and Patricia Heard - great stuff folks!

Helen

Howlers welcome via email to info@livernorth.org.uk

or by letter to
LIVERNORTH
FREEPOST NEA2762
STANLEY
Co Durham
DH9 0BR

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
www.bibinsurance.co.uk	
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

* - 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.33

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

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

Hard SUDOKU

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

UIOLI No.34

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!

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

Medium SUDOKU

SU DOKU

**As featured in the Times
Monday to Saturday**

©Puzzles by Pappocom

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.

Hard SUDOKU

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

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

The correct solutions will be published in our next issue.

ANSWERS to UIOLI No 35

If you got 23 or over, you are a genius. 16 or over, very bright. 12 or over, average. 6 or over, trying but could try harder. 5 or less - oh dear, you need to switch off that TV and start using your brain more!

- | | | |
|-----|----------------------|---|
| 0. | 24 H in a D | Hours in a Day |
| 1. | 26 L of the A | Letters of the Alphabet |
| 2. | 7 D of the W | Days of the Week |
| 3. | 7 W of the W | Wonders of the World |
| 4. | 12 S of the Z | Signs of the Zodiac |
| 5. | 66 B of the B | Books of the Bible |
| 6. | 52 C in a P | Cards in a Pack |
| 7. | 13 S in the USF | Stripes in the US Flag |
| 8. | 18 H on a GC | Holes on a Golf Course |
| 9. | 39 B of the OT | Books of the Old Testament |
| 10. | 5 T on a F | Toes on a Foot |
| 11. | 90 D in a RA | Degrees in a Right Angle |
| 12. | 3 BM (S H T R) | Blind Mice (See How They Run) |
| 13. | 32 D F, the F P O W | Degrees Fahrenheit, the Freezing Point of Water |
| 14. | 15 P in a R T | Players in a Rugby Team |
| 15. | 3 W on a T | Wheels on a Tricycle |
| 16. | 100 P in a P | Pence in a Pound |
| 17. | 11 P in a F T | Players in a Football Team |
| 18. | 12 M in a Y | Months in a Year |
| 19. | 13 is U F S | Unlucky for Some |
| 20. | 8 T on an O | Tentacles on an Octopus |
| 21. | 29 D in F in a L Y | Days in February in a Leap Year |
| 22. | 27 B in the N T | Books in the New Testament |
| 23. | 365 D in a Y | Days in a Year |
| 24. | 13 L in a B D | Loaves in a Bakers Dozen |
| 25. | 52 W in a Y | Weeks in a Year |
| 26. | 9 L of a C | Lives of a Cat |
| 27. | 60 M in an H | Minutes in an Hour |
| 28. | 23 P of C in the H B | Pairs of Chromosomes in the Human Body |
| 29. | 64 S on a C B | Squares on a Chess Board |
| 30. | 6 B to an O in C | Balls to an Over in Cricket |
| 31. | 15 M on a D M C | Men on a Dead Man's Chest |
| 32. | 1000 Y in a M | Years in a Millennium |

Please let us know if you enjoy this type of UIOLI and if you prefer the answers in the same issue or the next.

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



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NANCY	01325 463754
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TILLY	01670 714901
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SUSAN	01207 271707

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email us at 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

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Registered Charity No. 1087226

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01353 862466

-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
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-oOo-

HELPING HANDS
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-oOo-

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