

LIVErNEWS

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

follow us on
twitter
'livenorth'

www.livernorth.org.uk
LIVErNORTH is run entirely by unpaid volunteers

Contents

Page	Item
1	Chairman's Report
2	Numbers Club Winners
3	LIVERNORTH 2011 Meeting Dates
4	LIVERNORTH PBC Diary Dates for 2011
5	Letters
8	Tilly Tattle
9	PBC Volunteers needed for study
10	LIVERNORTH Autumn Fair details
11	PSC Life After Transplant by John Leveson
13	Christmas Dinner Booking Form
14	National Transplant Week on the Radio
16	Patients Participate meeting report
18	Genetic Haemochromatosis support
20	King Edward VI School Fundraising
22	Great North Walk 2011 by Robin Coombes
24	PSC Genetics Study needs volunteers
25	Durham in a Day by David Inch
28	LIVERNORTH meetings in photos
30	'Poetries' by Robert Matthews
33	Helen's Howlers
43	Parking permits for meetings
44	Answers to Uioli 55 and insurance listings

Helpline Numbers - inside back cover

Contact Details - back cover

- o O o -

Editorial Team: John Bedlington, Tilly Hale, Nigel Goodfellow, Margaret Bickle, Joan Bedlington, Fiona Hale

Distributed free by

LIVERNORTH Regional Liver Patient Support Group

Registered Charity No. 1087226 (Oct 2000)

Address for all correspondence:

LIVERNORTH, FREEPOST NEA2762

Stanley, Co. Durham DH9 0BR

Tel 0191 3702961

email info@livenorth.org.uk, website www.livenorth.org.uk

twitter: 'livenorth'

Chair's Report

I hope you are all enjoying the British Summer – I know I am and hopefully it will continue for a few more weeks at least. Fiona Hale has taken over as newsletter editor and voila – here is her first newsletter. You may notice a few differences from previous issues due to a different program and a new editor – all 'about time too' in my book. I was getting far too fixed in my ways and it's great to have someone else looking through new eyes at our main publication. Saying that, there could be things you want to keep and things you would like to see in future issues. Fiona wants the newsletter to serve the needs of our members so don't be shy – she needs your input.

There's some interesting items in this issue including an excellent article from John Leveson about his life after liver transplant. If you know anyone waiting for a transplant then please get them to read this short article, it may be just what they need. There's also two good reports from Peter Cotterill and Tilly on the recent Radio Newcastle coverage where LIVERNORTH and the Freeman Hospital were both praised. Much, much more inside so please read then pass the newsletter on to anyone else you know who may be interested.

We have had some excellent speakers. Professor Derek Mann gave the inside story on new therapies for reversing fibrosis at our May meeting. Like most of the research at Newcastle University, this was groundbreaking and holds great promise for reversing advanced liver disease in future. As Prof Mann said, "not yet, but one day." Another excellent talk was at our June meeting when Dr Quentin Anstee gave us the latest on NALFD (non-alcoholic fatty liver disease) and how in some parts of the UK it has become a major concern for clinicians and public health officers. Our latest talk, at the AGM in July, was by

Mr Jeremy French, Consultant Transplant Surgeon. He discussed the subject of ethics, raising the question of what to do when someone listed for an emergency liver transplant is rapidly deteriorating due to their own liver being toxic. One option is to remove the toxic liver and transplant a new one – difficult when a donor liver is not available! Another is to remove the toxic liver and hope that a donor liver will be offered in time. What a dilemma. Everyone left the meeting with more understanding of the difficult decisions they have to take, and renewed respect for the transplant team.

At the AGM, the existing committee was re-elected. Anne Ravenhall decided to step down as a governor for personal reasons and I would like to take this opportunity to publicly thank her for 17 years of dedicated service to our group. Anne was one of the founder members of LIVERNORTH when it was first formed by Professor Oliver James as a support group of the British Liver Trust. She became a governor of the LIVERNORTH independent charity when we registered in June 2001 and has given 10 years dedicated work as a charity governor and good friend.

Whilst on the subject of governance, I am pleased to announce that Peter Cotterill has agreed to join us as a governor. On behalf of you all, I wish him well and welcome him.

I mentioned the NHS restructuring in the last issue. I've been to several meetings on the subject since then as a governor of the NHS trust and can faithfully report that no-one really knows what is happening. The general feeling is that the government is 'testing the water' at each stage to see how it is accepted. The latest reaction from GPs at the BMA AGM on 28th June was an outright rejection of many of the government proposals. It will be a very difficult thing indeed to introduce a Health Care Reform bill without the cooperation of our GPs. We live in interesting times...

Best wishes, John Bedlington

Numbers Club Results

CONGRATULATIONS to recent 2011 draw £250 prize winners:

Mrs. M. Peebles of Heddon on the Wall with number 104, drawn at our General Meeting on 18th May by our guest speaker, Professor Derek Mann

Louise Pinkney of Sunderland with number 113, drawn at our June 13th meeting by our guest speaker, Dr Quentin Anstee

Mr. I Wilson of Monifieth with number 116, drawn at our AGM on 20th July by our guest speaker, Mr Jeremy French



Pictured l to r: Joan, Barbara Kimbell and Prof Derek Mann

Professor Derek Mann gave an excellent talk at our May meeting with some great news about reversing liver fibrosis. At the same meeting, Barbara Kimbell, a PhD student from Edinburgh told us about her ongoing research into liver disease (Joan has been helping her get some LIVErNORTH members for her studies).

LIVErNorth Meetings

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

- | | | |
|---------|--------|--|
| 14 Sept | 7.00pm | Professor David Jones
Primary Biliary Cirrhosis |
| 17 Sept | 1.00pm | Autumn Fair
To be opened by
Denise Robertson MBE
(our patron) |
| 26 Oct | 7.00pm | Dr. Mike Trenell
Physical activity and the liver:
How best to spend our energy improving
liver health |
| 11 Dec | 2.30pm | LIVErNORTH Carol Service
Freeman Chapel, followed by
coffee and mince pies |
| 14 Dec | 6.30pm | Christmas Dinner |

Parking FREE with permits in this newsletter: multi-storey levels 1 and 2.

PLEASE PUT THESE DATES IN YOUR DIARY

Dates for 2012 will appear in the next issue of the Newsletter. If you would like to talk on a particular aspect of liver disease, I will do my best to organise this but you need to contact me to tell me.

Tilly Hale, 01670 714901, tilly.liveliver@gmail.com

PBC Diary Dates for 2011

Tues 20 Sept 12 – 1.50 Bishop Auckland General Hospital,
Postgraduate Common Room. (There is
another meeting at 2pm in the room
after us, hence the 1.50 finish.)
Speaker: Prof Julia Newton

The Common Room is located in the Education Building at the back
of Bishop Auckland General. There is a lift just inside the entrance
to the building and it brings you up beside the Common Room.

Wed 23 Nov 12 – 2 Freeman Hospital, Postgraduate
Functions Room, Level 1
Speaker: Prof Julia Newton

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 Multistorey 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. I need your name and car registration
number.

Tilly Hale, 01670 714901, tilly.liveliver@gmail.com

Letters

Dear LIVErNORTH,

Here are a few snippets I recently found in a magazine which I thought others might be interested in.

Natural first aid essentials...

A solution of bicarbonate of soda will soothe bee stings. Carefully scrape out the sting and wash the skin gently before applying.

Use fresh lemon to counteract wasp stings.

Vinegar will help to soothe the pain of jellyfish stings by neutralizing the alkaline juice the animal ejects.

Tea tree oil is an ideal all-round antiseptic and antifungal. Add a few drops to the bath to treat thrush, put in a footbath to help athlete's foot or dab onto insect bites to relieve itching.

Aloe vera gel helps soothe sunburn, minor burns and skin irritation.

Lavender is calming and soothing. Put a few drops of essential oil on to your pillow to help beat insomnia or on to a handkerchief and inhale to relieve anxiety.

Ginger root - fresh, capsules or powder - helps relieve nausea and vomiting, particularly travel sickness.

Arnica cream or ointment is essential first aid for sprains and bruises, it can help soothe muscle aches and reduce inflammation.

But remember:

Natural doesn't mean harmless...

From morphine to St John's wort, if a plant is powerful enough to cure, it's powerful enough to harm. Treat them with respect and get advice from a professional not a sales assistant. (Good Housekeeping, June 2010)

Thank you for all your hard work supporting liver patients.

Yours faithfully
GW Durham



Dear LIVErNORTH,

My husband and I found your DVD so helpful and informative that I enclose a cheque for 2 DVDs so I can share the information with family and friends.

I was diagnosed with PBC three and a half years ago.

Best wishes

PD
Bristol

Dear John,

It is with regret that I will not be standing for re-election at the annual general meeting. I will still support the charity when I can and attend events. It is with sorrow I hand in my resignation, but I feel I don't want to let either the charity or myself down if I can not attend meetings etc. It has been a hard decision after 17 years.

I will miss you all as I have made good friends through LIVErNORTH and I hope to keep in touch with you all.

Yours sincerely,

Ann Ravenhall

Dear Mr Bedlington,

Just a quick note to let you know that I was elected as Chair (and officially as a Trustee) of PSC Support at our recent AGM, following the resignation of three long-serving Trustees (William Williams, Jackie Thomas and Tony Rundle) from the Board, and sadly, the recent death of our Chair, Ivor Sweigler.

It is a huge honour to be given the opportunity to help and lead PSC Support, and I have a hard act to follow given the commitment and dedication shown by Ivor and his team. With involvement from volunteers and working with charities with similar goals like LIVErNORTH, we can ensure our charity has both a sustainable and effective future supporting those affected by Primary Sclerosing Cholangitis.

I would like to take this opportunity to give you our new contact details for LIVErNEWS:

PSC Support
Martine Walmsley
01772 335519
chair@pscsupport.ork.uk
www.pscsupport.org.uk



Dear John,

I've been wanting to send this email along for a while now. I'm a postdoc in Maggie Bassendine's lab and we sought bridge funding to cover my salary a couple of years ago from Liver North. I'm happy to say that that funding facilitated my continuing employment which was crucial in delivering the attached paper that was published in the November 2010 issue of Gastroenterology. I have acknowledged Liver North in the paper and I want to thank you personally.

Thank you again.

Dan Felmlee, Ph.D.
0191 222 8782
2nd Floor, William Leech Building
Institute of Cellular Medicine
The Medical School
Framlington Place
Newcastle upon Tyne
NE2 4HH

Thank you Dan. If anyone would like to see Dan's paper, please contact John Bedlington.

A note from the new editor of LIVErNEWS

Hello! I have been reading LIVErNEWS for many years now. This is my first edition as editor. It's not easy trying to step into John's shoes! I am still learning how to use the editing software, and I'm afraid this editon feels like a bit of a trial run. I'm really grateful to Mel Ashby of Ashby Design for giving me some training and much-needed support - truly a friend in need. Thanks also to our printers, Prontaprint in Sunderland, for their advice and help. If there are things that aren't right, please let me know (be gentle with me!), and if you have anything you want included next time around, feel free to get in touch.

If you have articles, jokes, or anything else for publication in the next edition, please send them to me by **October 10, 2011**.

Fiona Hale, fionaatlarge@yahoo.com



Tilly Tattle

I am writing this during National Transplant Week and many of you will have seen items on "Look North" about the Freeman Transplant Institute and recognised some of the people interviewed. Professor Derek Manas, head of the Institute, spoke on Tuesday evening and said that people must inform their families of their wishes regarding organ donation. Sadly, many people who are willing to donate their organs just never get round to contacting the organ donation group, and others do put themselves on the list but do not talk about it to their families so when they die the family is in shock and cannot begin to think about making this marvellous gesture.

Radio Newcastle devoted an hour long slot on Monday to organ donation and a report on this is given elsewhere.

Those of us who have received a donor organ are so very grateful to the families and donors who have given us this second chance.

As it is July, we are now starting to get organised for the Annual Fair. We still need people to help on the stalls on the day (17 September) and selling raffle tickets so please do give a call if you can help in any way. If you have ideas for a new stall please do get in touch. Raffle selling continues to 12 September and there are still many empty slots for this.

I have been given some lovely

prizes for the Tombola Stall at the Fair, but as always I could do with more. If you have anything that is suitable please do bring it along to the meeting on 14 September (David Jones is the speaker) or give me a call and it may be that I can arrange collection. Some people kindly bring items in when they have a clinic appointment and if they let me know in advance I can arrange to call at clinic (or the Ward 12 office) to collect these goods. Tombola prizes can include bottles (wine/spirits etc), toiletries, paper goods, confectionary, games and toys and just about anything else that you may have been given which you do not require. All money raised by the Fair and the Raffle is used for the benefit of liver patients, either by helping to fund research or to provide equipment or amenities outside the remit of the NHS.

In August we start looking at dates and speakers for 2012. If you would like any particular liver topic to be covered please do let me know. I know some people have said they would like talks on certain subjects but usually they have said this to me when the meetings have already been arranged. NOW is the time to let me know your wishes so that I can include a particular talk during next year.

All good wishes,

Tilly Hale

PBC Volunteers!

Professor Julia Newton has an ongoing project which is being run by Research Nurse Katharine Wilton at the Falls and Syncope Unit at the RVI in Newcastle. It is a long term study looking at ways of improving fatigue in PBC. To take part you need to have PBC and be fatigued.

Volunteers will need to attend the RVI Falls and Syncope Unit in Newcastle for four separate visits over a period of six months. Each visit lasts about an hour and includes a blood pressure assessment with specialised monitoring equipment while resting for 10 minutes. At the end of the 10 minute rest you will be asked to stand for 2 minutes (with two nurses beside you so that if you do feel dizzy there is no danger of falling). On the first visit you will be randomly selected to one of two exercise programmes (treatment or placebo) that does not involve medication. Throughout the study you are asked to keep a diary of how long you have managed to do the daily exercise and if you had any problems. There will also be some questionnaires to complete at each visit.

I have just completed the 40 minute option. Some days I could not achieve 40 minutes; some days I did not do it at all due to other commitments; some days I managed anything from 15, 20 or 30 minutes and then had to give up. At the end of the six months, whilst I still feel tired, it may well have helped my overall fatigue because I can definitely stand longer than previously. I can also walk more easily. I gather this is because I will have improved my muscle strength in my legs. In the past if I met someone in the supermarket and I had a trolley it was fine because I could hang onto the trolley – if I did not have a trolley I would often have to suggest

moving so I could lean against a wall or find a seat.

One younger woman doing the 10 minute study has told me she definitely has more energy through this and has actually signed up at a gym and is trying to go three times a week. She is not doing anything too severe - she talked to the trainer at the gym and has been given a suitable programme for her needs and abilities.

Katharine Wilton is still looking for volunteers to participate. Katharine and Professor Newton realise it is asking a lot of patients, but it may well prove to give a lot of benefit.

SO PLEASE, DO THINK ABOUT IT, AND IF YOU HAVE PBC, SUFFER FROM FATIGUE, AND THINK YOU COULD HELP WITH THIS STUDY, PLEASE GET IN TOUCH.

If you start the programme and then decide you can't continue, that's ok. You just have to tell Katharine. It won't affect any other treatment, or inclusion in other studies.

Katharine works (part-time) in the Falls and Syncope Unit at the Royal Victoria Infirmary in Newcastle. Her number is 0191 2820430. You can also call leave a message for her at Falls reception on 0191 2825237, and she'll return your call.

If it is easier, please feel free to contact me, either by phone 01670 714901 or by email tilly.liveliver@gmail.com.

I do hope you will feel able to take part. Our doctors and nurses are working so hard to try and find solutions for PBC people.

Liver
NORTH
REGIONAL LIVER PATIENT SUPPORT GROUP

Autumn Fair

17th Sept.

1.00 pm



**in the Teaching Centre, Level 1
Freeman Hospital.**

Admission FREE

£500 RAFFLE

Tombola

Cakes

Games

Jewellery

Bric-a-Brac

Refreshments

Etc.

Open to Staff,

Patients &

Visitors

To be opened by

Denise Robertson MBE

PSC Life After Transplant

Are you waiting for a liver transplant or maybe have had a recent transplant and wonder what life will be like post transplant? Well my experience is that life is really great after a liver transplant and only your imagination plus a little common sense needs to limit what you are capable of achieving. The team at The Freeman are amazing and they will have you back 'on your feet' in no time at all. After that it is down to you.

I am a typical 51 year old father of 3 and received my new liver on 23 December 2009 - 18 months ago. Prior to being restricted by my illness (primary sclerosing cholangitis) I was a keen fell walker and mountain climber. This is something I have been able to pick up again following transplant. In addition I started cycling (for the first time) as a way of getting fit again after my transplant. In August 2010 I competed in my first British Transplant Games as part of the Newcastle team, entering two cycling events, a road race and a time trial. These were my first ever competitive cycle races and I had no idea what to expect or even what I had to do - other than to pedal as fast as I could! I even had to look on-line to find out the rules for a time trial!!

I enjoyed the games tremendously and am looking forward to this year's British Transplant Games. The games are all about celebrating the gift of life we have been so fortunate to receive - you do not need to be particularly competitive to enjoy the whole event, it really is all about taking part.

Having started to cycle at the age of 50 and after a transplant I was curious to find out how much my new liver and I could do. Well I am starting to get the answer. In June I entered a large public event in Newcastle which was a 67 mile ride. I completed this in 5 hours 26 minutes which put me half way down the field in 715th place out of approx 1400 entrants. I had never cycled such a long distance before and bearing in mind that I had never cycled at all prior to my transplant I was extremely pleased with the result.

Following this, in early July I cycled the coast to coast route which runs from Whitehaven to Tynemouth and then I cycled back home to Cumbria from Tynemouth on the Hadrians wall cycle path. A total of approx 240 miles in 5 days.

I had never attempted anything like this before my transplant and I hope my experience shows that there is no need to be restricted after your transplant.

If you need a goal to motivate you to get fit after your transplant I really would recommend the Transplant Games. The British games are held every year, they are great fun and everyone is really friendly and welcoming. You will find full details on the Transplant sport website (www.transplantsport.org.uk) and we would be delighted to welcome you onto our Newcastle team.

Whether or not it is some form of sport or physical activity, my experience has shown me and has hopefully demonstrated to you that whatever your interests they can be pursued pretty much without restriction after a transplant.

John Leveson

PS - great result from the art sale - well done.

Christmas Dinner 2011

It's that time of year again! If you would like to attend the Christmas Dinner on Wednesday 14th December at 6.30 for 7pm, please complete the booking form below and return it to me with your payment no later than 12th November. Last year as always, several people were disappointed. Numbers are strictly limited and on a first come, first served basis.

The meal includes non-alcoholic punch on arrival, fruit juice throughout the meal, a cheese board selection, coffee and mince pies to finish off the meal, all for £12.00 per person. As those of you who have been before know, the Freeman Catering Department put on an excellent meal at a very reasonable cost and we have a great evening. John Bedlington provides us with a quiz and we also have a tombola to make it a really enjoyable night.

Julie Pyburn

Christmas Dinner Booking Form

WED. 14th DECEMBER 2010 - 6.30 FOR 7.00 PM

I would like to reserve _____ places at a cost of £12.00 each. I enclose my cheque/postal order for £ _____

I/we require _____ vegetarian option(s).

Starter: choose either: number
 Cream of Tomato Soup _____
 Melon Balls with Port & Ginger _____
Desert: choose either:
 Hot: Christmas Pudding & Brandy Sauce _____
 Cold: Buche De Noel (posh Chocolate Log) _____

(Please indicate your choices clearly)

Although we cannot guarantee seating arrangements, if you wish to indicate people with whom you would like to share a table we will do our best to organise this.

I would like to be seated near _____

Name _____
Address _____

_____ Tel: _____

Please return with cheque or postal order made payable to LIVErNORTH by 12th November to: Julie Pyburn, 4 Derwent Gardens, Low Fell, Gateshead, Tyne & Wear, NE9 5XQ

Fill in & detach the section below if you want YOUR OWN REMINDER

LIVErNORTH Christmas Dinner, 6.30 for 7.00 p.m. Wed 14th December 2011

I have ordered..... places at £12.00 each and have chosen the following options:

_____ Vegetarian options _____ Tomato Soup
_____ Melon Balls with Port _____ Christmas Pudding
_____ Cold Sweet

National Transplant Week on Radio

I was on my way to work one morning when I heard a Radio Newcastle presenter (Jonathan Miles) talking about prostate cancer and the “Male Macho” persona which stops men going to see their GP compared to women who go to their doctors without complaining or putting off to another day. Now, as a man I can see this as I was exactly like this until I fell ill with the liver complaint. Now it doesn't bother me to go to the doctors, or hospital, for anything at all.

So I thought I would give the programme a call to get on and try to convince men to drop this persona and get in to be tested as it is for their own good at the end of the day. When I spoke to the radio station the woman asked why I had called and what would I be saying as well as asking if I had a personal reason, so I told her my medical condition, how it was found and how the possibility of a transplant would be on the cards for me. She said that the week commencing 4 July was National Transplant Week and they were doing a programme dedicated to transplantation so would I be willing to talk about this. I agreed and she said she would ring me later with the day and the time. In the afternoon she came back to me and asked a few questions about transplants then said I would be on the programme, on Monday 4th, between 11am and 12 noon.

On the day I received a call from BBC Newcastle to ask if I was still okay to go on and when I said yes she told me they would ring me before I was about to go on. Around 11am she rang and said I would be on between two transplant patients. I got a call about 11.50 to say they had run over time, plus ironically they had received a call from a gentleman called Peter from Ashington and thought it was me. I eventually got to speak but only for a very few minutes. Jonathan asked me about my case (but I noticed that each person he spoke to he asked if it was drink related – those preconceptions again). I explained that originally it was thought to be alcohol related but when I had a biopsy it showed that it was Fatty Liver disease but not helped by alcohol. I told him that you don't have to be an alcoholic or drink dependent to get Alcoholic Liver Disease and that there were many liver diseases which ended up with cirrhosis and only one is drink related. He asked what it was like to be waiting for a transplant. I said it was like being in a locked room, looking outside and the key to open the door to get back to living a near normal life again was an organ donation, but it was given by the unselfishness of the donor and their family. I said that all recipients are grateful to families for this act of kindness during what is a very sad and difficult time for them.

I then came off and was thanked for my contribution. They apologised that I did not get as much time as I should have done. I am still an organ donor and if my number comes up before I get a chance of a transplant at least someone may get something that I have. It is all about recycling.

After talking to a number of people about going on the donor register they all came back with the argument that they may not be dead when their organs are taken. I explained that there are a lot of tests which have to be carried out and everything has to be signed off by a number of medical people, also with the consent of the family (next of kin) of the donor, before any machines are switched off. In fact, I am pleased to say that with this simple explanation two people went on line and signed up to become donors so at least there are two more names on the register.

Peter Cotterill

National Transplant Week on Radio, Part 2

Peter phoned me to tell me he was going to be on the Radio Newcastle programme so on Monday 4 July I tuned into the programme and sat down to hear what would be said.

The first person to be called was our own John Harty who explained that he had his transplant in 1994, having been an emergency patient due to being given drugs by his dentist which had sent his liver into failure. John had been at the top of the emergency list and received his new organ within a day.

The second person was Simon Lloyd, well known to those of us who have attended the Transplant Games. Simon is a kidney transplant patient and he needed a new kidney due to an inherited condition. We then heard from Peter in Ashington (the one who the radio people muddled up with our Peter) who explained that he was widowed in 1990 and had donated his wife's organs. He said he had been given marvellous support by Pam Buckley who was the Transplant Co-ordinator at that time.

Kayleigh Davidson was next on. Kayleigh is now 24 and received her new heart at the age of 5 months. Kayleigh was the first baby to have this operation at the Freeman. (When she had her operation I actually saw her through the window in her special cot. I was a Chaplaincy Lay Visitor at the time and the then Chaplain, Malcolm Masterman, took me and others in the team to see this miracle baby). Later in the programme we heard from Kayleigh's Mum who said how grateful she and all the family were to Kayleigh's donor and the whole of the Freeman transplant team. They would have missed so much if Kayleigh had not received her new heart, and it was wonderful that 24 years on Kayleigh was still well and so active, and still taking part in the Transplant Games.

We also heard from a lovely lady called Elsie who had donated her husband's corneas. He had died around Christmas last year at the age of 80.

As luck would have it, having sat listening all morning, the door bell rang just as Peter was coming on the radio so I only heard a snatch of his comments, but I did hear LIVERNORTH mentioned which was great.

Jonathan Miles says he is not sure about going on the register himself, but at least those who took part gave a very sound reason as to why he should. Hopefully by now he, and many other people, will have signed up.

As someone who will celebrate 12 years with my donor liver on 26 July I know how very grateful we all are to the donors and their families.

Tilly Hale

Patients Participate!

Julie Pyburn and I went to this workshop at the British Library Conference Centre in London, on Friday 17 July. We heard about it through my son-in-law who was a participant and he mentioned LIVERNORTH to the organisers who decided to invite us.

The workshop was run by The British Library together with the Association of Medical Research Charities.

We caught the 7am train down in the morning and returned on the 5pm train on the Friday. It meant a very early start but we were on the express train which was direct from Newcastle to London and on the return journey it only stopped at York which meant short journey times and we enjoyed the chance to have a good natter both ways (although on the return we were definitely less chatty than on the way down!).

There were three main speakers and the meeting was chaired by Dr Liz Lyon who is the Director of UKOLN (UK Office for Library and Information Networking), University of Bath, and Associate Director of the Digital Curation Centre. She has a PhD in cellular biochemistry.

Dr Lee-Ann Coleman joined the British Library in 2007 to take up the post of Head of Scientific Technical and Medical Information. She has a PhD from the University of Western Australia and completed postdoctoral research in the USA and at Oxford.

Dr Sara Ellis is communications

manager at the Association of Medical Research Charities (AMRC) where she supports the team on print, online and media communications. Sara has a PhD from Bristol University. She hates jargon, loves clear communication and is interested in social media.

Professor Melanie Welham has a PhD from work with the Imperial Cancer Research Fund. She did postdoctoral research at the University of British Columbia in Vancouver, Canada. She is now Professor of Molecular Signalling and co-director of the University's centre for Regenerative Medicine.

All of these speakers were keen to improve patient participation in research and to make projects more understandable.

There was an open session when I was able to introduce Julie and myself which created a lot of interest, and then we were split into three workshop groups, looking at ways of improving patient access to research and involvement in research. Julie and I were in different groups so were both able to give LIVERNORTH a mention. We had taken leaflets and a few copies of the newsletter. The group as a whole found us quite interesting – for a start we were patients who had both had liver transplants, and other patients tended to be single units from groups such as Cancer Advocacy Groups; we belonged to a charity run completely by volunteers, unlike the other charities involved who were all represented by paid employees; and we both took part regularly in research studies at Freeman and Newcastle University. We were both able to reinforce the need for clear,

unambiguous summaries. We pointed out that when funding applications are written they are written for medical people and scientists and even the lay summaries tend to be vague as far as patients are concerned. The workshop was keen to improve this and to involve people/patients in helping to create more easily understandable summaries.

The whole day was very interesting and very busy. Even in the lunch break (where we were served lovely sandwiches and desserts) there were other workshops being run. One in particular was devoted to showing us a system which allowed difficult words to be changed into those more easily read by patients.

During the day we actually met two people who knew a lot about PBC. One woman told us that her mother-in-law (now deceased) had PBC and she was very interested to talk to us to find out more about what her mother-in-law had coped with. The other woman has a close friend who has PBC and who has just recently been diagnosed at a fairly late stage. She asked for a copy of the DVD, and we sent this to her, along with a variety of leaflets. The librarian at Sheffield University Medical School also asked for a copy of the DVD to go into their library. Everyone was interested in how much work is done at LIVErNORTH, given that we are a charity and run entirely by volunteers.

It was a tiring day but definitely worth going. Our fares were paid by the organisers so there was no cost to Julie and I and, more importantly, no cost to LIVErNORTH.

Tilly Hale

Questran tip

A TIP FROM PROFESSOR DAVID JONES

Do you take Questran, and do you find it difficult to digest?

David Jones suggests you mix it with a smoothie. We have always suggested mixing it with orange juice or similar, but when you think about it, a Smoothie is similar in texture to Questran and so it mixes together better.

I had heard this one before but it was only when David mentioned it to me at clinic that I thought it should be passed on. As he was the person to remind me, I felt he should have the credit for it. So, why not give it a try.

If anyone has other suggestions for taking some of the more difficult medications, why not send them in to the newsletter so that everyone can share them.

Genetic Haemochromatosis

Too much iron in the body
can cause serious illness

Support Group Meeting
Saturday 1st October 2011

10.30am until 12:30/1:00pm
at
Kings Norton Golf Club



Speaker
will be a
Genetic Counsellor
from the Genetics Unit
at the
Queen Elizabeth Hospital

who will speak about
the important genetic
implications for those with
the illness and for their relatives

chronic pain iron overload arthritis diabetes

skin bronzing

mood swings

muscle & joint pain

heart disease

loss of libido

liver disease

chronic fatigue

abdominal pain

Haemochromatosis West Midlands Support Group

Telephone; 0121 457 8986

Email; info@HaemochromatosisWM.org.uk

Website; www.HaemochromatosisWM.org.uk



+Fe

Haemochromatosis West Midlands

73 Callowbrook Lane
Rubery
Birmingham
B45 9HP
Telephone; 0121 457 8986
E-Mail; info@HaemochromatosisWM.org.uk
Saturday 28th May 2011

Hello John

I hope you are well. My name is Kieran Lynch and I am currently working as co-ordinator for a group called Haemochromatosis West Midlands. You may have heard of the group as we have been working very hard for a little more than two years to raise awareness about the group and Haemochromatosis and all its associated complications including the elements that affect the liver.

I was recently talking to Janet Fernau at the UK Haemochromatosis Society and she suggested that I might introduce myself and the West Midlands group to you as a way of forming links and connections. She said that you work very hard on issues that concern your interests and that you might help us in some way, maybe mentioning our group in literature of yours, or on your website etc, etc. If you can see ways that this might be possible in the future that would be most helpful to us and we would, of course, reciprocate if we can. I have already placed a link on the West Midlands group website to the British Liver Trust at www.HaemochromatosisWM.org.uk

We are also very keen to have our meetings mentioned anywhere where they might do some good and where interested people might find out about meetings and what we are trying to do more generally, and maybe come along to meetings if they are relatively local. We have found it difficult and very expensive to reach people in this way so if you can assist us in this in any way, again that would be great.

Our next meeting is after the holiday season and it will be held on Saturday the 1st October. People can always ring me to find out more closer to the date if they wish to.

Anyway I shall finish this email in which I have asked you a lot about what you can do for us but if you don't ask you don't get and, as I say, we are more than happy to return any favour if we can.

I hope you don't mind me contacting you and please do let me know about any issues of yours that you think I might be able to promote in any way.

All the best
Kind regards
Kieran Lynch (co-ordinator, Haemochromatosis West Midlands)

DETAILS OF THE OCTOBER 1 MEETING OF HAEMOCHROMATOSIS WEST
MIDLANDS ARE ON PAGE 18!

King Edward VI School



On 20 May I was privileged to go to King Edward V1 School in Morpeth to receive a cheque on behalf of LIVErNORTH.

I was met at the entrance by Victoria Najafi, one of the teachers. I also met the representatives of another charity. The Morpeth Herald newspaper were sending a photographer to take photographs for their paper and when the photographer arrived we went outside as it was a bright, sunny day. In the photograph I am standing with Jonathan Wubetu, Head Boy, Flossie Hunt, Head Girl, Rachel Spedding, Deputy Head Girl, and Elliott Thompson, Deputy Head Boy. They presented me with a cheque for £221.77 and I gave them a framed certificate to put on the wall inside the school.

King Edward V1 School do a lot of fund raising for charities and I asked Victoria if one of the pupils could write a short article for me, and Philippa Goode, a year 10 student, has sent this:

“The King Edward V1 School has always been a generous supporter of

charity. However, when we heard about National Healthy Heart Week we felt that this was especially important because heart disease, liver disease and other lifestyle related illnesses are becoming an increasing problem for this generation.

Within school there were many different schemes set up, not only to raise money but also to help raise awareness. One of the more prominent of these was the walk to school pledge, in which we encouraged student to to walk to school, or get dropped off in town if they must travel by car, instead of getting a lift by car all the way to the top of the hill. This helped to raise awareness because it was helping to increase the amount of exercise that each student did. We hope that next year we will be equally successful.

We were delighted to donate to LIVErNORTH as we believe it is a very important charity in the North East.”

Isn't that great! These young people were a delight to meet and our thanks go to them, and their teachers for their support.

Tilly Hale

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 is happening.

Do you have something for the next edition of LIVErNEWS?

If you have articles, jokes, tips, poems or photos for LIVErNEWS, send them to info@livenorth.org.uk or fionaatlarge@yahoo.com by October 10 2011 for inclusion in the next edition.

LIVErNEWS

Great North Walk 2011

For the second year running the 22nd Great North Walk was in the wonderful hills above Guisborough. The start was at Pinchinthorpe Visitor Centre. The route takes in Captain Cook's Monument and whilst the route passes Roseberry Topping it does not include the climb to the top. We set off in bright sunshine dappled by the woods as we made our way along the Guisborough Branch Railway Line, which took us past ponds and wetlands & led us through the woods. We then climbed through the trees as we headed up towards the Blue Lake that was used to store the water to pump hydraulic machinery at Home Farm. We then continued on to Hutton Moor and across Great Ayton Moor.

The sunshine at the start turned out to be a bit misleading as it was at this point we encountered a number of showers. This did not dampen our spirit as we made our way up to the Cooks monument. We were rewarded with a fine panorama of the curve of the Cleveland Hills, down into Great Ayton, across to Roseberry Topping and back deep into the North Yorkshire Moors. The monument was erected in 1827 by Robert Campion of Whitby in honour of Captain James Cook, the 18th century explorer and navigator.

A short break for something to eat in the monument's shelter before dropping down to a small car park, then a steep climb up some steps and back to Great Ayton Moor. We then headed towards Roseberry Topping and skirted around the edge of Tees Valley's greatest landmark before heading back into Hutton Lowcross Wood and returning downhill to the visitor centre. A tough but rewarding walk made more pleasurable by the company of Jean, Carl & Alec.

Robin Coombes

Great North Walk photos



Photos from Robin Coombe, who did the Great North Walk on behalf of LIVERNORTH.

Liver
NORTH
Patron: Denise Robertson MBE
Registered Charity No. 1087224

The PBC DVD

The Primary Biliary Cirrhosis DVD still continues to be popular and everyone who has received it has been most complimentary about the content and the easy way that the information is given. Professor David Jones and Professor Julia Newton both speak on the technical/medical aspects of this disease, and various patients speak about living with it. Two husbands of PBC patients talk about living with a partner with PBC.

The DVD has gone out to all parts of the UK and Ireland, and also to various European countries, and there is also a version which can be used on the USA and Canadian systems.

Copies can be obtained from Tilly Hale, either by telephone or email.

PSC Genetics Study

It is not too late for PSC people to take part in the UK Genome Wide Association Study (GWAS). The first wave of results are being analysed but the researchers are continuing to look for more volunteers to give blood or saliva samples.

The aim is to collect DNA and clinical details from 1000-2000 PSCers to perform clinical, epidemiological and genetic studies. So far 1,243 DNA samples have been taken. The more PSCer samples there are, the better equipped the studies are to understand the genetics of PSC. The more we know about PSC, the closer we are to finding effective treatment or even one day a cure. Please sign up!

For more information on the study or to volunteer to take part, please visit www.pscsupport.org.uk or contact PSC support by emailing chair@pscsupport.org.uk.

Durham in a day

by David Inch

The Friends of Durham County Record Office (FODCRO) are raising funds to purchase documents relating to the Pease family of Darlington for the County Archives. This Quaker family are important historically, having been involved in the early railways, owned coal mines in the County and operated in 19th century banking. The cost of these papers is £6125, a sum normally out of the reach of FODCRO but the Friends were able to arrange instalments.

After two years of fund raising, as Treasurer I felt that there was the need to give the payments a boost. The balance due had been reduced to £3,900, an achievement in itself, but it would still take a long time to clear it. I decided to set myself a task and invite sponsorship.

I wanted to do something that had a link with County Durham but would require a level of effort on my part and had the idea that I might be able to travel round old County Durham (between Tyne and Tees) by bus using my senior citizen pass.

The transport map on the Durham County Council website told me I could travel around the county in a day - it almost selected itself as

THE task. Potential obstacles were a change in bus timetables or a major delay en route. To maximise the time during which I could use my pass, I decided to travel on a Saturday and chose 16 October .

Starting and finishing would be at Chester le Street, where I live. The extreme areas of the county were not well enough served by public transport to include them. This meant excluding parts of Durham, such as Weardale and Teesdale. Gateshead was also excluded, the Tyneside Metro system having eliminated regular bus services south of the Tyne. In the end, by trial and error, I chose the following route:-

Chester le Street - South Shields-
Sunderland - Hartlepool- Peterlee -
Darlington- Barnard Castle - Bishop
Auckland - Durham City - Consett
- Chester le Street

This journey time also had a nice symmetry about it, being exactly 12 hours from start to finish. Re-checking the route on the 15 October, there were no timetable changes.

Leaving home about 7 a.m., well provisioned with sandwiches and drinks, I carried 'emergency' details for each service. It was still dark when I boarded the bus which left for South Shields exactly on time – a great start!

Winding through Washington I

had no idea where I was, although only minutes from my home! I recognised 'MAKRO' but from a different view to normal. Then I was off into another unknown part of Washington until Nissan and the A19 came into sight.

I intended to use my mobile phone for pictures en route, but at South Shields it was short of memory. 'Twiddling', my usual technical skill, didn't improve matters. South Shields to Sunderland was pleasant but uneventful. Fulwell Mill looked great in early morning sunlight.

At Sunderland I bought a paper, intending to read on the Hartlepool bus until Ryhope, where I spent 5 years at school. When I next looked up Ryhope was some way behind - it was the last reading I did. I was more interested in what I could see.

We stopped at Dalton Park, at Murton, the village where I was born and brought up. I remembered the shopping outlet was built on the old pit heap. Later I saw Crimdon for the first time since Sunday bus trips there as a boy, with sing-songs all the way.

After reaching Hartlepool I re-joined the same bus to go back to Peterlee, the only way I could travel to Darlington. If you ever feel the need at Peterlee bus station there is a toilet in the nearby betting shop - nothing in the station itself!

Peterlee to Darlington took 80 minutes via Wingate, Wheatley Hill, Trimdon, Sedgfield and Aycliffe. Some places were only a few miles away from Murton but I had never been there.

I was also unfamiliar with Darlington but impressed by the town centre. Two buildings noted the Pease name, a link with my reason for being there. One a library set up by the Pease family and the other a pub!!

Leaving for Barnard Castle the bus stopped due to an indicator bulb blowing and we had to wait for it to be replaced. Barnard Castle was a long break and I enjoyed a cup of coffee there - after Peterlee I was rationing drinking! I enjoyed walking streets I had not seen for years. From Barnard Castle to Bishop Auckland was not the direct route I had used by car in the past, but over the high lands around Cockfield.

With little time at Bishop Auckland. I could not see the market place and town hall that I was familiar with in the 1960s. I did note that the road system was much simpler then.

Going to Durham some teenagers boarded at Spennymoor, asking for 'half fare to Newcastle'. After checking three the weary driver shouted 'Are you all 13?' Unanimous nodding of heads saved a lot of time! Maybe they

really were 13 year-olds going to Newcastle for a night out.

Arriving at Durham bus station, nature called. Three teenagers asked the driver if they could 'pop to the toilet'. As I meandered through the bus station crowd towards the coin-operated 'Tardis' toilet one of the three was holding the door open. He looked towards me and shouted 'Hurry up, there's an owld fella coming'. Look as I might, I couldn't see this 'owld fella'!

It was now turning dark but the trip to Consett still had me looking out of the window as Witton Gilbert and Lanchester passed by. Consett brought back memories of the days of the Iron Company when red dust gathered in every little corner. A far cry from today.

I was right on time and ready for the final leg in my journey. The bus wound its way to Stanley, No Place, Beamish, High Handenhold, and reached Pelaw, where adult Saturday night revellers joined, heading for wining and dining in Chester le Street. By the time they waved the bus down at every stop and boarded, it was two minutes late in reaching my final destination. The 12 hour symmetry of the journey was blown by the slightest of margins, and I was just late for the show I went straight into the Community Centre to see.

Although I was out and about

from 7 am to 10 pm, the day was marvellous. I hadn't envisaged how enjoyable and interesting it was on comfortable, punctual buses watching the world go by – and all for free!!

NOTE: There is still a substantial amount to raise and the sponsorship remains open, so if anyone is interested in helping please do so via FODCRO, c/o Durham County Record Office, County Hall, Durham DH1 5UL, quoting LiverNorth.

David Inch kindly audits LIVERNORTH's annual accounts. Congratulations to him on covering Durham in a day!

Did you know?

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

Tilly Hale (Cramlington)
01670 714901

Peggy Oliver (Pelton)
0191 3700833

Sarah Murphy
Liver Unit Ward 12

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.

Photos



Photograph taken at our February 2011 meeting. Left to right: Tilly Hale, guest speaker Liam Cornell and Dr Helen Reeves.

Congratulations to Ward 12

Ward 12 achieved 100% cleanliness and infection control in the Ward Accreditation Scheme and were presented with their certificate by Kingsley Smith at the Governor's Meeting. Photo taken on May 19 2011 at the Trust Council of Governors Meeting. Charge Nurse Darren Vernon, Trust Chairman Kingsley Smith and Sister Dianne Hume.





Julia Newton receiving her pen and badge (must be her tenth!) from John on April 6 2011

LIVERNORTH and Newcastle Hospitals Foundation Trust both played an important role recently in regard to screening the Chinese Community for Hepatitis B here in the North East. A very successful year of screening led by Professor Bassendine resulted in raising awareness of the condition and several early diagnoses. To mark the end of the project 'ChaseB', and celebrate its success, an open day at the Newcastle Chinese Healthy Living Centre (NCHLC) was held on 27th July.

Tilly and John both attended and LIVERNORTH was profusely thanked several times for promoting the project. Pictured: Prof Bassendine and Amanda Chan (on the microphone). Amanda is the Chair of the NCHLC and if you look carefully you can see the LIVERNORTH poster behind her.



'Poetries' by Robert Matthews

For those readers who have not seen previous issues of LIVErNEWS, the following poems were written at a time when my Great Uncle Bob was separated from his family. His wife and two young daughters had returned to England from Australia for a holiday, then, due to the threat and subsequent declaration of World War II, they were unable to get a passage back. It is clear from these poems that Uncle Bob was missing his family and thinking of them back in Wallsend. He preferred to write poems rather than letters and each poem you read was read by his wife - Uncle Bob loved to tease and clearly dear Auntie Flora understood his sense of humour and mischief.

Joan Bedlington.

"It Pays to Advertise"

Some folks are worried by a pampered child,
Temper, or greed, it never tries to hide,
So it disturbs the house with lusty cries,
Because it knows, "It pays to Advertise."

"Luackern's Cure" will fix your cough,
Use "Swattem", or flies will polish you off,
Makers tell us this, among other lies.
Because they believe, "It pays to Advertise."

Anything to use, anything to wear,
Offered at prices, that will make you stare,
The aerial wave screeches merchandise,
For merchants who believe, "It pays to Advertise."

Now with a problem I am set,
As I have half a bed "To Let",
Now, I wonder, if I would be wise
To find out if really, "It Pays to Advertise."



“Revenge”

My wife has gone on holidays,
I hope her absence will be long,
So that I can pursue my single ways,
As a modern Don Juan.

I'll brush my hair, so smart and sleek,
I'll dress myself in style,
I'll be as smart as any sheik,
That ever rode beside 'The Nile'.

I'll study Young and Gable,
To improve my old technique,
And, when I'm sure I'm able,
Gushing maidens I shall seek.

Upon the female sex I have a set,
Against all their species I've a grudge
Now, I'll settle an old debt,
Because, the one I wed, made me a
drudge.

Boy-o-boy, won't I have fun,
When, once my campaign has begun,
I'll lead the girls a merry dance
I'll make "Whoopee" while I've got the
chance.
The girls will think I'm a Prince of men,
I'll lure 'em with my "Hillman Ten".
O'er what happens then, I'll draw a veil,
Perhaps, I'll spin the old, old tale.

But, I'll spin the tale in a way that's new,
They'll think that every word is true,
And, when in my arms I have 'em curled,
Won't I wreak havoc in the female world.

I'll do my wooing at high speed,
My love making will not bore,
To make it lingering there shall be no need,
That's just how I was caught before.

And, when girls hint that I propose,
I'll tweak 'em by their powdered nose,
I'll knock 'em cold as any stone,
I'll tell 'em I've a wife at home!



“I Live Alone”

I live alone, in a quiet street,
And I hear not, The tread of feet,
The feet of those, I hold so dear,
And to whom I send these words of
cheer.

Have a royal time, my precious
lambs,
See everything there is to see,
Learn all you can of foreign lands
And then come home to me.

Then, I shall not be alone,
To brood, and mourn my loss,
I'll have with my "rolling stones"
Who stripped me of my "moss".



“A Night Out”

When, to Wallsend, I return,
I won't waste time around “The Burn”,
I'll walk my wife up Bigges' Main,
That canny old time Lover's Lane,
After our walk, I'll go alone,
I'll tell the wife to go on home,
And, I'll call at “The Duke of York”,
One, or two in there, will help me talk,
Then, across the road into “The Anchor”,
Have a couple in the “best end” and, like a banker,
I'll then look in at the old “Queen's Head”.
But, as their beer is “crook”, I'll drink spirits instead,
Being now under weigh, I'll steer for “The Jolly Sailors”,
The favourite pub, of the Co-op Store tailors,
Then, over the road to “The Robin Hood”,
Where the “Burton and Mild” are drawn from the wood.
From there I must look in at “The Black Bull”
Perhaps, by now, you think I'll be full,
But, to prove I'll still have the booze in my grip,
I'll go over the road and have a few in the “Ship”,
And, now I really must call at “The Railway”.
But, as time's getting on, I'll be unable to stay,
At the next place of call, I'll really be set,
And I'll finish the night in style at “The Old
Penny Wet”.

Robert Matthews



Helen's Howlers

Most of the funnies you see in these pages are sent from friends or supporters or are freely circulating via the internet. I am constantly on the lookout 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'll 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 and laugh at the same time!

Margaret Bickle

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

BODY PARTS STOLEN!

You've heard about people who have been abducted and had their kidneys removed by black-market organ thieves. My thighs were stolen from me during the night a few years ago. I went to sleep and woke up with someone else's thighs. It was just that quick. The replacements had the texture of cooked oatmeal. Whose thighs were these and what happened to mine? I spent the entire summer looking for my thighs. Finally, hurt and angry, I resigned myself to living out my life in jeans. And then the thieves struck again. My butt was next. I knew it was the same gang, because they took pains to match my new rear-end to the thighs they had stuck me with earlier. But my new butt was attached at least three inches lower than my original! I realized I'd have to give up my jeans in favor of long skirts. Two years ago I realized my arms had been switched. One morning I was fixing my hair and was horrified to see the flesh of my upper arm swing to and fro with the motion of the hairbrush. This was really getting scary - my body was being replaced one section at a time. What could they do to me next? When my poor neck suddenly disappeared and was replaced with a turkey neck, I decided to tell my story. Women of the world wake up and smell the coffee! Those 'plastic' surgeons are using REAL replacement body parts - stolen from you

and me! The next time someone you know has something 'lifted', look again - was it lifted from you? THIS IS NOT A HOAX. This is happening to women everywhere every night. WARN YOUR FRIENDS! P. S. Last year I thought someone had stolen my boobs. I was lying in bed and they were gone! But when I jumped out of bed, I was relieved to see that they had just been hiding in my armpits as I slept. Now I keep them hidden in my waistband. Thought this was too 'important' not to pass on. Have a wonderful day - with a joy filled heart. Always remember to laugh!! Helps the heart AND the wrinkles!! p.p.s. Those same thieves come in my closet and shrink my clothes! How do they do it????

The grim reaper came for me last night, but I beat him off with the vacuum cleaner - talk about Dyson with death.

A man goes to a pet shop to buy an unusual pet and the shopkeeper persuades him to buy what he says is a talking centipede. Once the man gets it home, he decides to take the centipede to the pub for a drink and show it to his mates. He taps on the box and says, "Would you like to go to The Rockliffe with me for a pint?" No answer. He waits a few moments then says, "How about you and me going to the pub?" Again, no answer. He lifts the lid for one last try and says slowly, "Would you like to go for a drink?". It's dawning on him that he's been tricked. Then he hears a little voice from the box, "Alright, alright, I heard you the first time! I'm just putting my shoes on."

There was an old man in Newcastle who used to get up at the crack of dawn every day and paint the outer walls of his house. When his neighbour asked him what he was doing, he replied that it was elephant repellent. The neighbour exclaimed, "There are no elephants in Newcastle!" to which he answered, "I guess it must be working then!"

A man runs into a pet shop, puts a bomb on the counter. "Everybody has one minute to get out," he shouts. A tortoise at the back yells, "you rotten swine".

A man suffered a serious heart attack while shopping in a store. The store clerks called 911 when they saw him collapse to the floor. The paramedics rushed the man to the nearest

hospital where he had emergency open heart bypass surgery. He awakened from the surgery to find himself in the care of nuns at the Catholic Hospital he was taken to. A nun was seated next to his bed holding a clip board loaded with several forms, and a pen. She asked him how he was going to pay for his treatment. "Do you have health insurance?" she asked. He replied in a raspy voice, "No health insurance." The nun asked, "Do you have money in the bank?" He replied, "No money in the bank." "Do you have a relative who could help you with the payments?" asked the irritated nun. He said, "I only have a spinster sister, and she is a nun." The nun became agitated and announced loudly, "Nuns are not spinsters! Nuns are married to God." The patient replied, "Perfect. Send the bill to my brother-in-law."

**The Middle Wife
by an Anonymous 2nd grade teacher**

I've been teaching now for about fifteen years. I have two kids myself, but the best "birth" story I know is the one I saw in my own second grade classroom a few years back. When I was a kid, I loved show-and-tell. So I always have a few sessions with my students. It helps them get over shyness and usually, show-and-tell is pretty tame. Kids bring in pet turtles, model airplanes, pictures of fish they catch, stuff like that. And I never, ever place any boundaries or limitations on them. If they want to lug it in to school and talk about it, they're welcome. Well, one day this little girl, Erica, a very bright, very outgoing kid, takes her turn and waddles up to the front of the class with a pillow stuffed under her sweater. She holds up a snapshot of an infant. 'This is Luke, my baby brother, and I'm going to tell you about his birthday. First, Mom and Dad made him as a symbol of their love, and then Dad put a seed in my Mom's stomach, and Luke grew in there. He ate for nine months through an umbrella cord.' She's standing there with her hands on the pillow, and I'm trying not to laugh and wishing I had my camcorder with me. The kids are watching her in amazement. 'Then, about two Saturdays ago, my Mom starts saying and going, 'Oh, Oh, Oh, Oh!' Erica puts a hand behind her back and groans. 'She walked around the house for, like an hour, 'Oh, oh, oh!' (Now this kid is doing a hysterical duck walk and groaning.) 'My Dad called the middle wife. She delivers babies, but she doesn't have a sign on the car like the Domino's man. They got my Mom to lie down in bed like this.'

(Then Erica lies down with her back against the wall.) 'And then, pop! My Mom had this bag of water she kept in there in case he got thirsty, and it just blew up and spilled all over the bed, like pssshheew!' (This kid has her legs spread with her little hands miming water flowing away. It was too much!) 'Then the middle wife starts saying 'push, push', and 'breathe, breathe'. They started counting, but never even got past ten. Then, all of a sudden, out comes my brother. He was covered in yucky stuff that they all said it was from Mom's play-center (placenta) so there must be a lot of toys inside there. When he got out, the middle wife spanked him for crawling up in there.' Then Erica stood up, took a big theatrical bow and returned to her seat. I'm sure I applauded the loudest. Ever since then, when it's show-and-tell day, I bring my camcorder, just in case another 'Middle Wife' comes along. Now you have two choices...laugh and close this page or pass this along to someone else to spread the laughs. I know what I did!!!

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 to sell some, please contact Joan on 0191 3702961.

Awesome message!!!
I grew up with practical parents. A mother, God love her, who washed aluminum foil after she cooked in it, then reused it. She was the original recycle queen, before they had a name for it... A father who was happier getting old shoes fixed than buying new ones. Their marriage was good, their dreams focused. Their best friends lived barely a wave away. I can see them now, Dad in trousers, tee shirt and a hat and Mom in a house dress, lawn mower in one hand, and dish-towel in the other It was the time for fixing things. A curtain rod, the kitchen radio, screen door, the oven door, the hem in a dress. Things we keep. It was a way of life, and sometimes it made me crazy. All that re-fixing, eating, renewing, I wanted just once to be wasteful. Waste meant affluence. Throwing things away meant you knew there'd always be more. But then my father died, and on that clear winter's night, in the warmth of the hospital room, I was

struck with the pain of learning that sometimes there isn't any more. Sometimes, what we care about most gets all used up and goes away... never to return. So... while we have it..... it's best we love it.... and care for it... and fix it when it's broken..... and heal it when it's sick. This is true ... for marriage..... and old cars.... and children with bad report cards..... and dogs with bad hips.... and aging parents..... and grandparents. We keep them because they are worth it, because we are worth it.

New baby

With all the new technology regarding fertility recently, a 65-year-old friend of mine was able to give birth. When she was discharged from the hospital and went home, I went to visit.

'May I see the new baby?' I asked .

'Not yet,' She said 'I'll make coffee and we can visit for a while first.'

Thirty minutes had passed, and I asked, 'May I see the new baby now?'

'No, not yet,' She said.

After another few minutes had elapsed, I asked again, 'May I see the baby now?'

'No, not yet,' replied my friend.

Growing very impatient, I asked, 'Well, when can I see the baby?'

'WHEN HE CRIES!' she told me.

'WHEN HE CRIES?' I demanded. 'Why do I have to wait until he CRIES?'

'BECAUSE I FORGOT WHERE I PUT HIM, O.K.?'

Never argue with a woman

One morning the husband returns after several hours of fishing and decides to take a nap.

Although not familiar with the lake, the wife decides to take the boat out. She motors out a short distance, anchors, and reads her book.

Along comes a Game Warden in his boat. He pulls up alongside the woman and says, 'Good morning, Ma'am. What are you doing?'

'Reading a book,' she replies, (thinking, 'Isn't that obvious?')

'You're in a Restricted Fishing Area,' he informs her.

'I'm sorry, officer, but I'm not fishing. I'm reading.'

'Yes, but you have all the equipment. For all I know you could start at any moment. I'll have to take you in and write you up.'

'For reading a book,' she replies,

'You're in a Restricted Fishing Area,' he informs her again.

'I'm sorry, officer, but I'm not fishing. I'm reading.'

'Yes, but you have all the equipment. For all I know you could start at any moment. I'll have to take you in and write you up.'

'If you do that, I'll have to charge you with Sexual assault,' says the woman.

'But I haven't even touched you,' says the game warden.

'That's true, but you have all the equipment. For all I know you could start at any moment.

'Have a nice day ma'am,' and he left.

MORAL: Never argue with a woman who reads. It's likely she can also think.

Tater People

Some people never seem motivated to participate, but are just content to watch while others do the work. They are called "Spec Taters".

Some people never do anything to help, but are gifted at finding fault with the way others do the work. They are called "Comment Taters".

Some people are very bossy and like to tell others what to do, but don't want to soil their own hands. They are called "Dick Taters".

Some people are always looking to cause problems by asking others to agree with them. It is too hot or too cold, too sour or too sweet. They are called "Agie Taters".

There are those who say they will help, but somehow just never get around to actually doing the promised help. They are called "Hezzie Taters".

Some people can put up a front and pretend to be someone they are not. They are called "Emma Taters".

Then there are those who love others and do what they say they will. They are always prepared to stop whatever they are doing and lend a helping hand. They bring real sunshine into the lives of others. They are called "Sweet Taters".

A man came home from an exhausting day at work, plopped down on the couch in front of the television, and told his wife, "Would you get me a beer before it starts!"

The wife sighed and got him a beer.

Ten minutes later, he said, "Would you get me another beer before it starts!"

She looked cross, but fetched another beer and slammed it down next to him. He finished that beer and a few minutes later said, "Quick, get me another beer, it's going to start any minute!"

The wife was furious. "Is that all you're going to

do tonight! Drink beer and sit in front of that TV! You're nothing but a lazy, drunken, fat slob and furthermore..."
The man sighed and said, "It's started."

Top Ten Things only Ladies Understand

10. Cats' facial expressions.
9. The need for the same style of shoes in different colors.
8. Why bean sprouts aren't just weeds.
7. Fat clothes.
6. Taking a car trip without trying to beat your best time.
5. The difference between beige, ecru, cream, off-white, and eggshell.
4. Cutting your hair to make it grow.
3. Eyelash curlers.
2. The inaccuracy of every bathroom scale ever made and,
1. Other Ladies.

Epic Dummkopf moments

And the winner is.....

1. When his .38-caliber revolver failed to fire at his intended victim during a hold-up in Long Beach, California, would-be robber James Elliot did something that can only inspire wonder. He peered down the barrel and tried the trigger again. This time it worked.
And the honourable mentions:
 2. The chef at a hotel in Switzerland lost a finger in a meat cutting machine and after a little shopping around, submitted a claim to his insurance company. The company expecting negligence sent out one of its men to have a look for himself. He tried the machine and he also lost a finger. The chef's claim was approved.
 3. A man who shovelled snow for an hour to clear a space for his car during a blizzard in Chicago returned with his vehicle to find a woman had taken the space. Understandably, he shot her.
 4. After stopping for drinks at an illegal bar, a Zimbabwean bus driver found that the 20 mental patients he was supposed to be transporting from Harare to Bulawayo had escaped. Not wanting to admit his incompetence, the driver went to a nearby bus stop and offered everyone waiting there a free ride. He then delivered the passengers to the mental hospital, telling the staff that the patients were very excitable and prone to bizarre fantasies.
The deception wasn't discovered for 3 days.
 5. An American teenager was in the hospital recovering from serious head wounds received from an oncoming train. When asked how he

- received the injuries, the lad told police that he was simply trying to see how close he could get his head to a moving train before he was hit.
6. A man walked into a Louisiana Circle-K, put a \$20 bill on the counter, and asked for change. When the clerk opened the cash drawer, the man pulled a gun and asked for all the cash in the register, which the clerk promptly provided. The man took the cash from the clerk and fled, leaving the \$20 bill on the counter. The total amount of cash he got from the drawer... \$15. [If someone points a gun at you and gives you money, is a crime committed?]
7. Seems an Arkansas guy wanted some beer pretty badly. He decided that he'd just throw a cinder block through a liquor store window, grab some booze, and run. So he lifted the cinder block and heaved it over his head at the window. The cinder block bounced back and hit the would-be thief on the head, knocking him unconscious. The liquor store window was made of Plexiglas. The whole event was caught on videotape....
8. As a female shopper exited a New York convenience store, a man grabbed her purse and ran. The clerk called 911 immediately, and the woman was able to give them a detailed description of the snatcher. Within minutes, the police apprehended the snatcher. They put him in the car and drove back to the store. The thief was then taken out of the car and told to stand there for a positive ID. To which he replied, "Yes, officer, that's her. That's the lady I stole the purse from."
9. The Ann Arbor News crime column reported that a man walked into a Burger King in Ypsilanti Michigan at 5 A.M., flashed a gun, and demanded cash. The clerk turned him down because he said he couldn't open the cash register without a food order. When the man ordered onion rings, the clerk said they weren't available for breakfast... The man, frustrated, walked away.
[*A 5-STAR STUPIDITY AWARD WINNER]
10. When a man attempted to siphon gasoline from a motor home parked on a Seattle street by sucking on a hose, he got much more than he bargained for. Police arrived at the scene to find a very sick man curled up next to a motor home near spilled sewage. A police spokesman said that the man admitted to trying to steal gasoline, but he plugged his siphon hose into the motor home's sewage tank by mistake. The owner of the vehicle declined to press charges saying that it was the best laugh he'd ever had.

Pregnancy, Oestrogen, and Women

Q: Should I have a baby after 35?

A: No, 35 children is enough.

Q: I'm two months pregnant now. When will my baby move?

A: With any luck, right after he finishes university.

Q: What is the most reliable method to determine a baby's sex?

A: Childbirth.

Q: My wife is five months pregnant and so moody that sometimes she's borderline irrational.

A: So what's your question?

Q: My childbirth instructor says it's not pain I'll feel during labour, but pressure. Is she right?

A: Yes, in the same way that a cyclone might be called an air current.

Q: When is the best time to get an epidural?

A: Right after you find out you're pregnant.

Q: Is there any reason I have to be in the delivery room while my wife is in labour?

A: Not unless the word 'child support payment' means anything to you.

Q: Is there anything I should avoid while recovering from childbirth?

A: Yes, pregnancy.

Q: Do I have to have a baby shower?

A: Not if you change the baby's nappy very quickly.

Q: Our baby was born last week. When will my wife begin to feel and act normal again?

A: When the kids are in university.

Little Stumpy wanted to go to the zoo and pestered his parents for days. Finally his mother talked his reluctant father into taking him. "So how was it?" his mother asked when they returned home.

"Great," Little Stumpy replied.

"Did you and your father have a good time?" asked his mother.

"Yeah, Daddy really liked it," exclaimed Little Stumpy excitedly, "especially when one of the animals came home at 30 to 1!"

GIVE ME LIBERTY, OR GIVE ME WHATEVER

The U.S. Postal Service has unveiled its new Statue of Liberty stamp. There's just one problem with the photograph-based stamp: it doesn't depict the actual statue in New York's harbour, but rather the half-sized, idealized version of the statue that's in front of the "New York-New York" hotel and casino in Las Vegas. A spokesman said the stamps won't be recalled. "We still love the stamp design and would have selected this photograph anyway,"

Roy Betts said, even though postal officials "regret the error" and are "re-examining our processes to prevent this situation from happening in the future." MGM Resorts International has latched on to the controversy. "Everyone thought the post office was honouring just one great American institution," said spokesman Gordon Absher, "when in reality they were honouring two: the Statue of Liberty and Las Vegas." (RC/New York Times) ...One is a place where the American dream was shattered by bad luck and "the house" draining everyone of all of their savings, while the other is a gambling town.

Be Careful What you Wish for

Three fellows were fishing out at sea. After a while of not catching anything, one yells, "I've got something!" So they all rush over and help pull it in. They pulled for hours until inside the boat was a mermaid. She asked them to let her go and when they wouldn't, she said, "I'll grant you each one wish if you let me go." The men agreed. The first one said, "Make me three times smarter than I already am." Poof, and then he started quoting Shakespeare perfectly. The second one seeing this said, "Make me 10 times smarter." Poof, and then he figured out math problems that famous mathematicians had been pondering for years. The third fellow said, "Make me 20 times smarter." The mermaid said, "Sir, consider that carefully." He didn't listen to her and said, "Make me twenty times smarter!" And poof, he turned into a woman.

Words for our Times

Blamestorming - Sitting around in a group discussing why a deadline was missed or a project failed, and who was responsible.
Chainsaw Consultant - An outside expert brought in to reduce the employee headcount, leaving the top brass with clean hands.
Percussive Maintenance - The fine art of whacking the crap out of an electronic device to get it to work again.
Uninstalled - Euphemism for being fired.
Heard on the voicemail of a vice president at a downsizing computer firm: "You have reached the number of an uninstalled vice president.
Please dial our main number and ask the operator for assistance." See also Decruitment.
SITCOMs - What yuppies turn into when they have children and one of them stops working

to stay home with the kids. Stands for Single Income, Two Children, Oppressive Mortgage. Starter Marriage - A short-lived first marriage that ends in a divorce with no kids, no property and no regrets.

Tourists - People who take training classes just to get a vacation from their jobs. "We had three serious students in the class; the rest were just tourists."

Alpha Geek - The most knowledgeable, technically proficient person in an office or work group. "Ask Larry, he's the alpha geek around here."

Dancing Baloney - Little animated GIFs and other Web F/X that are useless and serve simply to impress clients. "This page is kinda dull. Maybe a little dancing baloney will help."

Flight Risk - Used to describe employees who are suspected of planning to leave a company or department soon.

Generica - Features of the American landscape that are exactly the same no matter where one is. "We were so lost in generica, I actually forgot what city we were in."

Nyetscape - Nickname for AOL's less-than-fully-featured Web browser.

PEBCAK - Tech support shorthand for "Problem Exists Between Chair and Keyboard." (Techies are a frustrated, often arrogant lot. They've submitted numerous acronyms and terms that poke fun at the clueless users who call them up with frighteningly stupid questions. Another variation on the above is ID10T: "This guy has an ID-Ten-T on his system.")

Square-headed Girlfriend - Another word for a computer. The victim of a square-headed girlfriend is a "computer widow."

AN ITALIAN BOY'S CONFESSION

'Bless me Father, for I have sinned.

I have been with a loose girl'.

The priest asks, 'Is that you, little Joey Pagano?'

'Yes, Father, it is.'

'And who was the girl you were with?'

'I can't tell you, Father. I don't want to ruin her reputation'.

"Well, Joey, I'm sure to find out her name sooner or later so you may as well tell me now. Was it Tina Minetti?'

'I cannot say.'

'Was it Teresa Mazzarelli?'

'I'll never tell.'

'Was it Nina Capelli?'

'I'm sorry, but I cannot name her.'

'Was it Cathy Piriano?'

• 'My lips are sealed.'

• 'Was it Rosa DiAngelo, then?'

• 'Please, Father, I cannot tell you.'

• The priest sighs in frustration.

• 'You're very tight lipped, and I admire that.

• But you've sinned and have to atone.

• You cannot be an altar boy now for 4 months.

• Now you go and behave yourself.'

• Joey walks back to his pew, and his friend

• Franco slides over and whispers,

• 'What'd you get?'

• 'Four months holiday and five really good leads.'

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 to sell some, please contact Joan on 0191 3702961.

• **A pirate walked into a bar** and the bartender said, "Hey, I haven't seen you in a while. What happened? You look terrible."

• "What do you mean?" said the pirate, "I feel fine."

• "What about the wooden leg? You didn't have that before."

• "Well," said the pirate, "We were in a battle and I got hit with a cannon ball, but I'm fine now."

• The bartender replied, "Well, okay, but what about that hook? What happened to your hand?'"

• The pirate explained, "We were in another battle.

• I boarded a ship and got into a sword fight. My hand was cut off. I got fitted with a hook but I'm fine, really."

• "What about that eye patch?'"

• "Oh," said the pirate, "One day we were at sea and a flock of seagulls flew over. I looked up, and one of them s*it in my eye."

• "You're kidding," said the bartender. "You couldn't lose an eye just from bird s*it."

• "Well, it was my first day with the hook."

A Cardiologist's Funeral

• A very prestigious cardiologist died, and was given a very elaborate funeral by the hospital he worked for most of his life... A huge heart... covered in flowers stood behind the casket during the service as all the doctors from the hospital sat in awe. Following the eulogy, the heart opened, and the casket rolled inside.

• The heart then closed, sealing the doctor in the

beautiful heart forever.

At that point one of the mourners just burst into laughter. When all eyes stared at him, he said, 'I am so sorry, I was just thinking of my own funeral... I'm a gynaecologist.'
The priest fainted.

Test for Dementia

Below are four (4) questions and a bonus question...

You have to answer them instantly.

You can't take your time, answer all of them immediately.

OK?!

Let's find out just how clever you really are....

First Question:

You are participating in a race. You overtake the second person. What position are you in?

Answer: If you answered that you are first, then you are absolutely wrong!

If you overtake the second person and you take his place, you are second!

Try not to screw up next time.

Now answer the second question, but don't take as much time as you took for the first question,

OK?

Second Question:

If you overtake the last person, then you are...?

Answer: If you answered that you are second to last, then you are wrong again.

Tell me, how can you overtake the LAST person?

You're not very good at this, are you?

Third Question:

Very tricky arithmetic!

This must be done in your head ONLY.

Do not use paper & pencil or a calculator. Try it

Take 1000 and add 40 to it. Now add

another 1000 Now add 30 ..

Add another 1000 ... Now add 20 Now

add another 1000

Now add 10 ... What is the total?

Did you get 5000 ?

The correct answer is actually 4100.

If you don't believe it, check it with a calculator!

Today is definitely not your day, is it?

Maybe you'll get the last question right...

Fourth Question:

Mary's father has five daughters:

1.Nana, 2.Nene, 3.Nini, 4.Nono.

What's the name of the fifth daughter?

Did you Answer Nunu?

NO Of course it isn't.

Her name is Mary.

Read the question again!

• Okay, now the

• *Bonus Round:*

• A mute person goes into a shop and wants to buy a toothbrush.

• By imitating the action of brushing his teeth he successfully expresses himself to the shopkeeper and the purchase is done.

• Next, a blind man comes into the shop who wants to buy a pair of sunglasses; how does HE indicate what he wants?

• He just has to open his mouth and ask...

• It's really very simple!

• KEEP THIS GOING TO FRUSTRATE THE SMART PEOPLE IN YOUR LIFE!

Thoughts for a High Stress Day

• 1. You - Off my planet.

• 2. Not the brightest crayon in the box now, are we?

• 3. Well, this day was a total waste of makeup.

• 4. Errors have been made. Others will be blamed.

• 5. I'm not crazy, I've just been in a very bad mood for 40 years.

• 6. Allow me to introduce my selves.

• 7. Sarcasm is just one more service we offer.

• 8. Whatever kind of look you were going for, you missed.

• 9. I'm just working here until a good fast-food job opens up.

• 10. I'm trying to imagine you with a personality.

• 11. Stress is when you wake up screaming and you realize you weren't asleep.

• 12. I can't remember if I'm the good twin or the evil one.

• 13. How many times do I have to flush before you go away?

• 14. I just want revenge. Is that so wrong?

• 15. Can I trade this job for what's behind door #2?

• 16. Nice perfume. Must you marinate in it?

• 17. Chaos, panic, and disorder -- my work here is done.

• 18. Earth is full. Go home.

• 19. Is it time for your medication or mine?

• 20. How do I set a laser printer to stun?

• 21. I'm not tense, just terribly, terribly alert.

Women Who Know Their Place

• Television journalist Barbara Walters, of the programme 20/20, did a story on gender roles in Kabul, Afghanistan several years before the Afghan conflict.

• She noted that women customarily walked five paces behind their husbands.

She recently returned to Kabul and observed that women still walk behind their husbands. Despite the overthrow of the oppressive Taliban regime, the women now seemed happy to maintain the old custom.

Ms Walters approached one of the Afghani women and asked, 'Why do you now seem happy with an old custom that you once tried so desperately to change?'

The woman looked Ms Walters straight in the eyes, and without hesitation said, "Land mines."

Friends are like knickers

Some crawl up your arse
Some snap under pressure
Some don't have the strength to hold you up
Some get a little sideways
Some are your favourite
Some are holey
Some are cheap and just plain nasty
And some actually do cover your arse when you need them to...!!
Send this to all your best knickers:) xx

Banned from Sainsbury's

Didn't like shopping there anyway. Yesterday I was at my local Sainsbury's store buying a large bag of Winalot dog food for my loyal pet and was in the checkout queue when a woman behind me asked if I had a dog.

What did she think I had an elephant? So, since I'm retired and have little to do, on impulse I told her that no, I didn't have a dog, I was starting the Winalot Diet again. I added that I probably shouldn't, because I ended up in hospital last time, but I'd lost 2 stone before I woke up in intensive care with tubes coming out of most of my orifices and IVs in both arms.

I told her that it was essentially a perfect diet and that the way that it works is to load your pockets with Winalot nuggets and simply eat one or two every time you feel hungry. The food is nutritionally complete so it works well and I was going to try it again. (I have to mention here that practically everyone in queue was now enthralled with my story.)

Horrified, she asked me if I ended up in intensive care because the dog food poisoned me. I told her no, I stepped off the kerb to sniff an Irish Setter's arse and a car hit me.

I thought the guy behind her was going to have a heart attack he was laughing so hard. I'm now banned from Sainsbury's. Better watch what you ask retired people. They have all the time in the world to think of daft things to say.

As Time Goes By

Three retirees, each with a hearing loss, were playing golf one fine March day. One remarked to the other, 'Windy, isn't it?'
'No,' the second man replied, 'it's Thursday.'
And the third man chimed in, 'So am I. Let's have a beer.'

For those of you who watch what you eat, here's the final word on nutrition and health. It's a relief to know the truth after all those conflicting nutritional studies.

1. The Japanese eat very little fat and suffer fewer heart attacks than Americans.
 2. The Mexicans eat a lot of fat and suffer fewer heart attacks than Americans.
 3. The Chinese drink very little red wine and suffer fewer heart attacks than Americans
 4. The Italians drink a lot of red wine and suffer fewer heart attacks than Americans.
 5. The Germans drink a lot of beer and eat lots of sausages and fats and suffer fewer heart attacks than Americans.
- CONCLUSION: Eat and drink what you like.
Speaking English is apparently what kills you.

10 WAYS TO KNOW IF YOU HAVE 'OESTROGEN ISSUES'

1. Everyone around you has an attitude problem.
2. You're adding chocolate chips to your cheese omelette.
3. The dryer has shrunk every last pair of your jeans.
4. Your husband is suddenly agreeing to everything you say.
5. You are using your mobile phone to dial up every bumper sticker that says: 'How's my driving-call 0800-'.
6. Everyone's head looks like an invitation to batting practice.
7. Everyone seems to have just landed here from 'outer space'.
9. You're sure that everyone is scheming to drive you crazy.
10. The Nurofen Plus box is empty and you only bought it yesterday.

Remember: Life should NOT be a journey to the grave with the intention of arriving safely in an attractive and well-preserved body, but rather to skid in sideways - Chardonnay in one hand - chocolate in the other - body thoroughly used up, totally worn out and screaming "WOO-HOO, what a ride!!"

WHAT IS A GRANDPARENT?

(Taken from papers written by a class of 8-year-olds)

Grandparents are a lady and a man who have no little children of their own.

They like other people's.

A grandfather is a man, & a grandmother is a lady!

Grandparents don't have to do anything except be there when we come to see them. They are so old they shouldn't play hard or run. It is good if they drive us to the shops and give us money.

When they take us for walks, they slow down past things like pretty leaves and caterpillars. They show us and talk to us about the colours of the flowers and also why we shouldn't step on 'cracks'.

They don't say, 'Hurry up'.

Usually grandmothers are fat but not too fat to tie your shoes.

They wear glasses and funny underwear.

They can take their teeth and gums out.

Grandparents don't have to be smart.

They have to answer questions like 'Why isn't God married?' and 'How come dogs chase cats?'

When they read to us, they don't skip. They don't mind if we ask for the same story over again.

Everybody should try to have a grandmother, especially if you don't have television because they are the only grownups who like to spend time with us.

They know we should have snack time before bed time, and they say prayers with us and kiss us even when we've acted bad.

There I was sitting at the bar staring at my drink when a large, trouble-making biker steps up next to me, grabs my drink and gulps it down in one swig.

"Well, whatcha' gonna do about it?" he says, menacingly, as I burst into tears.

"Come on, man," the biker says, "I didn't think you'd CRY. I can't stand to see a man crying."

"This is the worst day of my life," I say. "I'm a complete failure. I was late to a meeting and my boss fired me. When I went to the parking lot, I found my car had been stolen and I don't have any insurance. I left my wallet in the cab I took home. I found my wife with another man and then my dog bit me."

"So I came to this bar to work up the courage to put an end to it all, I buy a drink, I drop a capsule in and sit here watching the poison dissolve; then you show up and drink the whole thing! But enough about me how's your day going?"

• **These are classified ads**, which were actually
• placed in a U.K. newspaper:
• FREE YORKSHIRE TERRIER. 8 years old.
• Hateful little bastard; Bites!
• FREE PUPPIES. 1/2 Cocker Spaniel, 1/2 sneaky
• neighbour's dog.
• FREE PUPPIES. Mother is a Kennel Club
• registered German Shepherd. Father is a Super
• Dog, able to leap tall fences in a single bound.
• COWS, CALVES: NEVER BRED. Also 1 gay bull
• for sale.
• JOINING NUDIST COLONY! Must sell washer
• and dryer £100.
• WEDDING DRESS FOR SALE. Worn once by
• mistake. Call Stephanie.
• And the WINNER is...:
• FOR SALE BY OWNER. Complete set of
• Encyclopaedia Britannica, 45 volumes. Excellent
• condition, £200 or best offer. No longer needed,
• got married, wife knows everything.

• **Thought from the Greatest Living Scottish
• Thinker**--Billy Connolly. "If women are so bloody
• perfect at multitasking, how come they can't
• have a headache and sex at the same time?"

• **AS A STUDENT YOU SHOULD KNOW...**
• Your bedroom isn't cluttered; it's "passage-
• restrictive."
• Kids don't get in trouble anymore. They merely
• hit "social speed bumps."
• You're not having a bad hair day; you're suffering
• from "rebellious follicle syndrome."
• No one's tall anymore. They're "vertically
• enhanced."
• You're not shy. You're "conversationally
• selective."
• You don't talk a lot. You're just "abundantly
• verbal."
• It's not called gossip anymore. It's "transmission
• of near-factual information."
• The food at the school cafeteria isn't awful. It's
• "digestively challenged."
• Your homework isn't missing; it's just having an
• "out-of-notebook experience."
• You're not sleeping in class; you're "rationing
• consciousness."
• You don't have smelly gym socks; you have
• "odour-retentive athletic footwear."
• You weren't passing notes in class. You were
• "participating in the discreet exchange of penned
• meditations."
• You're not being sent to the principal's office.
• You're "going on a mandatory field trip to the
• administrative building."

Four worms and a lesson to be learned!!!!

A minister decided that a visual demonstration would add emphasis to his Sunday sermon. Four worms were placed into four separate jars. The first worm was put into a container of alcohol. The second worm was put into a container of cigarette smoke. The third worm was put into a container of chocolate syrup. The fourth worm was put into a container of good clean soil.

At the conclusion of the sermon, the Minister reported the following results:
The first worm in alcohol - Dead.
The second worm in cigarette smoke - Dead.
Third worm in chocolate syrup - Dead.
Fourth worm in good clean soil - Alive.
So the Minister asked the congregation -
What did you learn from this demonstration???
Maxine was sitting in the back, quickly raised her hand and said,
'As long as you drink, smoke and eat chocolate, you won't have worms!
That pretty much ended the service.

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 to sell some, please contact Joan on 0191 3702961.

A woman stood inside the front door, her arms full of coats. Four small children scurried around her. Her husband, coming down the stairs, asked why she was just standing there. "Here," she said, handing him the coats. "This time you put the children into their coats, and I'll go honk the horn."

An elderly couple were on a cruise and it was really stormy. They were standing on the back of the boat watching the storm, when a wave came up and washed the old man overboard. They searched for days and couldn't find him, so the captain sent the old woman back to shore with the promise that he would notify her as soon as they found something. Three weeks went by and finally the old woman got a fax from the boat. It

read: "Ma'am, sorry to inform you, we found your husband dead at the bottom of the ocean. We hauled him up to the deck and attached to his butt was an oyster and in it was a pearl worth \$50,000. Please advise." The old woman faxed back: "Send me the pearl and re-bait the trap."

Words of Wisdom.

- Beauty is in the eye of the air-brusher.
- What if they held a meeting and nobody came? Would nothing still get done?
- Never buy a car you can't push.
- Fools rush in where X Factor auditions are held.
- Opportunity only knocks

And some jокettes.

- I went into a McDonald's and asked for some fries. The girl at the counter said, 'Would you like fries with that?'
- A flea made love to an elephant. The elephant got so excited she dropped dead. The flea said, 'One night of passion and I've got to spend the rest of my life digging a grave.'
- Life is like a box of chocolates, you never know what you're going to get. Unless you buy a box of After Eights, then you can be fairly certain.

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

Contributors: Patricia Heard, David Hastings, J Robson, J Blain, Marj Smith, Philip Hesler, Peter Cotterill, Doreen Pettersen, Valerie Bellas, Linda Haw, Dorothy Barker, Sheila Matthews, Irene Smith, Joyce Hall, Irene McGill.

Important! Parking Permits

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 - 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 - park at the front as usual and collect an exit barrier pass whilst at the meeting. This will lift the barrier and let you leave without paying.

FREEMAN HOSPITAL MSCP
**LIVErNORTH
VOLUNTEER
PARKING PERMIT**

Valid only on 14 September 2011
from 18.30 to 21.30
Meeting in 137/138 Level 1

FREEMAN HOSPITAL MSCP
**LIVErNORTH
VOLUNTEER
PARKING PERMIT**

Valid only on 17 September 2011
from 10.00 to 17.00
Meeting in 137/138 Level 1

FREEMAN HOSPITAL MSCP
**LIVErNORTH
VOLUNTEER
PARKING PERMIT**

Valid only on 26 October 2011
from 18.30 to 21.30
Meeting in 137/138 Level 1

FREEMAN HOSPITAL MSCP
**LIVErNORTH
VOLUNTEER
PARKING PERMIT**

Valid only on 11 Dec 2011
from 13.30 to 17.30
Meeting in Freeman Chapel



FREEMAN HOSPITAL MSCP

LIVERNORTH VOLUNTEER PARKING PERMIT

Valid only on 14 December 2011
from 17.30 till 21.30
Meeting in Restaurant



UIOLI No. 55

Sudoku will return next issue. The answers from last time are below for those who need them!

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

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

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
- Age Concern 0845 6012234
- Bib Insurance Brokers 01325 353888
- www.bibinsurance.co.uk
- Bishop Skinner 0191 2328682
- Bradford & Bingley
- FirstAssist Insurance 0800 1694078
- City Bond 0117 9246877
- Churchills* 0800 200388
- CNA 01452 623623
- Direct Travel* 0800 0681603
- Endsleigh 0191 2210900
- Freedom 01223 454290
- Floyd's Direct 0870 4423234
- Holiday Services 01773 747426
- (quote MS for LiverNorth discount)
- Insure and Go 0870 2202240
- Intune (Croydon) 0800 0223192
- Jardine/Lloyd Thompson 0121 2246934
- Leisure Care Insurance 01793 514199
- Marcus Hearn 0207 7393444
- Norwich Union Direct* 0800 121007
- Post Office 0800 1699999
- RIAS* 0800 552100
- SAGA 0800 0964556
- Sainsbury's 0845 300190
- Sladdin & Co Ltd. 0800 7313989
- Tesco Insurance 0845 3008800
- Travelcare Ltd 0800 181532
- www.the-life-insurance.co.uk

* not TX patients - check with others also.
NB: do you need *travel* insurance (not health)?

LIVERNORTH

Liver Patient Support

**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:**

ALAN	0191 4821802
JOAN	0191 3702961
TILLY	01670 714901
JULIE	0191 4873665
SYLVIA	01661 881020
SUSAN	01207 271707
ANN	0191 4131827

for alcoholism ring:

MICHAEL	01228 810598
----------------	---------------------

Information available online: www.livernorth.org.uk

LIVERNORTH is a Registered Charity (No 1087226)

CONTACT NUMBERS

LIVERNORTH

FREEPOST NEA2762

STANLEY

Co. DURHAM DH9 0BR

www.livernorth.org.uk

Tel & Fax 0191 3702961

info@livernorth.org.uk

follow us on twitter 'livernorth'

Addenbrookes Liver

Transplant Association (ALTA)

John Williams

jonathon4uk2001@yahoo.com

01371 810995

Marion Edwards

a.edwards27@btinternet.com

01353 862466

Gift of Life - Derby Liver Support Group
(for transplants and liver disease)

Contact: Sister Gerri Casey

0133 234 0131 bleep 1926

HAEMOCHROMATOSIS SOCIETY

Janet Fernau

Tel 020 8449 1363

info@haemochromatosis.org.uk

www.haemochromatosis.org.uk

HAEMOCHROMATOSIS WEST MIDLANDS SUPPORT GROUP

Kieran Lynch

Coordinator

Telephone; 0121 457 8986

info@HaemochromatosisWM.org.uk

www.HaemochromatosisWM.org.uk

HELPING HANDS SUPPORT GROUP (BATH)

Helpline 01225 834966

helpinghandsblt@yahoo.com

MERSEY LIVER SUPPORT GROUP

Tel 0151 2207066/ 2289866

or 01772 496987

leeandalan@aol.com

OBSTETRIC CHOLESTASIS SUPPORT GROUP

jennychambersoc@aol.com or via
the website

www.ocsupport.org.uk

PSC Support

Martine Walmsley

chair@pscsupport.org.uk

www.pscsupport.org.uk

www.pscnews.co.uk

SOMERSET LIVER PATIENT SUPPORT GROUP

David

Tel & Fax 01823 662669

davidjgill2002@yahoo.co.uk

BRITISH LIVER TRUST

Tel 01425 463080

Fax 01425 470706

info@britishlivertrust.org.uk

www.britishlivertrust.org.uk

To receive a regular FREE copy of the newsletter please contact LIVERNORTH
(details above)