

Liver

NORTH

Patron: Denise Robertson MBE
Registered Charity No. 1087226

Spring 2011



LIVERNEWS

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

Art Auction raises
over £6000 for the
Institute of Transplantation

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LIVERNORTH is run entirely by unpaid volunteers

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Margaret Bickle, Joan Bedlington

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twitter: 'livenorth'

Chairman

Another late newsletter and no excuses this time - just reasons. Busy doesn't describe how things have been since I last did this column and you will be able to read inside some of the things we have been up to since the last issue (apart from digging the car out of the snow every day for about three weeks).

I was a bit sceptical in the last issue about finding someone to take over as newsletter editor and I'm now eating my words! I have GREAT pleasure in announcing that Fiona Hale (Tilly's daughter) is going to take on the job. This is my last issue and it will be wonderful to hand over to new blood after twelve years of being editor. I'm sure Fiona will do a brilliant job as editor and I will be on hand to give as much support as I can to get her started. I will however, be continuing to do this column. I very much hope Fiona enjoys it as much as I have and I know you will all want to join me in wishing her well.

At the British Liver Trust Conference earlier this year I was asked to speak to delegates to tell them how we became a successful group, where our money came from and how we made contact with clinicians. It all seemed so obvious to me; and you all know how we run our group (no paid employees, no subscriptions, free leaflets etc) and I was amazed that some of the delegates thought that there must be more to it. They had difficulty believing that money came in *without us having to ask for it* and the fact that we had no expenses for office accommodation or salaries. I explained that these two sides of our operation complimented each other. People give us money freely because they know not one penny is spent on wages or rent. Every single penny is spent on liver patients, their carers or on research and this doesn't mean that someone in LIVErNORTH is paid to administer research or leaflets or 'support' - it means what it says. Every penny goes directly to help patients etc.

and no-one gets paid at all (I don't know of any other charity that can make the same claim). Our Annual Accounts and report are published in this issue and you may like to examine them yourself to see where your money has been spent. One delegate still didn't get it and actually said that her group (which does have paid employees) was, in her opinion, the best and most professional liver patient support group in the country. Why it was necessary to make this comment, I have no idea.

On the subject of money and where it comes from, we are extremely grateful to have received donations from North Sea oil rigs! Just last month the welfare committee of the Arctic 3 sent us a cheque for £500 in memory of Anne Harris, a LIVErNORTH member who died in September 2008. It's marvellous how the group is not forgotten and that people from all walks of life are willing to support our group, safe in the knowledge that we will put their donations to good use. We always acknowledge every donation and if appropriate include a certificate of appreciation suitable for display purposes. I could ramble on for ages but better not - I will however just mention a couple of things you might be interested in. The Art Auction was a fantastic success and we were very well supported by artists from the region and beyond. I have written to them all (where I had an address) to thank them and will make sure their support is acknowledged when the new Institute of Transplantation opens this in September.

The NHS restructuring is currently on hold but it looks as though the third sector (charities) will have a more important role to play in supporting the NHS and Social Services in future. Funding is going to be very tight and the buzz word is 'any willing provider'

Organisations such as the St John Ambulance might be taking you to hospital in future and local GP's surgeries could be run as out-clinics from a nearby NHS Foundation Trust. No-one knows how this will work out and 'we live in interesting times' as they say.

Best wishes, John Bedlington

☆ 2010/11 Numbers Club Results ☆

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				

CONGRATULATIONS to Mrs M Askew
of North Shields who won £2,500 at the
Christmas Dinner on 8th December 2010 with No 153.

Congratulations also to these recent 2011 draw £250 prize winners: Mrs K Simpson of Bishop Auckland [181] drawn at our general meeting on 16th Feb by our guest speaker Liam Cornell and to Mrs M Riley of Beamish [51] drawn at our 6th April meeting by our guest speaker Professor Julia Newton.

LIVErNORTH MEETINGS



Meetings are held in the Teaching Centre on level 1 at the Freeman Hospital

18 May	7.00 pm	Professor Derek Mann: Emerging Therapies for the prevention and reversion of Liver Fibrosis.
15 June	7.00 pm	Dr Quentin Anstee: NAFLD (Non-Alcoholic Fatty Liver Disease)
20 July	7.00 pm	Professor Derek Manas
14 September	7.00 pm	Professor David Jones: Primary Biliary Cirrhosis
17 September	1 .00 pm	Autumn Fair: to be opened by Denise Robertson MBE (our Patron).
26 October	7.00 pm	Dr Mike Trenell: Physical Activity and the liver; how best to spend our energy improving liver health.
11 December	2.30 pm	LIVErNORTH Carol Service
15 December	6.30 pm	Christmas Dinner



Parking FREE with the permits in this newsletter: multi storey levels 1 &2

PLEASE PUT THESE DATES IN YOUR DIARY

LIVErNORTH PBC MEETINGS



Wed 22 June 12 – 2

Sunderland Royal Hospital,
Bede Main Conference Room
Speaker: Prof David Jones

Tues 20 Sept. 12 – 1.50

Bishop Auckland General
Hospital, Postgraduate Common
Room. There is another meeting
in the room after us, at 2pm,
hence the 1.50 finish.
Speaker: Prof Julia Newton

Wed 23 Nov. 12 – 2

Freeman Hospital, Postgraduate
Functions Room, Level 1.
Speaker to be arranged.

All the meetings are open to everyone. Tea, coffee, orange juice and biscuits are served, and we have a small raffle – the proceeds of this are given to Professor David Jones' PBC Research Fund. Please feel free to bring your own sandwich.

PLEASE NOTE: In the past few years we have been given exit passes for the Freeman to enable people to park free of charge for the meetings. We will still be able to park without paying, but due to changes in the parking plans it is now essential that I give car registrations to Freeman Security and then you are asked to park in the Multi-storey Car Park at the back of the Hospital. Obviously, if you have a disabled badge and are able to obtain a space in the front car park you may prefer to do this, but to make sure you do not have to pay it would be wise to contact me approximately two weeks prior to the Newcastle meetings so that I can pass your details on to Security.

Tilly Hale, 016670 714901, tilly.liveliver@gmail.com



C H R I S T M A S D I N N E R



Another brilliant Christmas Dinner on 8th December. The hardy 85 or so souls who made the journey through the deep snow had the usual excellent meal cooked and served perfectly by the Freeman Restaurant staff. The Ritz has nothing on us! Not put off in the least by the awful weather, Richard Hall of the British Liver Trust joined us for the evening and joined in the festivities (top left photo, middle on the left).



Art Auction (19th Feb) photographs - look carefully and you will see some familiar faces. Some great works of art sold at fantastic knock down prices!



Items donated for the Art Auction by our supporters from the world of art. These lovely pieces of art were all auctioned by the Auctioneer Mr Fred Wyrley-Birch to raise funds for the Institute of Transplantation at the Freeman Hospital. All artists have been thanked and told what their item(s) raised.

IMPORTANT: PARKING PERMITS FOR MEETINGS

With kind permission of the 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 - 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.

- CUT OUT AND KEEP AS A MEETING REMINDER -

FREEMAN HOSPITAL MSCP

**LIVERNORTH
VOLUNTEER
PARKING PERMIT**

Valid only on 18th May 2011
from 1730 until 2100
Meeting in: Restaurant

FREEMAN HOSPITAL MSCP

**LIVERNORTH
VOLUNTEER
PARKING PERMIT**

Valid only on 15th June 2011
from 1830 until 2130
Meeting in: 137/138 Level 1

FREEMAN HOSPITAL MSCP

**LIVERNORTH
VOLUNTEER
PARKING PERMIT**

Valid only on 20th July 2011
from 1830 until 2130
Meeting in: 137/138 Level 1

FREEMAN HOSPITAL MSCP

**LIVERNORTH
VOLUNTEER
PARKING PERMIT**

Valid only on 14th Sept 2011
from 1830 until 2130
Meeting in: 137/138 Level 1

Tilly Tattle

A belated happy, and hopefully healthy, New Year to everyone.

As always, at the beginning of the year, we have a lot of things going on at LIVErNORTH.

On 19 February we had the Art Auction. This was the first time we had ever undertaken such a venture and thanks to all the hard work by Joan and John Bedlington it was a great success. John and Joan put the whole thing together, contacting artists, arranging to get the use of the Holy Biscuit Gallery through the Rachel Brown of the Biscuit Factory (an art gallery in Shieldfield in Newcastle) for a peppercorn rent, and securing the services of Fred Wyrley-Birch, an auctioneer from Anderson and Garland. The amount of time and effort spent by John and Joan was tremendous, and they deserve our very sincere thanks. This is all the more true, as neither John nor Joan have liver disease! Joan does have many health problems, but liver disease is not one of them. In the week before the auction several other members of LIVErNORTH were able to get involved, and our thanks go to Margaret Bickle, Ken and Judith Brown, Eric Dickens, Nigel Goodfellow, Dorothy Milburn, Julie Pyburn, and Alan Rochelle. Thanks also must go to Ian Wilson (Joan and John's brother-in-law), who travelled down from Scotland, Kostas Hrisos, (a work colleague of John's) who took all the photographs, and Andrew Bellas (Joan and John's farmer friend from Appleby. On the night the auction room was packed, in fact it was standing room only.

We had good support from several of the Freeman staff who all bought several paintings. At the end of the evening a grand total of £4,500 had been raised and this is now standing at £6,500 with donations which have been given specifically for the auction. The money raised is all going towards equipment for the new Institute of Transplantation at the Freeman Hospital and so a very worthwhile cause.

The LN diary for evening meetings is now complete, as you can see elsewhere. The LN PBC lunchtime meetings are organised apart from the date of the Bishop Auckland meeting, which will be sometime in September. When I tried to book the room I was told no bookings could be made until 1 April so I am afraid we will not have this date until the next newsletter. However, we will be having a meeting, it is just a case of not knowing exactly when. In the evening meetings we have two new speakers this year – Dr Quentin Anstee who joined the Freeman last summer, and who will be speaking on NAFLD (Non-Alcoholic Fatty Liver Disease) and Dr Mike Trenell who will be talking about physical activity and the liver (don't worry, no-one is going to be asked to start training for any marathons!). At the LN PBC meetings we also had a new speaker in February when Chris Elliott, an Occupational Therapist in the Liver Unit, came to speak to us and gave us some interesting facts about how the various liver diseases affect us.

As always at this time of year I would like to make a plea for any unwanted items which you may have that would be suitable for the Tombola at the Autumn Fair. Last year we had 300 items, a

magnificent total, and at the end of the day only ten or so items remained. These were used as raffle prizes at the various meetings, so nothing is ever wasted. As you know, all the money raised at the Fair is used for the benefit of liver patients, either through the purchase of equipment which is outside the remit of the NHS or to help fund research.

All good wishes,
Tilly Hale, 01670 714901,
tilly.liveliver@gmail.com

THE 2010 CAROL SERVICE

Sadly, in October 2010, our dear friend Nancy Richardson died. Nancy sang at all our Carol Services and her beautiful voice, and choice of music, certainly enhanced the service. Nancy had said the previous year that her voice was no longer up to singing the solo for us but that she would happily do a reading. Although I felt her voice was still beautiful I had to bow to her wishes and fortunately Helen Abela came forward, through my article in the newsletter, and offered to sing a solo at the service. With Nancy's death, her friend and pianist, June Chambers, felt that she could not play for us and we all understood this. She and Nancy had been such a team that it would be difficult for June to accompany anyone else. Helen's friend, Gillian, was happy to play for the solo, and my very good friend Dorothy Barker, the Chaplaincy visitor on Ward 12, agreed to play for the rest of our carols. Having someone to play the piano makes all the difference to the singing, so it was a big relief that we had these people willing to step in and take part. Helen, Gillian and Dorothy all performed beautifully and it was lovely to have them with us. We do hope they will feel able to

come back next year.

As Nancy had been such an integral part of our Carol Service, we felt it was only right that she should be mentioned during the service and it was my privilege to say a few words about her. Nancy was such an inspiration to all of us. She had her transplant when she was 66 and during the first year of liver transplantation at the Freeman, and she embraced it with her usual grace and humour. Nancy was a very special person. She was warm, compassionate and helpful – the adjectives could fill this page – she showed us how good life could be after transplant. We will miss her. On the day of the service we did something unusual – we opened the LIVErNORTH Book of Remembrance at Nancy's page so that the words Eddie had written were on show. We wanted Nancy to be a part of the service and I do feel that she was with us.

As always, we had our willing readers and my thanks go to Joan Bedlington, Margaret Bickle, Alan Rochelle, Julie Pyburn and Dawn Goodfellow, Nigel's wife. Dawn is such a friend to LIVErNORTH that I felt it was right that she read one of the lessons and she kindly agreed.

The talks came from John Bedlington, Lynn Robson (Transplant Co-ordinator Manager) and Peter Cotterill.

This year was the tenth anniversary of LIVErNORTH becoming an independent charity, although we have been in existence as a support group since 1994, and I asked John to give a backward glance. He summed it up beautifully by saying LIVErNORTH was all about people and listed the names of many people who

have been involved over the years, including Nancy, and reminding us of earlier Chairmen and members. John said he really should write a book about the people in LIVERNORTH and I think this would be an excellent idea – however, John is already so busy with LIVERNORTH work that I think it might be a long term project.

Lynn Robson spoke of the forthcoming changes to the Co-ordinators system – her talk 'Reflection' is printed on page 16. Lynn began working as a co-ordinator just as I was on the list for transplant and it was Lynn who rang to tell me that a liver was coming in which might be suitable for me. That was on 25 July 1999 and ever since Lynn has had a special place in my heart.

Peter Cotterill spoke about being a very new member of LIVERNORTH, and how he had only recently been diagnosed with alcohol related liver disease. Peter and his wife, Janet, had been shocked when they were told this. As Peter said, he liked a drink on a Friday and Saturday evening, mainly just a beer or a lager, but had never thought he was drinking over the limit. Like many people with alcohol related liver disease Peter is not a heavy drinker but unfortunately he has one of those livers which is just not up to it. As Professor Oliver James told us many years ago – "You can have 100 people standing at the bar, all drinking the same thing, all the same sex, size, etc., and only ONE out of that 100 will end up with alcohol related liver disease. Peter is in that group. He said he felt fortunate to have found LIVERNORTH so quickly, and we feel fortunate that Peter and Janet are so willing to talk about his diagnosis, and

to be involved in the group. Peter has done a magnificent job of finding items for the art auction, including obtaining a £1,000 donation from a friend, and has thrown himself into raising awareness of his condition and also of LIVERNORTH. Nigel Goodfellow spoke movingly as always, and reminded us of the real meaning of Christmas. Kathy Jones lead the prayers. We are very grateful to our Chaplains for the time they give to our group.

As always, we ended with the Christingles – oranges which are circled with a red ribbon, with four sticks with sweets on the ends, and a candle in the middle. The orange represents the world, the sticks and sweets are the four corners of the earth and the fruits of the earth, the ribbon is the blood of Christ and the candle is Jesus, the light of the world. Nigel, Dawn and Kathy all worked hard to have these ready for us.

After the service we enjoyed tea, coffee and mince pies, provided by the Freeman Catering Department and this gave everyone a chance to chat.

Thank you to everyone.

NEWS FROM OUTPATIENTS

We are delighted to welcome Christine Kyle as the new Sister in Charge of Outpatients Department.

Christine has worked in Neuro-Sciences at the General Hospital since 1985, in the outpatients department for the past twelve years.

She was redeployed due to the closure of the General and when the Sister at the Freeman retired Christine took over. She began working in Freeman Outpatients in January 2011.

She has been nursing since 1976, when she trained at Hexham Hospital. She moved to Orthopaedics at the RVI and moved to Neuro-Sciences at the General Hospital after having her family.

COAST TO COAST CYCLE RIDE

Our congratulations and thanks to Michael Armstrong, the 37 year old son of Elsie Stringer who completed the Coast to Coast Cycle ride in April 2010. He completed the ride in three days and thoroughly enjoyed it. Michael was sponsored during the ride and raised a magnificent £930 for Prof David Jones PBC Research.



(Photograph – Elsie and Michael with Tilly receiving the cheque - more C2C photographs opposite).

Keep in Touch

Email us at info@livenorth.org.uk and we will add you to our email circulation list for updates. We will keep you informed about any recent developments and update you with meeting changes etc. Research, the NHS and the world of medicine in the UK is changing rapidly - we will do our best to keep you up to date with what's happening.

Sponsored C2C ride



The middle of winter is not the best time to go on a gruelling cycle ride and Michael Armstrong and his friends perhaps thought the weather was going to be a little kinder than it was in April 2010! As you can see from these photographs they battled

through snow, rain, fog and ice to complete the C2C last April. A great deal of effort required to complete the ride and a great deal of money raised! Many thanks to Michael (and his riding companions) for raising a magnificent £930 for the group. Michael wanted to do this to say thank you for the wonderful treatment his mother Elsie received at the Freeman Hospital (see photo on previous page).



Charity Booth

Every year we sell raffle tickets in the Charity Booth at Freeman for the Grand Draw which takes place at the Annual Fair on 17 September. To do this we need your help – if you are able to volunteer for any of the dates please let me know. You can come on your own, or with a friend or family member(s). If you are on your own we will make sure someone else is there to help you. The booth is situated just opposite the lifts. It really is quite a fun evening.

The dates are as follows:

Monday	25 July
Wednesday	27 July
Wednesday	3 August
Monday	8 August
Friday	12 August
Wednesday	17 August
Monday	22 August
Wednesday	24 August
Wednesday	31 August
Friday	2 September
Monday	5 September
Friday	9 September
Monday	12 September

.....
CHARITY BOOTH RAFFLE TICKET SELLING – Return to:
Tilly Hale, 5 Crofthead Drive, Cramlington, Northumberland, NE23 6LG
or telephone 01670 714901

I am able to volunteer to sell tickets on.....

Name..... Phone.....

Address.....

.....

.....

Reflection

There has certainly been considerable changes to donation and transplantation nationally and locally in the last year. Although I fully understand the necessary changes I personally have not celebrated them all as it has affected the long standing team that I managed.

The aim for the Newcastle Coordination team in 2009/10 was to undertake service redesign and the creation of the Newcastle Trust Abdominal Recipient Transplant Coordination Team and the Northern Regional Donation Service. The priorities were to provide a robust on call service, support and leadership to Regional Trusts, maintain donation rates and the delivery of the 2008 Organ Donation Report recommendations in the aim to increase donation rates by 50% in 5 years. The strategy to deliver this was that the existing team would train and pass on expertise to new recruited staff for both donation and abdominal recipient and provide a 24/7 service that would enable a positive impact in donation and transplant rates for donors, their families, the recipients and the NHS as a whole. I am now the Team Manager for the Northern Regional Donation Service, the vision for this team is to provide effective and efficient teamwork, expert leadership and high levels of care and support. The hope is to:-

- ? Remove Obstacles to Donation
- ? Negotiate and influence Trusts in making donation part of end of life care therefore usual not unusual
- ? Increase Identification and Referral of Potential Donors
- ? Increase Consent Rates

The Transplant Institute at Freeman is in adapted progress to provide new purpose built facilities hopefully to result in an holistic transplantation centre in the forefront for research and education.

Nationally in the last year there has been a:

- ? 7% increase in donors
- ? 4% increase in liver donors
- ? 3% increase in liver transplants

These rates may still appear to be small but the new organ donation plans are still in there infancy and once again the Northern Region still has one of the highest donation rates per million population in the UK which hopefully will have an impact on transplantation at Freeman.

A positive impact on donation and transplantation cannot be possible without the generous gift from people and their families at often an extremely tragic and distressing time. I feel privileged to meet these families and I admire their compassion for others, their patience and understanding in what often can be a complex/long process and their resilience in coping afterwards.

Many thanks to them all.

Lynn Robson

Living With NAFLD

Conserve Energy

(no, not the environment...YOURS!)

The golden rules to making the most of your day!

Pre planning

If you have things that need to be done, divide them up over the week. DON'T do everything on one 'good' day or you risk the boom and bust cycle. Think about what you may need over your day too and try to get bits and pieces in the right place, saving you from having to go up and down stairs or in and out of rooms.

Early bird or night owl.

You are the expert at knowing when you are at your best. Time your activities to YOUR best time of day.

Bite sized pieces.

Every activity can be broken down into manageable pieces. There is no law which states that you have to be up AND washed AND dressed. Take your time, that's what dressing gowns are for!

Delegate

Share out those activities which are necessary but exhausting. Friends and family are often more willing to help than you give them credit for. Alternatively think about getting paid help with your heavier domestic chores. Don't waste that valuable energy on guilt!

Equipment

There are some small but effective pieces of equipment that can really take the strain out of some of your activities. It may be grab rails or second banisters to steady you, or kettle tippers and button hooks to overcome grip problems. You might need your chair or bed raised to take some of the effort out of standing up or a bath board to sit on while you shower. Ask at your GP surgery for an occupational therapy referral or contact your local social services office and refer yourself for an occupational therapy assessment.

If you are interested to know more about the research being carried out with people living with NAFLD by occupational therapists, contact the author, Chris Elliott, Advanced Occupational Therapist on chris.elliott@nuth.nhs.uk.



Dear LIVErNORTH,

Thank you! so much, it is so wonderful that someone is helping get information out.

I would like to send this DVD on to someone else and am sending a small donation to carry it on.

Thank you,
M Grifno,
Magnolia, USA

Dear Tilly,

Thank you so much for sending me a copy of LIVErNORTH PBC Support DVD and I enclose a cheque to cover the cost.

Thank you also, for sending me your latest newsletter and yes - I would very much like to be put on your mailing list.

It was lovely to speak to you recently. All good wishes for the future and the wonderful work you do.

With kindest regards,
SSH
Yorkshire.

Dear John,

Thank you for your kind letter. I was a liver transplant patient at the Freeman hospital on Ward 12.

I hope to continue my support for such a good cause.

Best wishes
SU
Cleveland.

Thank you so much for the DVD. It has helped me so much.

GJ
Hertfordshire

Dear Tilly, Please find enclosed a donation for the DVD on PBC which I found very helpful and informative.

Thank you so much for your support and advice, and Julie for taking time from your busy schedules to meet my daughter and I. I didn't realise how much I needed to speak to someone about the disease.

The other information leaflets arrived as promised.

Thank you again
MW
Tyne & Wear.

Dear Sir,

I am sending this cheque for the accommodation you very kindly offered me, I don't know what I would have done without the use of the flat as I was very stressed when my son had the liver transplant, but I got a lot of help from a lot of people. The flat was very warm, very clean and tidy and I felt so safe in there too, I had everything at hand and I can't thank you enough. Please keep up the good work. Thank you so very much for all your help.

EF

Cleveland.

Dear LIVErNORTH,

Thank you for sending the DVD. I am a senior nursing student and currently doing a research project on cirrhosis. This DVD will be a great help to me.

Thank you,

MJ, USA

Dear Sirs

...I would like to take this opportunity of thanking LIVErNORTH for providing the flat - I'm not sure how we would have coped without it.

Yours faithfully

PM

Cleveland

Dear John, Joan & helpers,

Wasn't the Art Auction absolutely brilliant! I loved every minute of it. One of my friends said it was the best night out he'd had for years and two others were thrilled that their paintings fetched such a good price, so wonderful contributions to the LIVErNORTH fund.

The auctioneer, Fred Wyrley-Birch from Anderson & Garland was really good, professional yet very humorous and had everyone laughing. There was often an amusing bidding battle.

Thanks once again for a fabulous night, I know that you all put in a terrific amount of work for it. I really appreciate all you do for LIVErNORTH.

Best wishes

SH

Newcastle upon Tyne

Thank you all for your very kind letters - we are all unpaid volunteers but your appreciation makes it all worthwhile.

Dear LIVErNORTH,

On behalf of myself & family I would like to thank you so much for allowing me the accommodation at Beechwood House. It would have been a marathon task to make a daily trip & the weather was not in our favour at the time. A special mention to John & Joan Bedlington who were kind and helpful - true friends, thank you.

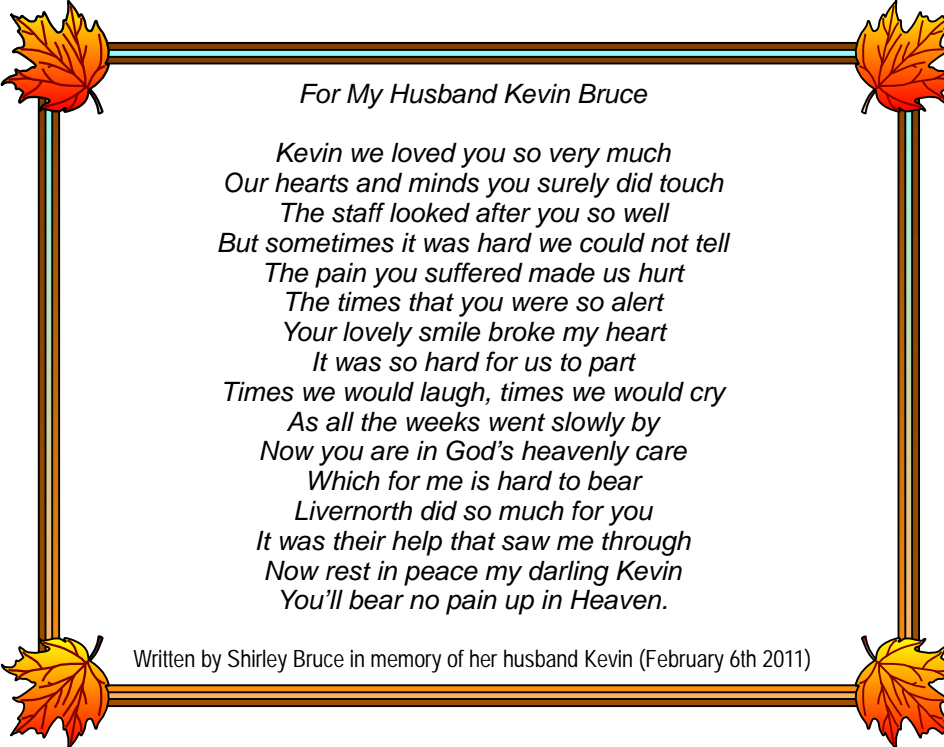
Kind Regards
A & VB
Cumbria

Dear Mrs Hale,

Thank you for the DVD "A Patient's Guide to PBC" which I received today. I am having a hard time getting support locally and appreciate your efforts, even though you are so far away.

Please continue your work.

Sincerely
DM
Canada



For My Husband Kevin Bruce

*Kevin we loved you so very much
Our hearts and minds you surely did touch
The staff looked after you so well
But sometimes it was hard we could not tell
The pain you suffered made us hurt
The times that you were so alert
Your lovely smile broke my heart
It was so hard for us to part
Times we would laugh, times we would cry
As all the weeks went slowly by
Now you are in God's heavenly care
Which for me is hard to bear
Livernorth did so much for you
It was their help that saw me through
Now rest in peace my darling Kevin
You'll bear no pain up in Heaven.*

Written by Shirley Bruce in memory of her husband Kevin (February 6th 2011)

Poetry Please

Two more poems from local poet Walford Days. The first one 'Yesterday, today and tomorrow' is from his book 'Poetically Yours' and the second, 'Trust Nature' is from 'Occasions'. We are extremely grateful to Walford for allowing us to publish his lovely poems here and we will be telling you how to get hold of his books in a future issue. Meanwhile - enjoy!

Yesterday, today and tomorrow

I've many times heard people say,
"Forget the past, it's had its day."
And until recently, I've thought,
Of course, that's right, the past has brought
Us simply to the present time
-That was its purpose. But I'm
Sure, as we prepare to face tomorrow,
We can look behind and borrow
Wisdom, learning from the past
And use it in the beckoning vast
Unknown that is the future scene.
Thus ensuring, it will mean
A bright tomorrow, from today,
And all because of yesterday.

Conversely, there's another school
Of thought, which says that it's a fool
Who disregards what's gone before,
It's too important to ignore.
And once again, I can agree
With those who give advice to me
And emphasise the history
Of what is old and legend'ry.
But, bear in mind, that what is gone,
We maybe can't rely upon.
So, take some care about the past,
And nail your colours to the mast,
- If you think something yesterday,
Has lost its relevance today.

But, who is right about what's learned
From past events. Should it be spurned?
Or is it safe to take for granted,
Previous seeds of wisdom planted

In our records, history, knowledge,
Theorems taught in every College?
It seems that, if we wish to know,
Then in each case, we'll have to go
And do research, or ask around.
For, these two views have each been found

To have a lot of common sense,
Of past, present and future tense.
Some talk of past is false, some true,
So choose with care. It's up to you.

Trust nature

It seems a shame to cut the grass
And pick those lovely flowers,
Prune the roses, trim the hedge,
And literally spend hours
Adjusting nature, "Why?"
Because we think it best
To have a garden neat and tidy,
Just like all the rest.

Spade and fork, hoe and trowel,
Secateurs and mower,
Changing seasons make the gardener,
Reaper after sower.
Rain and sun, the warmth of summer,
Goodness of the soil,
The gardener needs all of these things,
As well as sweat and toil.

But, can we make improvements
And produce a sight
Which shames the garden flowers,
Puts nature's wrongs, to right?
It seems, in spite of all our work,
When we seem to be winning,
That really, what looks best of all,
Was there in the beginning.

Annual Report

1. The financial year to which this report relates:
Start: 1st April 2009 End: 31st March 2010
2. Brief summary of the main activities and achievements of the charity during the year in relation to the charity's objects:
 - a) Offering support, advice and information to all those who suffer from liver disease.
 - 1] Free support newsletter 'LIVERNEWS': 1800 copies were distributed quarterly at a cost to the charity of £5753.82 and a PDF copy of each newsletter was placed on the LIVERNORTH website.
 - 2] Meetings of the main group every six weeks at the Freeman Hospital. Each meeting was addressed by a qualified speaker who talked about some aspect of liver disease.

2009	April	Progress in Liver Disease Research
	Jun	Cadaveric donor success evaluation
	July	AGM (PBC Research Update)
	Sept	Hepato-biliary Surgery & The IoT
	Oct	Auxiliary Liver Transplantation
2010	Feb	PBC

The PBC group have held lunchtime meetings at various locations throughout the region, also having qualified speakers attend to talk specifically about aspects of PBC.

2009	April	PBC Research update - Freeman
	June	PBC Research update - Sunderland
	Sept	PBC Research update - Bishop Auckland
	Nov	PBC Research update & Social - Freeman
2010	Mar	PBC Research update - Freeman
 - 3] Operation of the telephone helpline continued. The helpline coordinator is Revd. Nigel Goodfellow M.A., (a governor of the charity).
 - 4] Three notice boards/leaflet dispensers in two wards and one in the outpatients' clinic have been maintained at the Freeman Hospital as well as many leaflets provided free of charge to patients. Approximately 12,000 leaflets were distributed during the period. A new leaflet 'Men and Liver Disease' was produced by the group during the period.
 - 5] The group newsletter 'LIVERNEWS' was available to read online and all advice leaflets were made available to download online.
 - 6] Patient & carer accommodation has been provided within Beechwood House in the grounds of the Freeman Hospital. This has been in use almost every day and has cost the charity £5214.00
 - 7] One governor (a barrister) has continued to give free consultations to members with respect to disability allowances and other legal matters of relevance to liver patients.
 - 8] The group distributed over 200 copies of a DVD describing the disease PBC (Primary Biliary Cirrhosis).
 - b) Offering support, advice and information to all formal and informal carers of liver disease sufferers.

- 1] Carers attend group meetings at the Freeman Hospital often with their charges.
 - 2] The accommodation mentioned in item 2 a) 6] above is used by carers more frequently than by patients.
 - 3] Many of the calls to the helpline are from carers.
 - 4] Carers are supplied with free information leaflets on request and avail themselves of the information displayed on the notice board in the Freeman Hospital Ward 12 day room, Ward 16 and the clinics. The website has several leaflets on liver diseases to download free of charge.
 - 5] A Liver Patient Welfare fund is held by the social worker on Ward 12 at the Freeman Hospital. The fund is used to support both patients and carers.
- c) Assisting in the funding of research into the causes of, treatments for, and prevention of all forms of liver disease.
- 1] Donations totalling £22,887.00 were made to research projects during the period.
 - 2] Educational grants totalling £281.35 were made during the period.
- e) Assisting with the provision of amenities, equipment and funding for the care of liver patients, their carers and families providing that such provision shall be for the general benefit of a liver patient or liver patients.
- 1] Patientline vouchers were provided by the charity to the social worker at the Freeman Hospital. These are distributed in cases of Liver Patient hardship.
 - 2] Medical equipment costing £433.79 was provided during the period.
- f) Advancing the public awareness of liver disease, the treatment of liver disease and the prevention of liver disease.
- 1] Several articles initiated by the charity regarding liver transplants, alcoholism and organ donation initiatives were published/broadcast by the media.
 - 2] Talks were given to several community groups and clubs (Rotary, W.I. & Lions Clubs etc).
 - 3] The Charity website www.livernorth.org.uk received 2617 hits during the period with 6882 individual pages (19 per day) viewed by visitors to the website. Many leaflets were made available online during the period and were downloaded by visitors to the site. Since recording began, there have been 26,028 hits on the website.
 - 4] One member of the group has given many talks on organ donation to various groups and has distributed approximately 600 organ donor register forms.

3. The name of the charity as it appears on the register: LIVERNORTH

4. The number assigned to the charity in the register: 1087226

5. The principal address of the charity: LIVERNORTH
FREEPOST NEA2762
STANLEY
DURHAM
DH9 0BR
6. The document which regulates the purposes and administration of the charity:
- a) The objects of the charity dated 30 May 2001 regulates the purposes of the charity.
 - b) The constitution of the charity adopted on 18th October 2000 as amended on 30 May 2001 and accepted by the members at the annual general meeting of 4th July 2001 regulates the administration of the charity.
7. Description of the objects of the charity:
- The relief of persons suffering from liver disease and those persons caring for sufferers, in particular but not exclusively, by;
- a) Offering support, advice and information to all those who suffer from liver disease.
 - b) Offering support, advice and information to all formal and informal carers of liver disease sufferers.
 - c) Assisting in the funding of research into the causes of, treatments for, and prevention of all forms of liver disease.
 - e) Assisting with the provision of amenities, equipment and funding for the care of liver patients, their carers and families providing that such provision shall be for the general benefit of a liver patient or liver patients.
 - f) Advancing the public awareness of liver disease, the treatment of liver disease and the prevention of liver disease.
8. The name and address of the charity's bankers are:
- National Westminster Bank PLC
2 Tavern Street
Ipswich
Suffolk IP1 3BD
9. The name and address of the charity's independent examiner is:
- Mr. David Inch
10. The names of any person or body of persons entitled by the trusts of the charity to appoint one or more charity trustees and the method provided for such appointments:

The trustees are the only body entitled to appoint new charity trustees. A candidate is proposed by a trustee and the appointment is approved subject to a majority vote in favour.

11. The trustees of the charity on the date when this report was signed were:

John Edward Bedlington
Elsie Clayton
Mr. Jeremy French
Tilly Hale
Elizabeth Norman
Julie Pyburn
Alan Rochelle

Joan Bedlington
Dr Peter Donaldson
Rev. Nigel Goodfellow
Sarah Murphy
Peggy Oliver
Ann Ravenhall
Linda Turnbull

There were no other trustees of the charity during the period:

12. The charity has the following relationships with related parties:

- a) A working relationship with the Freeman Hospital and has ex-gratia use of some facilities (meeting rooms, lecture theatres, seminar rooms and one access permit).
- b) The charity actively pursues liaison with many community health care groups and health care information sources, all of which have the charity listed as a resource. The charity is also listed on several community care web sites.
- c) The charity has a medical advisory council to assist in assessing the merit of appeals received from the medical community. All members of the medical advisory council with two exceptions are liver disease specialists (clinicians & surgeons) from the region. The exceptions are one scientist from the University of Newcastle and one governor of the charity. Recommendations from the medical advisory council are considered by the management committee (governors) before any decision is made to give financial support to appeals of this nature.
- d] The charity is part of the consultative process initiated by the Patient's Forum. A Freeman Hospital Modern Matron acts as liaison with the charity and chairs meetings to discuss patient centred matters and other concerns.

13. This report has been dated and signed by: the chairman of the management committee (governors of the charity), who has been authorised to do so by said management committee.

Did you know?

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

Ann Ravenhall (Crawcrook) 0191 4131827

Tilly Hale (Cramlington) 01670 714901

Peggy Oliver (Pelton) 0191 3700833

Sarah Murphy (Liver Unit W12)

A £1 donation is suggested for each item and they can be posted to you if required. All Items are always available at our meetings

LIVErNORTH Charities Account for year ended 31/3/2010

<u>INCOME</u>			<u>EXPENDITURE</u>		
Autumn Fair	£	1,973.55	Amenities	£	402.50
Coffee Events	£	100.00	Christmas Gifts - inpatients	£	249.60
Collecting Cans	£	179.80	Computer Related Expenses	£	360.84
Donations - Autumn Fair	£	80.00	Designated	£	0.00
Donations - Charity Draw	£	335.00	Draw	£	622.00
Donations - Designated	£	16,431.55	Education	£	281.35
Donations - Flat	£	110.00	Equipment	£	433.79
Donations - General	£	4,357.91	Fair	£	0.00
Flat Accommodation	£	401.00	Flat Rental	£	5,214.00
Great North Run	£	2,867.97	Great North Run	£	1,509.34
In Memoriam	£	3,805.63	Hardship Fund W12	£	0.00
Newsletter	£	55.00	Insurance	£	201.19
Numbers Club	£	416.00	Leaflets	£	380.00
Pens, Badges & Key Fobs	£	93.00	Lotteries Registration	£	20.00
Postage	£	10.00	Newsletter	£	3,066.86
Repaid Cheques	£	0.00	Numbers Club	£	4,078.00
Research Grants	£	0.00	Pens, Badges & Fobs	£	0.00
Sales - Charity Draw	£	3,422.27	Postage	£	3,583.81
Sales - DVD	£	441.42	Research Grants	£	22,887.00
Sponsorship	£	1,360.50	Stationery	£	658.66
Web Based Donations	£	2,261.52	Training	£	64.80
Gift Aid	£	3,528.78	Travelling Expenses	£	84.00
			PBC DVD Copies	£	390.00
Total Credits	£	42,230.90	Total Debits	£	44,487.74
Balance B/Fwd	£	36,430.97	Balance C/Fwd	£	34,174.13
	£	<u>78,661.87</u>		£	<u>78,661.87</u>

LIVErNORTH General Account for year ended 31/3/2010

INCOME			EXPENDITURE		
Christmas Dinner	£	943.00	Christmas Dinner	£	966.00
Christmas Dinner Tombola	£	222.00	Christmas Dinner Tombola	£	176.68
Donations	£	0.00	Gifts	£	93.78
Raffles	£	174.00	Refreshments	£	192.77
Refreshments	£	77.44	Misc 1	£	0.00
Sales	£	0.00			
Misc 1	£	0.00			
Misc 2	£	0.00			
Total Credits	£	1,416.44	Total Debits	£	1,429.23
Balance B/Fwd	£	552.47	Balance C/Fwd	£	539.68
	£	<u>1,968.91</u>		£	<u>1,968.91</u>

LIVErNORTH Capital Reserve Account for year ended 31/3/2010

INCOME			EXPENDITURE		
Balance B/Fwd	£	58,945.30			
Interest	£	23.58			
			Balance C/Fwd	£	58,968.88
Total Credits	£	<u>58,968.88</u>		£	<u>58,968.88</u>

LIVErNORTH Clubs and Societies Reserve Account for year ended 31/3/2010

INCOME			EXPENDITURE		
Balance B/Fwd	£	22,457.50			
Donations	£	24.00			
Numbers Club Payments	£	9,607.00			
Interest	£	11.37			
			Balance C/Fwd	£	32,099.87
Total Credits	£	<u>32,099.87</u>		£	<u>32,099.87</u>

LIVErNORTH Accounts Balance Sheet for year ended 31/3/2010**CHARITIES ACCOUNT**

Total Credits	£	78,661.87	Nat West Bank Statement to 31/3/2010	£	35,043.31
Total Debits	£	44,487.74	Cheques not yet presented 639	£	474.00
Balance	£	34,174.13	Cheques not yet presented 640	£	395.18
			Balance	£	<u>34,174.13</u>

GENERAL ACCOUNT

Total Credits	£	1,968.91	Nat West Bank Statement to 31/3/2010	£	563.44
Total Debits	£	1,429.23	Cheques not yet presented - 131	£	23.76
Balance	£	539.68			.
			Balance	£	<u>539.68</u>

CAPITAL RESERVE ACCOUNT

Total Credits	£	58,968.88	Nat West Bank Statement to 31/3/2010	£	58,968.88
			Cheques not yet presented:	£	0.00
Balance	£	58,968.88			.
			Balance	£	<u>58,968.88</u>

CLUBS AND SOCIETIES RESERVE ACCOUNT

Total Credits	£	32,099.87	Nat West Bank Statement to 31/3/2010	£	32,099.87
			Cheques not yet presented:	£	0.00
Balance	£	32,099.87			.
			Balance	£	<u>32,099.87</u>

Examined and found to be correct in accordance with the documents and explanations provided to me

D.W.Inch

____ January 2011

'Poetries' by Robert Matthews



Seventeen Years

Many years have passed since first we met,
I count them ten and seven,
And hope for many happy years yet
Those gone have been like heaven.

In Twenty One we made our vows,
And sealed them with a kiss,
Our nuptial year was full of joy,
Just one long happy time of bliss.

Year Twenty Two we looked for storm,
For, in that year a girl was born,
Would this mean trouble, time would tell,
So, we called our worry, little Nell.

Five more years drifted by,
Without a worry, care or sigh,
We drifted on, as in a dream,
Till, rudely wakened by one - Doreen.

Still more years we travelled life's road,
We smiled and loved, beneath our load,
Until we reached year Thirty One,
Alas, this year finds, my work has gone.

Year Thirty Two, we are a little blue,
With just the dole to see us through,
You are just inclined to nag,
I wonder, sweetheart, wife or hag.

In Thirty Three we're under way,
I kill your cause for worry,
By bringing in the monthly pay,
And all is bright and merry.

And now, we come to Thirty Eight,
My tale is sad to tell,
Here I am in lonely state,
Wondering, was your kiss a soldier's farewell.

The Ghost Arrives

This here, is a weird tale,
Not one for folks, thin and frail,
A story for those, stout of heart,
For, in this tale a Ghost takes part,
One night a Ghost walked Balmoral Street,
And halted at the door of Number Five!
The Ghost was not just a plain, white sheet,
It moved about and was alive,
The night was dark and the wind howled,
The Ghost was small and heavy jowled
And his bones rattled in the cold,
as he muttered, "Cripes I'm getting old."

Being a Ghost frail and thin,
He did not bother to knock at the door,
But squeezed in through a crack in the floor,
The folks sitting there, were most surprised,
That plainly seen in their eyes,
Mrs. Place cried, "A ghost, Oh Lor,"
The Ghost replied, "We've met before,
Please don't look at me askance,
We've often been at the same seance."
The other folks gathered there,
were speechless and could only stare,
Then the Ghost spoke in sepulchral tones,
"Be not afraid I'm only bones,
I'm looking for the girl I love,
I believe she has a room above.
I've not seen her it seems for a hundred years,
And I'm going up those stairs, by heck,
The first who interferences, I'll break their neck.
You blubbers - listen - Hear the news
I am the Ghost of Bob Matthews.

The 1st Stage of Insanity

To me you are a darling,
My love for you is true,
Should I ere gain a fortune,
I'll bestow it all on you.

Flora Place

This is my sweetheart's birthday,
So words of love, my pen must trace,
Many happy returns, I write and pray,
For the girl I first knew as Flora Place.

Eighteen years, married happily,
I love her and she loves me,
I love the style and the grace,
Of the girl I first knew as Flora Place,

At present, I'm a lonely man,
While my sweetheart has holidays,
And every mail I keenly scan,
For news, from the lovely Flora Place.

In my mind I see her as I write,
A girl in 'teens, a pretty sight,
And, I'll love her truly all my days,
The girl I first knew as Flora Place.

Charlotte's Crackers...not just for Christmas

One line jokes for kids - if you have any, please email them to info@livernorth.org.uk - put 'crackers' in the subject box

Q. What is Dracula's favourite fruit?

A. Neck-tarines



Q. What did the pencil sharpener say to the pencil?

A. Stop going in circles and get to the point.



Q. Why did the golfer have to change his pants?

A. Because he got a hole in one.



Q. Why did the ballplayer bring a string to the game?

A. So he could tie the score.

Q. Doctor how is the boy who swallowed a penny?

A. No change yet.



Q. Why did the scientist disconnect the doorbell?

A. He wanted to win the Nobel Prize.

Q. Why was the maths book sad?

A. It had too many problems.



Q. Where do baby cows eat?

A. At a calfeteria.

Q. What bird can lift the heaviest weight?

A. The Crane.



Q. What fish is famous?

A. A star fish.

Q. Why did the robber have a bath?

A. because he wanted a clean getaway.



Q. Which players can't you trust in an orchestra?

A. The fiddlers.

Q. How do you make gold soup?

A Put nine carrots in it!



PhD Research Project

My name is Barbara Kimbell and I am a PhD student at the University of Edinburgh. I am just starting a 3-year PhD research project, where I want to learn more about what it is like to live with liver disease. This will involve me speaking in some depth with people with liver disease as well as those involved in their support and care to find out what their main issues, concerns and priorities are in relation to the illness. Some of the areas I am thinking I might explore are: How does your liver problem affect your everyday life? How do you feel about your situation? How does the illness affect your work/family/social life? What health and social care and other services do you use, and how good are they at meeting your needs and helping you to feel better? How do you think they could be improved?

I would like to get as broad an understanding as possible of what it is like to live with liver disease so that this information can help people like doctors, nurses and social workers, who are involved in the treatment and care of people with liver disease, to better understand how to support people.

I would very much like to come along to some of your group meetings in the future, and so will hopefully be able to meet some of you in person. I would also very much welcome your thoughts or suggestions on this research project, so please feel free to email me at b.kimbell@sms.ed.ac.uk with any comments you may have.

Expert Patient?

Become an expert patient and help others. If you have some experience of hospitals or healthcare you are just who we need for our expert patient register. The NHS has to consult with patient groups more and more so we need your knowledge and opinion. The recent Generic Drug Substitution consultation is a good example but we also get asked to complete questionnaires and surveys.

Ring for more information: 0191 3702961 or email us at info@livernorth.org.uk and let us know you are interested.

Helens Howlers

Most of the funnies you see in these pages are sent from friends and supporters or are freely circulating via the internet. 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 and even if it's in bad taste - let me have a look... I might be able to tone it down a bit. If you're feeling a bit low - read on... You can't cry & laugh at the same time!

18

WARNING - SOME JOKES UNSUITABLE FOR CHILDREN - YOU HAVE BEEN TOLD!

Aphorism - A short, pointed sentence expressing a wise or clever observation or a general truth

1. The nicest thing about the future is that it always starts tomorrow.
2. Money will buy a fine dog, but only kindness will make him wag his tail.
3. If you don't have a sense of humour, you probably don't have any sense at all.
4. Seat belts are not as confining as wheelchairs.
5. A good time to keep your mouth shut is when you're in deep water.
6. How come it takes so little time for a child who is afraid of the dark to become a teenager who wants to stay out all night?
7. Business conventions are important because they demonstrate how many people a company can operate without.
8. Why is it that at class reunions you feel younger than everyone else looks?
9. Scratch a cat and you will have a permanent job.
10. No one has more driving ambition than the boy who wants to buy a car.
11. There are no new sins, the old ones just get more publicity.
12. There are worse things than getting a call for a wrong number at 4 AM. - Like this: It could be a right number.
13. No one ever says 'It's only a game.' when their team is winning.
14. I've reached the age where the happy hour is a nap.
15. Be careful reading the fine print. There's no way you're going to like it.
16. The trouble with bucket seats is that not

everybody has the same size bucket.

17. Do you realize that in about 40 years, we'll have thousands of old ladies running around with tattoos? And rap music will be the Golden Oldies!

18. Money can't buy happiness -- but it's more comfortable to cry in a Corvette than in a Yugo.
19. After 60, if you don't wake up aching in every joint, you are probably dead!

Paddy and Murphy are working on a building site. Paddy says to Murphy "I'm gonna have the day off, I'm gonna pretend I'm mad!". He climbs up the rafters, hangs upside down and shouts "I'M A LIGHTBULB! I'M A LIGHTBULB!"
Murphy watches in amazement! The Foreman shouts "Paddy you're mad, go home"
So he leaves the site. Murphy starts packing his kit up to leave as well. "Where the hell are you going?" asks the Foreman.

"I can't work in the bliddy dark!" says Murphy.

Two Irish couples decided to swap partners for the night. After 3 hours of amazing sex, Paddy says "I wonder how the girls are getting on".

Anyone who has ever dressed a child will love this one! Did you hear about the Pre-School teacher who was helping one of the children put on his "Wellie boot's"?
He asked for help and she could see why.
Even with her pulling and him pushing, the little "Wellie's" still didn't want to go on.
By the time they got the second "Wellie" on, she had worked up a sweat. She almost cried when the little boy said, "Miss, they're on the wrong feet." She looked, and sure enough, they

were. It wasn't any easier pulling the "Wellie's" off than it was putting them on. She managed to keep her cool as together they worked to get the "Wellie's" back on, this time on the right feet. He then announced, "These aren't my Wellies." She bit her tongue rather than get right in his face and scream, 'Why didn't you say so?' like she wanted to. Once again, she struggled to help him pull the ill-fitting "Wellie's" off his little feet. No sooner had they gotten the "Wellie's" off when he said, "They're my brother's "Wellie's", my mum made me wear 'them.' Now she didn't know if she should laugh or cry. But, she mustered up what grace and courage she had left to wrestle the "Wellie's" on his feet again. Helping him into his coat, she asked, "Now, where are your gloves?" He said, "I stuffed 'them in the toes of my Wellie's". She will be eligible for parole in three years.

Enjoying the Howlers? Why not support the group by selling raffle tickets for our Grand Charity Draw? If you have not received any tickets and would like some to sell, please contact Joan on 0191 3702961

Management Lessons

Lesson Number One

A crow was sitting on a tree, doing nothing all day. A small rabbit saw the crow, and asked him, "Can I also sit like you and do nothing all day long?" The crow answered: "Sure, why not?" So, the rabbit sat on the ground below the crow, and rested. All of a sudden, a fox appeared, jumped on the rabbit and ate it.

Management Lesson: To be sitting and doing nothing, you must be sitting very, very high up.

Lesson Number Two

A turkey was chatting with a bull. "I would love to be able to get to the top of that tree," sighed the turkey, "But I haven't got the energy. ". "Well, why don't you nibble on some of my droppings?" replied the bull. "They're packed with nutrients." The turkey pecked at a lump of dung and found that it actually gave him enough strength to reach the first branch of the tree. The next day, after eating some more

dung, he reached the second branch. Finally after a fortnight, there he was proudly perched at the top of the tree. Soon he was promptly spotted by a farmer, who shot the turkey out of the tree.

Management Lesson: Bullsh*t might get you to the top, but it won't keep you there.

Lesson Number Three

When the body was first made, all the parts wanted to be Boss. The brain said, "I should be Boss because I control the whole body's responses and functions." The feet said, "We should be Boss as we carry the brain about and get him to where he wants to go." The hands said, "We should be the Boss because we do all the work and earn all the money." And so it went on and on with the heart, the lungs and the eyes until finally the asshole spoke up. All the parts laughed at the idea of the asshole being the Boss. So the asshole went on strike, blocked itself up and refused to work. Within a short time the eyes became crossed, the hands clenched, the feet twitched, the heart and lungs began to panic and the brain fevered.

Eventually they all decided that the asshole should be the Boss, so the motion was passed. All the other parts did all the work while the Boss just sat and passed out the sh*t!

Management Lesson: You don't need brains to be a Boss - any asshole will do.

Lesson Number Four

A little bird was flying south for the winter. It was so cold, the bird froze and fell to the ground in a large field. While it was lying there, a cow came by and dropped some dung on it. As the frozen bird lay there in the pile of cow dung, it began to realize how warm it was. The dung was actually thawing him out! He lay there all warm and happy, and soon began to sing for joy. A passing cat heard the bird singing and came to investigate. Following the sound, the cat discovered the bird under the pile of cow dung, and promptly dug him out and ate him!

Management Lessons:

- 1) Not everyone who drops sh*t on you is your enemy.
- 2) Not everyone who gets you out of sh*t is

your friend.

3) And when you're in deep sh*t, keep your mouth shut!

A six year old goes to the hospital with her grandmother to visit her Grandpa. When they get to the hospital, she runs ahead of her Grandma and bursts into her Grandpa's room. "Grandpa, Grandpa," she says excitedly, "As soon as Grandma comes into the room, make a noise like a frog!" "What?" said her Grandpa, "Make a noise like a frog - because Grandma said that as soon as you croak, we're all going to Disneyland!!!"

Steve was in trouble. He forgot his wedding anniversary. His wife was really angry. She told him 'Tomorrow morning I expect to find a gift in the driveway that goes from 0 to 200 in less than 6 seconds, AND IT BETTER BE THERE!!' The next morning Steve got up early and left for work. When his wife woke up she looked out the window and sure enough there was a box gift-wrapped in the middle of the driveway. Confused, the wife put on her robe and ran out to the driveway, and brought the box back in the house. She opened it and found a brand new bathroom scale. Steve has been missing since Friday.

An attorney was sitting in his office late one night, when the Devil appeared before him. The Devil told the lawyer, "I have a proposition for you. You can win every case you try, for the rest of your life. Your clients will adore you, your colleagues will stand in awe of you, and you will make embarrassing sums of money. All I want in exchange is your soul, your wife's soul, your children's souls, the souls of your parents, grandparents, and parents-in-law and the souls of all of your friends and law partners." The lawyer thought about this for a moment then asked, "So, what's the catch?"

An elderly couple was watching a Discovery Channel special about a West African bush tribe whose men all had penises 24 inches long. When the black male reaches a certain

age, a string is tied around his penis and on the other end is a weight. After a while, the weight stretches the penis to 24 inches. Later that evening as the husband was getting out of the shower his wife looked at him and said, "How about we try the African string-and-weight procedure?" The husband agreed and they tied a string and a weight to his penis. A few days later, the wife asked the husband, "How is our little tribal experiment coming along?" "It looks like we're about half way there," he replied. "Wow, you mean it's grown to 12 inches?" "No, it's turned black.."

Power and Authority - There is a Difference.

A police officer stops at a ranch in rural countryside and talks with an old farmer. He tells the farmer, 'I need to inspect your ranch for illegally grown drugs.' The old farmer says, 'Okay, but don't go in that field over there. 'The Sheriff verbally explodes saying, 'Mister, I have the authority of the Police Department with me.' Reaching into his rear pant pocket and removing his badge. The officer proudly displays it to the farmer. 'See this badge? This badge means I am allowed to go wherever I wish on any land. No questions asked or answers given. Have I made myself clear? Do you understand?' The old farmer nods politely and goes about his chores. Later, the old farmer hears loud screams and sees the policeman running for his life and close behind is the farmer's bull. With every step the bull is gaining ground on the officer. The Sheriff is clearly terrified. The old farmer immediately throws down his tools, runs to the fence and yells at the top of his lungs..... Your badge! Show him your badge!

Stevie Wonder is playing his 1st gig in China and the place is packed to the rafters. In a bid to break the ice he asks if anyone has a request. One chap jumps out of his seat in the 1st row and shouts at the top of his voice "Play a jazz chord ! play a jazz chord!" Amazed that this guy knows about the jazz influences in Stevie's career, the blind impresario starts to play an E minor scale and then goes into a

difficult jazz melody for about 10 minutes. When he finishes the whole place goes wild. The chap jumps out of his seat again and shouts "No, no, play a jazz chord, play a jazz chord". A bit cheesed off by this, Stevie, being the professional he is, dives straight in to a jazz improvisation with his band around the B flat minor chord and really tears the place apart. The crowd goes ballistic with this impromptu show of his musical expertise. But, still the little Chinese man jumps up again and shouts "No, no. Play a jazz chord, play a jazz chord". Stevie is really pissed off now that this chap doesn't seem to appreciate his playing ability and shouts to him from the stage "OK - smart arse, you get up here and do it". The little bloke climbs onto the stage, takes hold of the mike and starts to sing.....

"A jazz chord to say, I ruv you... "

New Alphabet :

A is for apple, and B is for boat, that used to be right, but now it won't float! Age before beauty is what we once said, but let's be a bit more realistic instead.

Now The Alphabet:

A's for arthritis; B's the bad back, C's the chest pains, perhaps car-di-ac?

D is for dental decay and decline, E is for eyesight, can't read that top line! F is for fissures and fluid retention, G is for gas which I'd rather not mention. H is for high blood pressure--I'd rather it low; I is for incisions with scars you can show. J is for joints, out of socket, won't mend, K is for knees that crack when they bend. L 's for libido, what happened to sex? M is for memory, I forget what comes next. N is for neuralgia, in nerves way down low; O is for osteo, bones that don't grow! P is for prescriptions, I have quite a few, just give me a pill and I'll be good as new! Q is for queasy, is it fatal or flu? R is for reflux, one meal turns to two.

S is for sleepless nights, counting my fears, T is for Tinnitus; bells in my ears! U is for urinary; troubles with flow; V is for vertigo, that's 'dizzy,' you know. W is for worry, now what's going 'round? X is for X ray, and what might be found.

Y is for another year I'm left here behind, Z is for zest I still have - in my mind!

Older Women Are So Reasonable

After being married for 44 years, I took a careful look at my wife one day and said, "44 years ago we had a cheap apartment, a cheap car, slept on a sofa bed and watched a 10-inch black and white TV, but I got to sleep every night with a hot 25 year-old girl. Now I have a \$1,500,000.00 home, a \$45,000.00 car, nice big bed and plasma screen TV, but I'm sleeping with a 65 year-old woman. It seems to me that you're not holding up your side of things.' My wife is a very reasonable woman. She told me to go out and find a hot 25-year-old girl and she would make sure that I would once again be living in a cheap apartment, driving a cheap car, sleeping on a sofa bed and watching a 10-inch black and white TV.

Aren't older women great? They really know how to solve your mid-life crises.

Enjoying the Howlers? Why not support the group by selling raffle tickets for our Grand Charity Draw? If you have not received any tickets and would like some to sell, please contact Joan on 0191 3702961

I didn't see that one coming

A tough looking group of bikers were riding when they saw a girl about to jump off a bridge so they stop. The leader, a big burly man, gets off his bike and says, "What are you doing?" "I'm going to commit suicide," she says. While he did not want to appear insensitive, he didn't want to miss an opportunity. He asked, "Well, before you jump, why don't you give me a kiss?" So, she does and it was a long, deep lingering kiss. After she's finished, the biker says, "Wow! That was the best kiss I have ever had. That's a real talent you are wasting. You could be famous. Why are you committing suicide?" My parents don't like me dressing up like a girl....."

Let this be a lesson to you.....

I was a very happy man. My wonderful girlfriend and I had been dating for over a year so we decided to get married. There was only one little thing bothering me. It was her beautiful younger sister, Sofia. My prospective sister-in-law was twenty-two, wore very tight mini-skirts, and generally was Bra-less. She would regularly bend down when she was near me. I always got more than a nice view. It had to be deliberate. She never did it around anyone else. One day she called me and asked me to come over. 'To check my Sister's wedding-invitations' she said. She was alone when I arrived. She whispered to me that she had feelings and desires for me. She couldn't overcome them anymore. She told me that she wanted me just once before I got married. She said "Before you commit your life to my sister". Well, I was in total shock, and I couldn't say a word. She said, "I'm going upstairs to my bedroom" she said. "If you want one last wild fling, just come up and have me". I was stunned and frozen in shock as I watched her go up the stairs. I stood there for a moment. Then turned and made a bee-line straight to the front door. I opened the door, and headed straight towards my car. Lord And behold, my entire future family was standing outside, all clapping! With tears in his eyes, my father-in-law hugged me. He said, 'Sergio, we are very happy that you have passed our little test. We couldn't ask for a better man for our daughter. Welcome to the family my son.' And the moral of this story is:
Always keep your condoms in your car

Hunting Tale

Two Irishmen flew to Canada on a hunting trip. They chartered a small plane to take them into the Rockies for a week hunting moose. They managed to bag 6. As they were loading the plane to return, the Pilot said the plane could take only 4 moose. The two lads objected strongly. "Last year we shot six. The pilot let us take them all and he had the same plane as yours." Reluctantly, the pilot gave in and all six were loaded. The plane took off. However, while attempting to cross some mountains even

on full power the little plane couldn't handle the load and went down. Somehow, surrounded by the moose bodies, only Paddy and Mick survived the crash. After climbing out of the wreckage, Paddy asked Mick, "Any idea where we are?" Mick replied, "I think we're pretty close to where we crashed last year."

The Lift

A fifteen year old Amish boy and his father were in a mall. They were amazed by almost everything they saw, but especially by two shiny, silver walls that could move apart and then slide back together again. The boy asked, 'What is this Father?' The father (never having seen a lift before) responded, 'Son, I have never seen anything like this in my life, I don't know what it is.' While the boy and his father were watching with amazement, a fat old lady in a wheel chair moved up to the moving walls and pressed a button. The walls opened, and the lady rolled between them into a small room. The walls closed, and the boy and his father watched the small numbers above the walls light up sequentially. They continued to watch until it reached the last number, and then the numbers began to light in the reverse order. Finally the walls opened up again and a gorgeous 24-year-old blond stepped out. The father, not taking his eyes off the young woman, said quietly to his son. 'Go get your Mother.'

Two Glaswegians, Archie and Jimmy, are sitting in the pub discussing Jimmy's forthcoming wedding. "Och, it's all goin' pure brilliant," says Jimmy. "A've got everythin' organised awready, the fluers, the church, the caurs, the reception, the rings, the minister, even ma stag night". Archie nods approvingly. "I've even bought a kilt to be married in!" continues Jimmy. "A kilt?" exclaims Archie, "That's magic, you'll look pure smart in that. Whit's the tartan?" "Och," says Jimmy, "A'd imagine she'll be in white."

Duties of Wives

Three men were sitting together bragging about

how they had given their new wives duties. Terry had married a woman from America, and bragged that he had told his wife she was going to do all the dishes and house cleaning that needed to be done at their house. He said that it took a couple days but on the third day he came home to a clean house and the dishes were all washed and put away. Jimmie had married a woman from Canada. He bragged that he had given his wife orders that she was to do all the cleaning, dishes, and the cooking. He told them that the first day he didn't see any results, but the next day was better. By the third day, his house was clean, the dishes were done, and he had a huge dinner on the table. The third man had married a Newcastle girl. He boasted that he told her that her duties were to keep the house cleaned; dishes washed, lawn mowed, laundry washed and hot meals on the table for every meal. He said the first day he didn't see anything, the second day he didn't see anything, but by the third day most of the swelling had gone down and he could see a little out of his left eye. Enough to fix himself a bite to eat, load the dishwasher and call a landscaper.

God Bless Geordie Women

A married couple is driving along a highway doing a steady 40 miles per hour. The wife is behind the wheel. Her husband suddenly looks across at her and speaks in a clear voice. "I know we've been married for twenty years, but I want a divorce. The wife says nothing, Keeps looking at the road ahead but slowly increases her speed to 45 mph. The husband speaks again. "I don't want you to try and talk me out of it," He says, "because I've been having an affair with your best friend, and she's a far better lover than you are. Again the wife stays quiet, but grips the steering wheel more tightly and slowly increases the speed to 55. He pushes his luck. "I want the house," he says insistently. Up to 60. "I want the car too," he continues. 65 mph. "And," he says, "I'll have the bank accounts, all the credit cards and the boat!" The car slowly starts veering towards a massive concrete bridge. This makes him nervous, so

he asks her, "Isn't there anything you want?" The wife at last replies in a quiet and controlled voice. "No, I've got everything I need," she says. "Oh, really," he inquires, "so what have you got?" Just before they slam into the wall at 65 mph, The wife turns to him and smiles. "The air bag." Moral of the Story. Women are devious!!! Don't mess with them!!

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 two 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 stands Lena surrounded by mountains of Tickle Me Elmo's. She has a roll of plush red fabric and a huge bag of small marbles. The 2 men watch in amazement as she cuts a little piece of fabric, wraps it around two marbles and begins to carefully sew the little package between Elmo's legs. The Personnel Manager bursts into laughter. After several minutes of hysterics he pulls himself together and approaches Lena. "I'm sorry," he says 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.

An elderly couple, who were both widowed, had been going out with each other for a long time. Urged on by their friends, they decided it was finally time to get married. Before the wedding they went out to dinner and had a long conversation regarding how their marriage might work. They discussed finances, living

arrangements, and so on.

Finally, the old gentleman decided it was time to broach the subject of their physical relationship. 'How do you feel about sex?' he asked, rather tentatively- 'I would like it infrequently' she replied. The old gentleman sat quietly for a moment, adjusted his glasses and leaned over towards her and whispered 'Is that one word or two?'

Jack decided to go skiing with his buddy, Bob. So they loaded up Jack's minivan and headed north. After driving for a few hours, they got caught in a terrible blizzard. So they pulled into a nearby farm and asked the attractive lady who answered the door if they could spend the night.

'I realize it's terrible weather out there and I have this huge house all to myself, but I'm recently widowed,' she explained. 'I'm afraid the neighbours will talk if I let you stay in my house.' 'Don't worry,' Jack said. 'We'll be happy to sleep in the barn. And if the weather breaks, we'll be gone at first light.' The lady agreed, and the two men found their way to the barn and settled in for the night. Come morning, the weather had cleared, and they got on their way. They enjoyed a great weekend of skiing. But about nine months later, Jack got an unexpected letter from an attorney. It took him a few minutes to figure it out, but he finally determined that it was from the attorney of that attractive widow he had met on the ski weekend. He dropped in on his friend Bob and asked, 'Bob, do you remember that good-looking widow from the farm we stayed at on our ski holiday up north about 9 months ago?'

'Yes, I do.' said Bob. 'Did you, er, happen to get up in the middle of the night, go up to the house and pay her a visit?'

'Well, um, yes,' Bob said, a little embarrassed about being found out, 'I have to admit that I did.' 'And did you happen to give her my name instead of telling her your name?'

Bob's face turned beet red and he said, 'Yeah, look, I'm sorry, buddy. I'm afraid I did.' 'Why do you ask?'

'She just died and left me everything.'

A madam opened the brothel door in

Winnipeg and saw a rather dignified, well-dressed, good-looking man in his late forties or early fifties 'May I help you sir?' she asked. 'I want to see Valerie,' the man replied. 'Sir, Valerie is one of our most expensive ladies. Perhaps you would prefer someone else', said the madam. 'No, I must see Valerie,' he replied. Just then, Valerie appeared and announced to the man she charged \$5000 a visit. Without hesitation, the man pulled out five thousand dollars and gave it to Valerie, and they went upstairs. After an hour, the man calmly left. The next night, the man appeared again, once more demanding to see Valerie. Valerie explained that no one had ever come back two nights in a row as she was too expensive. But there were no discounts. The price was still \$5000. Again, the man pulled out the money, gave it to Valerie, and they went upstairs. After an hour, he left. The following night the man was there yet again. Everyone was astounded that he had come for a third consecutive night, but he paid Valerie and they went upstairs. After their session, Valerie said to the man, 'No one has ever been with me three nights in a row. Where are you from?' The man replied, 'Ontario'. 'Really', she said. 'I have family in Ontario.' 'I know,' the man said. 'Your sister died, and I am her attorney. She asked me to give you your \$15,000 inheritance.'

An American decided to write a book about famous churches around the world, so he bought a plane ticket and took a trip to Rome. On his first day he was inside a church taking photographs when he noticed a golden telephone mounted on the wall with a sign that read \$10,000 per call. The American, being intrigued, asked a priest who was strolling by what the telephone was used for. The priest replied that it was a direct line to heaven and that for \$10,000 you could talk to God. The American thanked the priest and went along his way. Next stop was in Moscow. There, at a very large cathedral, he saw the same golden telephone with the same sign under it. He

wondered if this was the same kind of telephone he saw in Rome and he asked a nearby nun what its purpose was. She told him that it was a direct line to heaven and that for \$10,000 he could talk to God. 'O.K., thank you,' said the American. He then travelled to France, Israel, Germany and Brazil. In every church he saw the same golden telephone with a '\$10,000 per call' sign under it. The American finally decided to travel to the UK to see if the British had the same phone. He arrived in York and again, in the Minster, there was the same golden telephone, but this time the sign under it read '20p per call.' The American was surprised so he asked the priest about the sign. 'Reverend, I've travelled all over World and I've seen this same golden telephone in many churches. I'm told that it is a direct line to Heaven, but everywhere I went the price was \$10,000 per call. Why is it so cheap here?' The priest smiled and answered, 'You're in Yorkshire now son, - it's a local call'

Estate Planning

Dan was a single guy living at home with his father and working in the family business. When he found out he was going to inherit a fortune when his sickly father died, he decided he needed a wife with which to share his fortune. One evening at an investment meeting he spotted the most beautiful woman he had ever seen. Her natural beauty took his breath away. 'I may look like just an ordinary man,' he said to her, 'but in just a few years, my father will die, and I'll inherit 20 million dollars.' Impressed, the woman obtained his business card and three days later she became his stepmother. Women are so much better at estate planning than men.

I was having trouble with my computer... So

I called Braden, the 11 year old next door whose bedroom looks like Mission Control, and asked him to come over. Braden clicked a couple of buttons and solved the problem. As he was walking way, 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.' Braden 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 the little sh *t

Some guy bought a new fridge for his house.

To get rid of his old fridge, he put it in his front yard and hung a sign on it saying: 'Free to good home. You want it, you take it.' For three days the fridge sat there without anyone looking twice. He eventually decided that people were too mistrustful of this deal. So he changed the sign to read: 'Fridge for sale \$50.' The next day someone stole it!

Enjoying the Howlers? Why not support the group by selling raffle tickets for our Grand Charity Draw? If you have not received any tickets and would like some to sell, please contact Joan on 0191 3702961

The Three Bears

A far more accurate account of the events of that fateful morning.... Baby bear goes downstairs, sits in his small chair at the table.. He looks into his small bowl. It is empty. 'Who's been eating my porridge?' he squeaks. Daddy Bear arrives at the big table and sits in his big chair. He looks into his big bowl and it is also empty. 'Who's been eating my porridge?!?' he roars. Mummy Bear puts her head through the serving hatch from the kitchen and yells, 'For God's sake, how many times do I have to go through this with you idiots? It was Mummy Bear who got up first. It was Mummy Bear who woke everyone in the house. It was Mummy Bear who made the coffee. It was Mummy Bear who unloaded the dishwasher from last night and put everything away. It was Mummy Bear who swept the floor in the kitchen. It was Mummy Bear who went out in the cold early morning air to fetch The newspaper and croissants. It was Mummy Bear who set the damn table. 'It was Mummy Bear who walked

the bloody dog, cleaned the cat's litter tray, gave them their food, and refilled their water. 'And now that you've decided to drag your sorry bear-arses downstairs and grace Mummy Bear with your grumpy presence, listen carefully, because I'm only going to say this once.... 'I HAVEN'T MADE THE BLOODY PORRIDGE YET

Let's put the pensioners in jail and the criminals in a nursing home. This way the pensioners would have access to showers, hobbies and walks. They'd receive unlimited free prescriptions, dental and medical treatment, wheel chairs etc and they'd receive money instead of paying it out. They would have constant video monitoring, so they could be helped instantly, if they fell, or needed assistance. Bedding would be washed twice a week, and all clothing would be ironed and returned to them. A guard would check on them every 20 minutes and bring their meals and snacks to their cell. They would have family visits in a suite built for that purpose.

They would have access to a library, weight room, spiritual counselling, pool and education. Simple clothing, shoes, slippers, PJ's and legal aid would be free, on request.

Private, secure rooms for all, with an exercise outdoor yard, with gardens. Each senior could have a PC a TV radio and daily phone calls. There would be a board of directors to hear complaints, and the guards would have a code of conduct that would be strictly adhered to. The criminals would get cold food, be left all alone and unsupervised. Lights off at 8pm, and showers once a week. Live in a tiny room and pay £600.00 per week and have no hope of ever getting out.

The Haircut

One day a florist went to a barber for a haircut. After the cut, he asked about his bill, and the barber replied, 'I cannot accept money from you, I'm doing community service this week.' The florist was pleased and left the shop. When the barber went to open his shop the next morning, there was a 'thank you' card and a

dozen roses waiting for him at his door. Later, a cop comes in for a haircut, and when he tries to pay his bill, the barber again replied, 'I cannot accept money from you, I'm doing community service this week.' The cop was happy and left the shop. The next morning when the barber went to open up, there was a 'thank you' card and a dozen donuts waiting for him at his door. Then a Member of Parliament came in for a haircut, and when he went to pay his bill, the barber again replied, 'I can not accept money from you. I'm doing community service this week.' The Member of Parliament was very happy and left the shop. The next morning, when the barber went to open up, there were a dozen other Members of Parliament lined up waiting for a free haircut. And that, my friends, illustrates the fundamental difference between the citizens of our country, and the politicians who run it!
BOTH POLITICIANS AND NAPPIES NEED TO BE CHANGED OFTEN AND FOR THE SAME REASON!

After having dug to a depth of 10 feet last year, British scientists found traces of copper wire dating back 200 years and came to the conclusion that their ancestors already had a telephone network more than 150 years ago. Not to be outdone by the Brits, in the weeks that followed, an American archaeologist dug to a depth of 20 feet, and shortly after, a story published in the New York Times: "American archaeologists, finding traces of 250-year-old copper wire, have concluded that their ancestors already had an advanced high-tech communications network 100 years earlier than the British". One week later, the Irish Department of Agriculture reported the following: "After digging as deep as 30 feet near Ballyhaunis, Co Mayo, Mick O'Connor, a self-taught archaeologist, reported that he found absolutely nothin'. Mick has therefore concluded that 250 years ago, Ireland had already gone wireless." It makes you fierce proud to be Irish".

IRISH TRADITION

Paddy had long heard the stories of an amazing family tradition. It seems that his father, grandfather and great-grandfather had all been able to walk on water on their 18th birthday. On that special day, they'd each walked across the lake to the pub on the far side for their first legal drink. So when Paddy's 18th birthday came round, he and his pal Mick took a boat out to the middle of the lake. Paddy, stepped out of the boat ...and nearly drowned! Mick just barely managed to pull him to safety. Furious and confused Paddy went to see his grandmother.

'Grandma,' he asked, 'It's my 18th birthday, so why can't I walk 'cross the lake like my father, his father, and his father before him?'

Granny looked deeply into Paddy's, troubled brown eyes and said, "Because your father, your grandfather and your great grandfather were all born in December, when the lake is frozen, and you were born in August, ya eejit".

SEX STARVED - A new Army Captain was assigned to an outfit in a remote post in the Afghan Desert. During his first inspection of the outfit, he noticed a camel hitched up behind the mess tent. He asked the Sergeant why the camel was kept there. The nervous sergeant said, 'Sir, as you know, there are 250 men here on the post and no women. Sometimes the men have urges. That's why we have Molly The Camel. The Captain said, 'I can't say that I condone this, but I can understand about the 'urges', so the camel can stay.'

About a month later, the Captain starts having his own 'urges'. Crazy with passion, he asked the Sergeant to bring the camel to his tent. Putting a ladder behind the camel, the Captain stands on the ladder, pulls his pants down and has wild and insane sex with the camel. When he's done, he asked the Sergeant, 'Is that how the men do it?' No sir. They usually just ride the camel into town. That's where the girls are."

A firefighter was working on the engine outside the Station, when he noticed a little girl nearby in a little red wagon with little ladders hung off the sides and a garden hose tightly

coiled in the middle. The girl was wearing a firefighter's helmet. The wagon was being pulled by her dog and her cat. The firefighter walked over to take a closer look.

'That sure is a nice fire truck,' the firefighter said with admiration. 'Thanks,' the girl replied. The firefighter looked a little closer. The girl had tied the wagon to her dog's collar and to the cat's testicles. 'Little partner,' the firefighter said, 'I don't want to tell you how to run your rig, but if you were to tie that rope around the cat's collar, I think you could go faster.' The little girl replied thoughtfully, 'You're probably right, but then I wouldn't have a siren.'

The Story of Adam & Eve's Pets

Adam and Eve said, 'Lord, when we were in the garden, you walked with us every day. Now we do not see you any more. We are lonesome here, and it is difficult for us to remember how much you love us.' And God said, 'I will create a companion for you that will be with you and who will be a reflection of my love for you, so that you will love me even when you cannot see me. Regardless of how selfish or childish or unlovable you may be, this new companion will accept you as you are and will love you as I do, in spite of yourselves.' And God created a new animal to be a companion for Adam and Eve. And it was a good animal. And God was pleased. And the new animal was pleased to be with Adam and Eve and he wagged his tail. And Adam said, 'Lord, I have already named all the animals in the Kingdom and I cannot think of a name for this new animal.' And God said, 'I have created this new animal to be a reflection of my love for you, his name will be a reflection of my own name, and you will call him DOG.' And Dog lived with Adam and Eve and was a companion to them and loved them. And they were comforted and God was pleased. And Dog was content and wagged his tail. After a while, it came to pass that an angel came to the Lord and said, 'Lord, Adam and Eve have become filled with pride. They strut and preen like peacocks and they believe they are worthy of adoration. Dog has indeed taught them that they are loved, but perhaps too well.' And God

said, 'I will create for them a companion who will be with them and who will see them as they are. The companion will remind them of their limitations, so they will know that they are not always worthy of adoration.' And God created CAT to be a companion to Adam and Eve. And Cat would not obey them. And when Adam and Eve gazed into Cat's eyes, they were reminded that they were not the supreme beings. And Adam and Eve learned humility. And they were greatly improved. And God was pleased. And Dog was happy. And Cat didn't give a sh*t one way or the other....

Murphy's old lady had been pregnant for some time and now the time had come.

He brought her to the doctor and the doctor began to deliver the baby. She had a little boy, and the doctor looked over at Murphy and said, 'Hey, Murph! You just had you a son!' 'Ain't dat grand!!' Murphy got excited by this, but just then the doctor spoke up and said, 'Hold on! We ain't finished yet!' The doctor then delivered a little girl. He said, 'Hey, Murph! You got you a daughter!!!! She is a pretty little ting, too....' Murphy got kind of puzzled by this and then the doctor said, 'Hold on, we aint got done yet!'

The doctor then delivered another boy and said, Murph, you just had yourself another boy!' Murphy said to the doctor, 'Doc, what caused all of dem babies,?' The doctor said, 'You never know Murph, it was probably something that happened during conception.' Murphy said, 'Ah yeah, during conception.' When Murph and his wife went home with their three children, he sat down with his wife and said, 'Mama, you remember dat night that we ran out of Vaseline and we had to use dat dere 3-in-1 Oil?' She said, 'Yeah, I remember dat night...' Murph said, 'I'll tell you,it's a good ting we didn't use WD-40!!

Four guys have been going to the same moose camp for many years. Two days before the group is to leave, Ron's wife puts her foot down and tells him he isn't going. Ron's friends are very upset that he can't go, but what can they do. Two days later the three get to the

camping site only to find Ron sitting there with a tent set up, firewood gathered, and dinner cooking on the fire. "Dang man, how long you been here, and how did you talk your wife into letting you go?" "Well, I've been here since yesterday." "Yesterday evening, I was sitting in my chair at home and my wife came up behind me and put her hands over my eyes and said. 'guess Who?' I pulled her hands off, and she was wearing a brand new nightie. She took my hand and pulled me to our bedroom. The room had candles and rose petals all over. On the bed she had handcuffs, and ropes! She told me to tie and cuff her to the bed, and I did. And then she said, "Do whatever you want." So, here I am.

A firm with a sense of humour, at last.

A man with a bald head and a wooden leg is invited to a Xmas fancy dress party. He doesn't know what to wear to hide his head and his wooden leg, so he writes to a fancy dress company to explain his problem. A few days later he receives a parcel with a note:

Dear Sir, Please find enclosed a Pirate's outfit. The spotted handkerchief will cover your bald head and with your wooden leg you will be just right as a Pirate. The man is offended that the outfit emphasizes his disability, so he writes a letter of complaint. A week passes and he receives another parcel and note: Dear Sir, Sorry about the previous parcel. Please find enclosed a monk's habit. The long robe will cover your wooden leg and with your bald head you will really look the part. The man is really incandescent with rage now, because the company has gone from emphasizing his wooden leg to drawing attention to his bald head. So he writes a really strong letter of complaint. A few days later he gets a very small parcel from the company with the accompanying letter: Dear Sir, Please find enclosed a tin of Golden Syrup. We suggest you pour the tin of Golden Syrup over your bald head, stick your wooden leg up your ar*e and go as a toffee apple.

CONFUCIUS DIDN'T SAY BUT COULD HAVE!

Man who wants pretty nurse, must be patient.
Passionate kiss, like spider web, leads to
undoing of fly.

Better to be p*ssed off than p*ssed on.

Lady who goes camping must beware of evil
intent.

Squirrel who runs up woman's leg will not find
nuts.

Man who leaps off cliff jumps to conclusion.

Man who runs in front of car gets tired, man
who runs behind car gets exhausted.

Man who eats many prunes get good run for
money.

War does not determine who is right, it
determines who is left.

Man who fight with wife all day get no piece at
night.

It takes many nails to build a crib, but one
screw to fill it.

Man who drives like hell is bound to get there.

Man who stands on toilet is high on pot.

Man who live in glass house should change
clothes in basement.

Man who fish in other man's well often catch
crabs.

Finally CONFUCIUS SAY. . .

"A lion will not cheat on his wife, but a Tiger
Wood!"

One liners from John Bate

Went for my routine check up today and
everything seemed to be going fine until he
stuck his index finger up my bum! Do you think
I should change dentists?

The wife has been missing a week now. Police
said to prepare for the worst. So I have been to
the charity shop to get all her clothes back.

As a child I watched Mary Poppins so many
times I suffered from a condition with my sight.
Umdiddleiddleiddeummiddle Eye.

When I was young my dad used to hit me with
a camera – I still have flashbacks

"So I rang up my local swimming baths. I said
'Is that the local swimming baths?' He said 'It

depends where you're calling from."

Did I already tell my déjà vu joke?

So this cowboy walks in to a German car
showroom and he says "Audi!"

Unfortunately for agoraphobics the cure is just
around the corner.

The other day I found a grey pubic hair but I
didn't freak out. Not like the other people in the
lift.

I was at a French restaurant where I was
served by a very ugly waitress – she gave me
the crepes. I asked the barmaid for a quickie –
the guy next to me said "Its pronounced
Quiche"

So I went to the dentist. He said "Say Aaah." I
said "Why?" He said "My dog's died."

I was reading this book today, The History Of
Glue and I couldn't put it down.

Thank you to our regular stalwarts who keep
sending us such brilliant howlers. Your
dedication to spreading mirth is much
appreciated! Please keep them coming
because it's your contributions that make the
howlers so popular.

Contributors: Ian Wilson, David Hastings,
Patricia Heard, J Robson, Jeffrey Blain, J Bate
and Others!

Send via email to: info@livenorth.org.uk or by
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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.

Able2Travel are very reasonable and cover transplants. 0870 7506711

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www.bibinsurance.co.uk

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Holiday Services 01773 747 426

(Quote MS for LiverNorth discount)

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Travelcare Ltd 0800 181 532

www.the-life-insurance.co.uk

* not TX patients - check with others also.

NB: do you NEED travel insurance? (not health)



Answers to UIOLI No.53

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 page 45 and the correct answers to last issues SUDOKU's are shown below.

Keep trying - Use It Or Loose It!

Medium SUDOKU

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

Diabolical SUDOKU

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

UIOLI No.55

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. Recent research has PROVEN that it will help to keep your brain active if you use it regularly.

NO MATHS REQUIRED - PURE LOGIC

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

Difficult SUDOKU

Fiendish SUDOKU

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

SU DOKU

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

©Puzzles by Pappocom

www.sudoku.com

SUDOKU IS LOGIC NOT MATHS!
Look at these squares below and in the left hand set of nine, write in the number that is missing (each box must contain the numbers 1 to 9 once).

2	6	1						
4	9							
5	3	8						

Yes, 7. Now, each row also has to contain the numbers 1 to 9 so see if you can write in the missing numbers in the middle and right hand boxes.

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

There are 2 numbers needed in the bottom row and these must be 4 and 1 but which is which? well, 4 can not be in the middle box because it is already there so the missing number in the bottom row of the middle box must be 1. Therefore: =

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

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If you are worried about liver disease or would like to know how to look after your liver, please telephone one of our helpline numbers:

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JULIE	0191 4873665
SYLVIA	01661 881020
SUSAN	01207 271707
ANN	0191 4131827
ALAN	0191 4821802
for alcoholism ring: MICHAEL 01228 810598	

information available online: www.livernorth.org.uk

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John Williams
jonathon4uk2001@yahoo.com
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01353 862466

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

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Janet Fernau
Tel: 020 8449 1363
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-oOo-

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website: 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

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