

# LIVErNEWS

Liver Patient Support Newsletter  
Summer 2026

*Liver*  
NORTH

Registered Charity No. 1087226

## Glossary of terms

Here are some frequently used terms and acronyms you may come across in this magazine and elsewhere in healthcare.

A&E	Accident and Emergency	ITU	Intensive Therapy Unit
AI	Artificial Intelligence	LFT	Liver Function Test (now known as Liver Blood Tests)
AIH	Auto Immune Hepatitis	LFT	Lateral Flow Test
ALD	Alcoholic Liver Disease	LSM	Liver Stiffness Measurement
ALF	Acute Liver Failure		
APEX	Advising on the Patient Experience	MASH	Metabolic dysfunction-Associated Steatohepatitis
ARI	Acute Respiratory Infection	MASLD	Metabolic dysfunction-Associated Steatotic Liver Disease (see also NAFLD below)
ARLD	Alcohol Related Liver Disease	MetALD	Metabolic dysfunction-associated Alcohol-related Liver Disease
BP	Blood Pressure	ML	Machine Learning
CCG	Clinical Commissioning Group	MRC	Medical Research Council
CRESTA	Clinics for Research and Service in Themed Assessments	MRHA	Medicines & Healthcare products Regulatory Agency
CQC	Care Quality Commission	MRI	Magnetic Resonance Imaging
CT	Computed Tomography	NAFLD	Non-Alcoholic Fatty Liver Disease
EHIC	European Health Insurance Card	NASH	Non-Alcoholic Steatohepatitis
FLI	Fatty Liver Index	NFIB	National Fraud Intelligence Bureau
GHIC	Global Health Insurance Card	NICE	National Institute for Health and Care Excellence
GIT	Gastrointestinal Tract	NHS	National Health Service
GP	General Practitioner (doctor)	NHSBT	NHS Blood & Transplant
HAV	Hepatitis A Virus	NIHR	National Institute for Health Research
HBV	Hepatitis B Virus	NSAID	Non-steroidal anti-inflammatory drug
HCC	Hepatocellular carcinoma	PALS	Patient Advice and Liaison Services
HCQ	Hydroxychloroquine	PBC	Primary Biliary Cholangitis
HCRG	Hepatobiliary Clinical Reference Group	PHE	Public Health England
HCV	Hepatitis C Virus	PPE	Personal Protective Equipment
HDU	High Dependency Unit	PPI/E	Patient and Public Involvement/Engagement
HE	Hepatic Encephalopathy	PSC	Primary Sclerosing Cholangitis
HEV	Hepatitis E Virus	TED	technology, entertainment, design
HIV	Human immunodeficiency virus	TX	Transplant
HPB	Hepato-Pancreato-Biliary	T2DM	Type 2 Diabetes
HRCT	High-Resolution CT	URSO	Ursodeoxycholic acid
ICP	Integrated Care Plan		
ICS	Integrated Care Scheme		
ICU	Intensive Care Unit		

**LIVERNORTH is a registered charity (No. 1087226) with no paid employees**

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Professor Helen Reeves BM BS BMedSci FRCP PhD, Professor Colin Wilson MBBS FRCS PhD

*Cover photo of Cragside from Graham Pyle, LIVERNORTH Supporter*

- 2 Welcome to this issue (Chairman)
- 3 Watch any of our Recorded Briefings, Talks & Webinars on YouTube (Links)
- 4 We are back Face to Face - Joint meeting on 6th July, Free lunch
- 7 The Great North Run 2026 - Charity Places Available
- 8 Living donor liver transplantation
- 10 Quality of Life After Transplant - Survey findings, Ben Rimmer
- 12 Take Part in Research: Experiences of employment after transplantation
- 13 Letters & Important Information about postage costs
- 14 Book Reviews - Palliative care expert on a mission
- 16 Talk to Great Aycliffe Rotary Club
- 17 Gift Aid is a Gift & Gift Aid form
- 19 Wey-Aye Care - Meeting & Discussion with Newcastle University
- 20 More Memories from Joyce Widdis - a proud Geordie living in Kent
- 22 2024/25/26 Lottery Winners & Prizes + Join Now
- 24 I visited a school one day
- 25 Thought for the day
- 26 Where has the LIVERNEWS been of late?
- 28 The Philogelos - The World's Oldest Surviving Joke Book
- 29 Helens Howlers (humour)
- 33 Pavement Parking & Message in a Bottle
- 34 The Pub Quiz (or, If you prefer, The Barista Café Quiz) Number 16
- 35 UIOLI Summer 2026 SUDOKU & Spring 2026 Solution
- 36 Insurance Matters
- 37 Liversnorth Information Leaflets Available (Helpline Numbers on back cover)

**NIHR non-commercial Partner**  
**UK based research applications invited -**  
**download application form from website**

**With grateful thanks to all contributors**

You can receive the online versions of the LIVERNEWS by emailing us to be added to our email list. Online newsletters arrive a few days before printed versions.

**Circulation 2,500 print + 300 email + 1500 Social Media**

**Please feel free to detach, copy, photograph or scan any pages and share.**

**WEBSITE**



**LIVERNORTH National Liver Patient Support**

Registered charity no. 1087226 (Oct 2000)

**Run entirely by unpaid volunteers**

Address: **freepost liversnorth**

Tel & Fax: 0191 3702961

**NIHR Non-commercial Partner**

**LEAFLETS**



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## WELCOME TO THE SUMMER 2026 ISSUE OF LIVErNEWS

Hello readers,

I hope you are enjoying some good weather and finding time to relax with this latest edition of LIVErNEWS.

First of all, I would like to thank my fellow governors for their contributions to this issue. Their articles serve as a reminder of just how diverse and interesting the group is, and I hope you enjoy reading them as much as I did. There is a great deal of exciting work currently taking place in the fields of liver disease and transplantation. Those of you who attended Professor Colin Wilson's excellent talk on 11 June will have gained an insight into some of the developments underway. Efforts to increase the number of organs available for transplantation, together with advances in living donor liver transplantation, offer real hope for the future. You can also read about the important research findings of Ben Rimmer on page 10.

If you are a transplant recipient and would like to become involved in research, please take a look at page 12. Your experiences and opinions can help shape future research and improve care for others.

As you know, LIVErNORTH is run entirely by volunteers, with no paid staff. Every donation received is used solely to support liver patients and their families or to fund vital research. If you would like to help us raise funds, we still have places available for the 2026 Great North Run.

**The big news is that we are finally returning to face-to-face events. On 6 July... we will be hosting a joint**

meeting in Newcastle, bringing together patients, carers, clinicians and researchers for what promises to be an informative and enjoyable afternoon.

The event will take place in the Baddiley-Clark Building on the Newcastle University campus, and full details can be found on pages 4–6. To help us plan catering and seating arrangements, please register in advance. You can do this via our Facebook page or, if you do not use Facebook, simply telephone us on 0191 370 2961 and we will be happy to register you.

Travel information, parking details and directions are all included on page 6. If you have a smartphone, you might also like to download the what3words app (QR code below). This clever system can pinpoint locations to within a few feet anywhere in the world and is used by the emergency services to help locate people quickly when needed. The three-word address for the venue is [///meal.valley.vivid](https://www.what3words.com/meal.valley.vivid).

That is all for now. I hope you enjoy this edition of LIVErNEWS and, as always, try not to groan too much at Helen's Howlers!

Best wishes,  
John

what3words



## CATCH UP on our YouTube Channel

You can access our recorded talks on our YouTube channel:

<https://www.youtube.com/@livenorth7778/videos>

40+ talks are currently available, all free to watch.

scan here  
for the link



### RECORDED BRIEFINGS, TALKS & WEBINARS

June	2026	Prof Colin Wilson	The Future of Donated Organs
Jan	2026	Prof Stuart McPherson	NHS liver Health checks – results from the national pilot
Nov	2025	Mr Rohan Thakkar	Liver Transplantation in Colorectal Liver Metastasis in the UK –
July	2025	Mr Stuart Robinson	Liver Transplantation for Neoadjuvant Tumours
April	2025	Kate Pym	How AI is Shaping our World
Jan	2025	Professor Derek Manas	UK Assessment and Recovery Centres - Fact or Science Fiction?
Nov	2024	Professor David Jones	New Therapies for PBC
Oct	2024	Dr Rachel Edwards	Fibrosis Assessment in Alcohol Use Disorder
July	2024	Rachel Howarth & Tom Crame	Nutritional Considerations in Liver Disease
June	2024	Prof Helen Reeves	Liver Cancer. Choosing the right treatment for each patient
May	2024	Dr Helen Jarvis	Improving Detection and Management of Liver Disease in General Practice
March	2024	Mr Rod Figueredo	Past, Present & Future of Liver Perfusion
Feb	2024	Dr Jess Dyson	Update on Autoimmune Liver Disease
Jan	2024	Mr Abdullah Malik	The Immune System, Surgery and HCC
Nov	2023	Cathy Beresford	Experiences of care in advanced liver disease
Oct	2023	Professor Derek Mann	Liver Cancer Immunotherapy
August	2023	Dr Kate Hallsworth	Physical Activity and Exercise for NAFLD Patients
April	2023	Professor John Sayer.	Identification of a new inherited cause of liver & kidney disease'
March	2023	Dr Stuart McPherson.	Progress towards Elimination of Hepatitis C
Dec	2022	Mr Aiman Amer	ERAS - Enhanced Recovery After Surgery.
May	2022	Professor David Jones	PBC - Is The Fog About to Clear?
March	2022	Mr Colin Wilson	The Geordie Hospital TV series.

Also many other talk/lecture videos dating back to 2015 and earlier.

 **YouTube:LIVERNORTH**

**We are back Face to Face**  
Patient & Public Involvement  
& Engagement (PPIE) Event  
**Research into Chronic Liver Disease**

Free lunch provided



**Monday 6th July 2026**

12.30pm - 3.30pm

At the Baddiley-Clark Seminar Room,  
Baddiley-Clark Building, Newcastle University NE2 4BN

**SAVE THE DATE: 6/7/2026**

TO REGISTER EMAIL [info@livernorth.org.uk](mailto:info@livernorth.org.uk)  
OR CALL 0191 3702961

Register Online via facebook or phone us (0191 3702961)

**PLEASE JOIN US AT OUR FACE TO FACE:  
PATIENT & PUBLIC INVOLVEMENT  
& ENGAGEMENT (PPIE) EVENT:**  
**Research into Chronic Liver Disease**

A joint LIVERNORTH & Newcastle Biomedical Research Centre (BRC) Meeting

**Agenda for Monday 6th July 2026 (12.30 - 15.30):**

**Welcome and Lunch 12.30 - 13.00**

**1300 - 1310: Introduction**

**Prof Helen Reeves** (Professor of Liver Cancer & Honorary Consultant Gastroenterologist) and Mr John Bedlington (Chairman of LIVERNORTH)

**1310 - 1340: Early detection & prevention of chronic liver disease progression – latest developments.** **Prof Stuart Mcpherson:** (Consultant Hepatologist)

**1340 - 1420: Living well with chronic liver disease**

**Dr Daniel Geh** (Senior Clinical Fellow)

**1410 - 1430: Refreshments break**

**1430 - 1500: Managing cirrhosis**

**Loren Wilson-Brown** (Cirrhosis Nurse Specialist)

**1500 - 1525: Panel discussion: Your voice matters** – find out how you can help shape research and explore ways to make a difference

**Dr Kate Hallsworth** (BRC PPIE Lead), Mrs Joan Bedlington (LIVERNORTH) & Patient Representatives

**1525 - 1530: Closing remarks**

**Prof Helen Reeves** & Mr John Bedlington

Register Online via facebook or phone us (0191 3702961)

**Who Should Attend?**

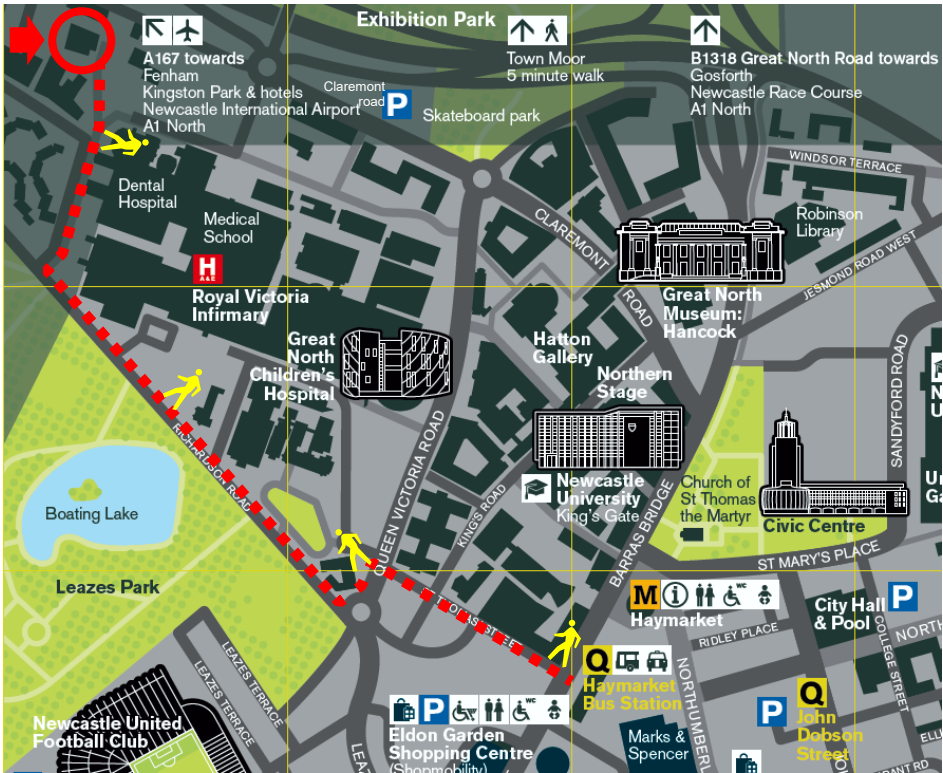
◆ Anyone interested in liver health research ◆

**Why Attend?** ◆ Learn about the latest developments in liver disease research ◆ Learn how to live well with chronic liver disease ◆

◆\* Find out how your voice can shape future research ◆

◆ Meet clinicians, researchers & patient representatives ◆

**Free to attend - All welcome!**  
**(Lunch & refreshments provided)**



**Getting there:**

- Nearby Car Parks: Richardson Road and Claremont Road (Busy)  
Eldon Square (John Lewis), Eldon Garden & Morden St
- Public Transport:  
Metro to Haymarket or St James' Football Ground  
Bus to Haymarket or Eldon Square

**On Foot from the Haymarket area:**

Head up St Thomas' Street towards the RVI. At the T Junction turn left on to Queen Victoria Road, then turn right up Richardson Road. Continue up Richardson Road passed the entrance to the RVI and the Dental Hospital. Turn right on to the path just passed the Dental Hospital. The Baddiley - Clark Building ○ is situated on the left at the end of the path.

If you are parked in the Claremont Road Car Park, walk to the car park entrance/exit and turn right. Cross over the road before you get to the mini roundabout. At the roundabout turn left, then take the 2nd right and continue walking, passing the Medical School on your left. Then bearing left join a footpath which will lead you to the Baddiley - Clark Building ○.

What Three Words  
///meal.valley.vivid  
(get the app)

**Register Online via facebook or phone us (0191 3702961)**



# **RUN THE GREAT NORTH RUN 2026**

**With Team LIVErNORTH - Sunday 13th September**

There's nothing quite like the AJ Bell Great North Run -  
the world's biggest half marathon.

Join thousands of runners on a 13.1 mile journey from Newcastle to South Shields, over the iconic Tyne Bridge crossing, and a stunning seaside finish.

## ***RUN FOR MORE THAN A MEDAL***

Support liver patients, carers, and vital research.

**We have no paid employees -**

every penny you raise goes directly to helping others



***JOIN TEAM LIVErNORTH TODAY***

Email: [info@livenorth.org.uk](mailto:info@livenorth.org.uk)

**LIVErNORTH - Small Team. Big Impact.**



Despite many innovative and effective campaigns to encourage organ donation, the demand for donor organs continues to far exceed supply. The number of people waiting for a transplant remains high and continues

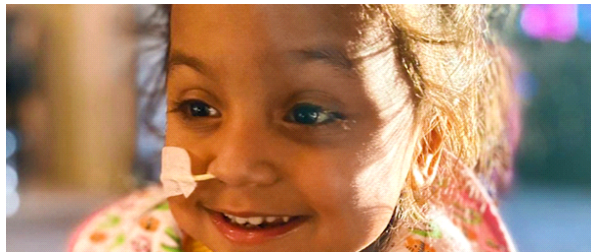
to grow. More people are now likely to benefit from a transplant because of advances in treatment. However, since the COVID-19 pandemic, fewer people have agreed to donate organs after death, resulting in a shortage of donor organs. Dedicated clinicians and researchers at NHS Blood and Transplant (NHSBT) work tirelessly to find new ways to address this challenge.

Latest statistics from NHSBT show that more than 1000 people became a living donor last year in the UK. Of these, 97% donated a kidney, accounting for around one-third of all kidney transplants performed. The remaining 3% donated a lobe of liver with a slight increase in the actual numbers of living donor liver transplants performed. Increasing living liver donor transplantation (LDLT) has become one of several initiatives to make this life-saving option available to more patients.

### **What is Living Donor Liver Transplantation?**

LDLT involves a healthy individual donating a portion of their liver to someone in need of a transplant. The liver has a unique ability to regenerate, allowing both the donor's and recipient's liver tissue to grow and recover after surgery.

LDLT is performed in both adults and children in the UK although, historically, activity is lower than many comparable international programmes. Typically, LDLT is more common in paediatric recipients where the left lateral lobe is transplanted. In adult-to-adult transplants, a larger lobe of liver is needed for the recipient, so the right lobe is usually transplanted. Importantly, the same criteria used to assess eligibility for a deceased donor liver transplant also apply to patients being considered for a living donor transplant.



## The Living Donor Liver Transplantation Project



In April 2022, as part of the '[UK Organ Donation and Transplantation Strategy 2030: Meeting the Need](#)' NHSBT established the Living Donor Liver Transplantation (LDLT) project. The aim of the project was to improve access to LDLT as one of the transplant options available to adults and children with end-

stage liver disease. The priority was to build confidence and safety for living donors, recipients and the clinical transplant community. A key element of the programme has been the creation of an expert multidisciplinary proctor team to support existing liver transplant centres. The team provides practical support, guidance and education to liver transplant centres ensuring the highest standards of safety and care educational support for everyone involved. So far, all UK liver transplant centres have endorsed the process. To date, 9 adult patients, referred from four different transplant centres, having received a successful liver transplant through the proctor scheme.

### Where to Find Further Information

If you are interested in learning more about living liver donation, either as a potential donor or as someone who may benefit from a transplant, comprehensive information which includes a series of short educational films sponsored by LIVERNORTH is available through the NHSBT website: <https://www.organdonation.nhs.uk/become-a-living-donor/donating-part-of-your-liver/> Individual transplant centres can also be contacted through this site.

#### [Living Donor Liver Transplantation Project](#)

More information about the LDLT Project, the proctor team, standardised protocols and patient pathways can be found here: <https://www.odt.nhs.uk/living-donation/living-donor-liver-transplantation/> [Human Tissue Authority](#)

Information and guidance about the legislative framework and how it applies to living donor liver transplantation access the: [Human Tissue Authority website](#).

As work continues to expand living donor liver transplantation across the UK, the hope is that more patients and families will be able to benefit from this important and potentially life-saving option.

*Joan Bedlington would like to thank NHS Blood and Transplant (NHSBT), particularly Lisa Burnapp, for their invaluable support in helping to produce this article. All images courtesy of NHSBT.*

## Quality of Life After Transplant Summary of cognitive testing findings

Thank you to all the transplant recipients and healthcare professionals who took part in the 'Quality of Life After Transplant' study. We have now completed the 'cognitive interview' stage of this research. This sheet summarises our findings and actions and outlines further opportunities to take part in this research.

**What we did...** We interviewed people who have received a solid organ (heart, lung, kidney, liver) transplant and healthcare professionals to 'test' two patient-reported outcome measures (PROMs) of quality of life and symptoms after transplant.

We asked people whether they thought the instructions and questions were easy to understand, and whether all relevant outcomes and symptoms had been considered. We listened to the issues that people had with the PROMs and made recommended changes after every few participants until no further issues were raised. We spoke to people from a variety of backgrounds to capture a wide range of experiences and perspectives.

### **Quality of Life After Transplant Survey (QoL-AT)**

The QoL-AT asks transplant recipients how they have felt about their day-to-day life in the last month. The survey includes 35 questions about a broad range of feelings and emotions, social and role activities.

We interviewed 13 transplant recipients and 8 healthcare professionals.

#### **How we acted on feedback:**

- We made changes to the instructions to make them clearer and easier to understand. For example, being clearer about why people are being asked to complete the survey, the number of questions, and estimated time to complete the survey.
- We made changes to the survey design to emphasise the focus on the last month and made sure the 'not applicable' response option was clearly separate from the other options.
- We added one new question about dietary restrictions. No questions needed to be removed.
- We reordered some questions to group related outcomes closer together in the survey; for example, worry about infection and avoiding crowded spaces.
- We revised the wording of 12 questions to make them easier to understand. For example, 'I have felt satisfied with my sex life' was changed to 'I have worried about my sex life'; 'I have felt able to plan for the future' was changed to 'I have felt that I can plan for the future'.
- Participants generally reported that the length of the survey was about right. They thought that all questions asked about something different. Being asked to recall the last month and respond from 'not at all' to 'very much' was also reported to feel appropriate.

## **Quality of Life After Transplant survey – Symptoms module (QoL-AT+S)**

The QoL-AT+S asks transplant recipients how much they have been bothered by symptoms they might have experienced in the last month. The survey includes 30 questions about a broad range of symptoms that may be related to the transplant or medication side effects.

We interviewed 8 transplant recipients and 8 healthcare professionals

### **How we acted on feedback:**

- We made changes to the instructions to make them clearer and easier to understand. For example, being clearer that symptoms may or may not be related to your transplant, and to respond 'not at all' if you have not experienced a symptom.
- We made changes to the survey design for ease of reading, by having multiple sections with a small number of questions each, rather than one long list. We also added instructions for how to respond to the questions that are specific to men and women.
- We added two new questions about 'a lack of energy' and 'pain in my scar or transplanted organ'. One question about 'irritability, mood swings and low mood' was split into two questions. No questions needed to be removed.
- We revised the wording of six questions to make them easier to understand. For example, 'heart palpitations' was changed to 'unusual sensations in my heartbeat'; 'swelling from fluid retention' was changed to 'swelling in my legs, feet or belly'.
- As with QoL-AT, participants generally reported that the length of the survey was about right, with all questions asking about something different. Being asked to recall the last month and respond from 'not at all' to 'very much' was also reported to feel appropriate.

**Next steps...** In the next stages of this research we will test each survey with a large sample of transplant recipients to understand how they work in practice. This will identify any further issues with their completion before we look to use these surveys in the real world.

We are presenting findings at conferences and preparing papers for publication in scientific journals. All papers (with lay summaries) will be added to the project website as and when they are published. This can be accessed here: <http://odt.btru.nihr.ac.uk/theme-6/>

### **For more information, to register your interest, or if you have any questions:**

Email: [ODT.experiences@newcastle.ac.uk](mailto:ODT.experiences@newcastle.ac.uk) | Website: <http://odt.btru.nihr.ac.uk/theme-6/>

Ben Rimmer, Research Associate

Population Health Sciences Institute, Faculty of Medical Sciences, Newcastle University

**Are you interested in taking part in a research study?**

## **Experiences of employment after transplantation**

**This research wants to explore people's experiences. It hopes to improve the support given to people who would like to work after their transplant.**

### **Who can take part?**

- You have had a kidney, liver, lung or heart transplant.
- You either are in paid employment or are searching for paid employment after having your transplant.
- You are over 18 years old.
- It has been between 6 months and 5 years since your transplant.

### **What does taking part involve?**

Interviews are informal and confidential. They will last about 1 hour.

They are done remotely, either by phone or online using Microsoft Teams.

We will talk about;

- Your experiences of looking for or starting work.
- What made this process easier or more difficult.
- If you had any support with this process and whether the support was helpful.

### **I'm interested! How can I find out more ?**

Please contact Sarah Dickson. I am a PhD student at Newcastle University. I will then send you further information about taking part.

Email : [s.r.dickson1@newcastle.ac.uk](mailto:s.r.dickson1@newcastle.ac.uk)

Mobile: 07407794162

This study has NHS ethical approval (347342).

The research is funded by the NIHR BTRU.

**NIHR** | Blood and Transplant Research Unit  
in Organ Donation and Transplantation  
at Cambridge and Newcastle Universities

TR Flyer\_Version 2. March 20 2026.

## LETTERS - email us or post to 'freepost livernorth'

Dear John, Joan and the entire LIVErNORTH team (9th May 2026)

I just wanted to let you know that the IQILS team visited yesterday and we have been given our Level 2 accreditation.

They were all exceptionally impressed by the Liver units links with LIVErNORTH. All of the assessors made several comments about LIVErNORTH, praising the boards and the publications that you provide.

I just wanted to say a massive thank you for taking the time to come in and refresh the boards and also for all of the work you have done with the team to date. It was definitely recognised by the IQILs assessors and very much appreciated by myself.

Thank you again, hopefully we'll be able to catch up in person soon.

I hope you all have a lovely weekend.

Thanks, Preya

Dr Preya Patel

Consultant Hepatologist, Newcastle Hospitals NHSFT

## IMPORTANT INFORMATION ABOUT POSTAGE COSTS

**If you're returning anything to us using one of our LIVErNORTH Freepost envelopes, PLEASE DON'T ADD A STAMP - it won't save the charity any money. Royal Mail charges us the same fee whether or not a stamp is attached.**

**Your kind support is already much appreciated, and using the Freepost address helps keep correspondence separate from our home mail, which makes administration much easier.**

**To help reduce postage costs in the future, we will send receipts by text message or email whenever possible. If you prefer to receive a paper copy, simply let us know.**

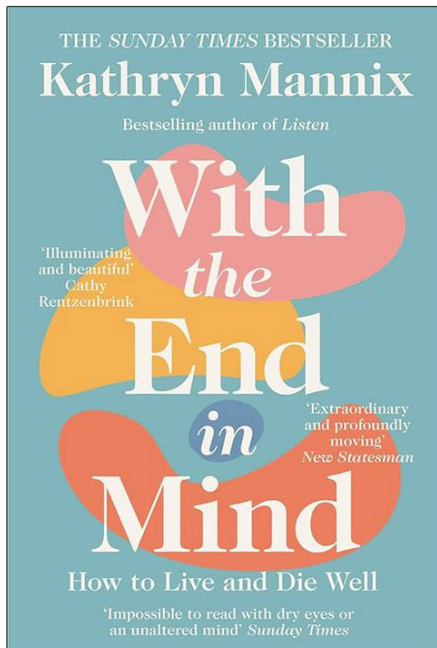
**Thank you for your understanding and continued support.**

## Kathryn Mannix: A palliative care expert on a mission

Kathryn Mannix was a palliative care consultant for many years, working in hospitals and hospices and caring for people in their own homes. She is internationally renowned and continues to speak at conferences and other events around the world. She is interviewed regularly on TV and radio too.

Talking about death seems to have become more of a taboo than it was in years gone by when dying people were usually cared for at home by their families. Kathryn wants to address this. She is 'on a mission to reclaim public understanding about dying'. To help her do this Kathryn says that her 'weapon of choice is stories'. These are stories about people she cared for towards the end of their lives and who she learnt so much from.

Kathryn has a calm, compassionate, reassuring and straightforward approach to talking about dying. She has a website: [www.kathrynmannix.com](http://www.kathrynmannix.com). This has useful information, including a considerable number of videos and podcasts. Personally, I think the animated video called Dying for Beginners is helpful, clear and sensitive. It is only just over 4 minutes long too. In the resources section of the website there is also a template letter that people can use to write to others before they die. Kathryn is also on social media, including Facebook (Dr Kathryn Mannix). She posts supportive messages and regular updates on what she is up to.



Kathryn has written two books. The first is called 'With the End in Mind. How to Live and Die Well.' This is a Sunday Times bestseller.

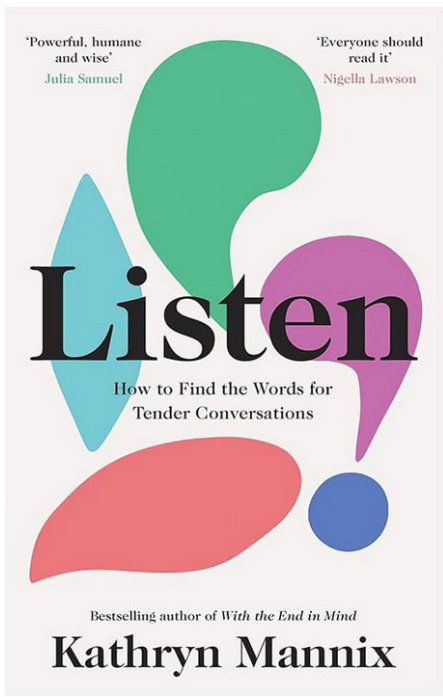
Here are two reviews of this book:

'The stories read like fiction, from a writer well attuned to her craft. The life in each shines through and the characters practically leap off the page. It is incredibly moving, of course, but what it isn't is miserable. Yes, this is a book about death, but it is also a book about joy. There aren't all that many books that change the way you see the world. This book really might. It will make you want to do a better job of loving and living. It will make you want to be kinder. And it will make you want to cherish every precious moment of your precious life.'

Sunday Times

'With the End in Mind will challenge any generation... It said that those of us most afraid of death are those most afraid of life. With that in mind, this is a book that paradoxically can help us live... Mannix skilfully uses stories to

effectively answer many of the technical questions concerning death most of us are afraid to think about never mind ask.'



Irish Times

Everyone I have recommended this book to so far has told me they found it very helpful.

Kathryn's second book is called 'Listen. How to Find the Words for Tender Conversations'. This is about having those conversations that we might be avoiding – not just about dying but about other aspects of life as well. People might find this book useful too.

Not the most cheerful of subjects for the newsletter but hopefully sharing Kathryn Mannix's work will be of help to some readers.

S.O'Dea

Let's talk about it

**NHS**  
Blood and Transplant

Join the NHS Organ Donor Register today and share your decision

[organdonation.nhs.uk](http://organdonation.nhs.uk)  
f nhsorgandonor

 **Yes I donate**  
ORGAN DONATION



**Yes I donate**  
ORGAN DONATION

**Take time to talk about organ donation**  
Many people don't realise that their family's support is needed for organ donation to go ahead.



## GIFT AID IS A GIFT! add 25% to any donation

A few years ago, I embarked on my first big fundraiser - of course, it was for Livenorth. I was generously supported by friends, family, and colleagues. I had colleagues donate through my online fundraising portal who I didn't even realise knew me well or had much awareness of Livenorth's work. I was hugely grateful.

As the summer went on, other fundraising events were announced by the same kind people who had supported me. Many of these fundraisers were for organisations I hadn't heard of before, or for causes that didn't affect me directly - but all of them clearly mattered deeply to the people fundraising for them. It got me thinking about giving and receiving donations and about supporting those who had supported me. If my friend runs a marathon and I donate £10 to her fundraiser, and she donates £10 to mine, haven't we just broken even? The answer is no - and that's because of Gift Aid.

Donating through Gift Aid means charities and community amateur sports clubs (CASCs) can claim an extra 25p for every £1 you give, at no extra cost to you. To be eligible, you need to be a UK taxpayer and have paid enough income or capital gains tax that year to cover the amount the charity claims. Assuming that's the case, when you donate £10 to your friend's fundraiser and Gift Aid applies, the charity receives an extra £2.50 from HMRC. And when your friend donates to your fundraiser under Gift Aid, your chosen charity benefits in exactly the same way.

While it might look like you're "breaking even" on the surface, both charities are receiving more than they would have otherwise - and that extra support really does make a difference.

And it's not just about the money (though that is hugely important, particularly during financially challenging times). Giving also makes you feel good. Many people recognise that donating to a cause - however small the amount - can lift your own mood as well as support someone else's efforts. By donating, you're helping another charity raise more funds and giving yourself a quiet boost in the process.

To enable Gift Aid, you simply need to make a Gift Aid declaration, which confirms that you're eligible and allows the charity to claim the extra amount from HMRC. This is usually done by ticking a box or completing a short form when you donate. If you're not sure, the charity will be happy to help.

Marian Godwin-Clifford

*Our Gift Aid declaration is on the next page - see the instructions included (Ed)*

**Liver** NORTH  
NATIONAL LIVER PATIENT SUPPORT  
UK Registered Charity No 1087226

Boost your donation by **GIFT AID**  
25p for every  
£1 you donate  
**DECLARATION**

<b>Title</b>	<b>Forename</b>	<b>Surname</b>
<input type="text"/>	<input type="text"/>	<input type="text"/>
<b>House Number or Name:</b>		<b>Post Code</b>
<input type="text"/>		<input type="text"/>

Please claim Gift Aid on my donation of £  to LIVERNORTH and any donations I make in the future or have made in the past 4 years.

Signature: ..... Date: .....

I am a UK taxpayer and understand that if I pay less Income Tax and/or Capital Gains Tax than the amount of Gift Aid claimed on all my donations in that tax year it is my responsibility to pay any difference.

Please notify the charity if you want to cancel or change this declaration, if you change your name or home address or if you no longer pay sufficient income tax or capital gains tax.

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If you would like to increase your donation by 25%, please complete this form, photograph it and email the photo to: [info@livernorth.org.uk](mailto:info@livernorth.org.uk)



How does your accent or dialect affect your interactions with healthcare professionals?

We want to hear about your experiences!  
Please join us for..

# Wey-Aye Care!

*Celebrating the diversity of dialect in the North-East and exploring its impact on healthcare interactions*



16th July 2026



17:30–19:30



One Strawberry Lane,  
Newcastle upon Tyne, NE1 4BX



Evening meal will be provided



**Newcastle**  
University

SCAN TO REGISTER



Register your spot today! ↗

We're circulating this on behalf of the Languages department at Newcastle University. If it is of interest to you or your connections, including any communities/groups you are part of, please feel free to register and share the QR code info. The event is free and includes a pie supper with a couple of talks and activities.

## More memories from our own Joyce Widdis (A proud Geordie now living in Kent)

### MUSICAL MEMORIES...

When we had a music lesson in our junior school, the teacher would carry in the cardboard box with the musical instruments.

There'd be a mad dash to get the best ones...

The sleigh bells went first, the tambourines, the triangle and the cymbals.

If you were last, you ended up with the maracas or the castanets! (you can get tablets for that now!)

Teacher shouting, 'Stop that racket!', always an enthusiastic clashing cymbal player! ...

We'd all file into the hall and the wireless (showing me age now) on a stand with castors, would be pushed in for the BBC school's programmes.

The teacher would fiddle with the dials to tune it in...

We'd stomp around (like some bu\*\*er not right as me dad would say!) jangling our instruments to Hall of the Mountain King, or punching the air to Ride of the Valkyries...

Then we'd all have to lie on the floor listening to some classical music for quiet, wind down time.

What was all that about?

We were used to singers like Alma Cogan singing 'Sugar time' (Sugar in the morning, sugar in the evening, sugar at super time - that must be why we liked it on bread!) or Petula Clark singing, 'Sailor stop your roving', (we did our dance routines in the garden to this) and Cliff singing 'Living doll'...

I'll go upstairs now and wonder what I went up for, or forget what day it is and yet, I can vividly remember all of this from over 60 odd years ago!



### MEMORIES OF WISE WORDS ME LITTLE GEORDIE MAM TOLD US GIRLS...

Count your blessings...

Always put yourself in someone else's shoes, you never know what goes on behind closed doors...

There's always someone worse off than you...

Never go visiting empty handed...

It's better to give than to receive...

If you can't say anything nice, don't say anything at all...

You can lock your door against a thief but not against a liar...

Remember you can't take back the spoken word, people don't know what you mean, they only know what you say...

Cut your coat according to your cloth...

You can't make a silk purse out of a sow's ear...

Let it be...

If we were fed up she'd tell us, "Go and have a walk in the local cemetery, there's lots of people in there that would love to swap places with you"...

Things have a way of sorting themselves out...

Never a borrower or a lender be..

It's the living you have to be frightened of, not the dead...

Enjoy what you have, get enjoyment in spending and giving, you'll just end up with a silk lined coffin, and there's no pockets in a shroud...

Never have 'If only's' in life, never say, 'If only I'd done this or, 'If only I'd done that'.

...and about her own mam.

"She was so kind & generous, she'd have given you half her backside if she could!"

My selfless mam, our very own:

Angel without wings ♥ ...

I'd never be able to fill her shoes..

## Alf thought he would share this with you!

On a recent Lufthansa flight to Frankfurt bad turbulence was encountered during which passengers looking for the sick bags. Not to be outdone, I did the



same. To my surprise the bag had a lovely message (see photograph)

You must smile at this. What a lovely message. It made me feel better. Is this another example of "German Engineering" or in this case, "Psychological German Engineering"?

It would certainly make a great slogan for a T shirt.

(Alf Bennett)

# Join the LIVErNORTH Lottery!

Only  
**£1**  
week



## Prizewinners

Date	Number	Location	Prize
24/04/24	- No 51	Lanchester	£250
23/05/24	- No 92	Whickham	£250
27/06/24	- No 90	Watford	£250
25/07/24	- No 10	Prudhoe	£250
30/10/24	- No 129	Wideopen	£250
28/11/24	- No 8	Throckley	£250
<b>28/11/24</b>	<b>- No 11</b>	<b>Cornsay</b>	<b>£2500</b>
23/01/25	- No 29	Sunderland	£250
24/04/25	- No 168	Carlisle.	£250
17/07/25	- No 109	Northumberland.	£250
01/09/25	- No 72	Lancashire	£250
27/11/25	- No 93	Morpeth	£250
<b>27/11/25</b>	<b>- No 15</b>	<b>Lanchester</b>	<b>£2500</b>
27/01/26	- No 39	Gosforth	£250
27/01/26	- No 74	Belsay.	£250
10/03/26	- No 147	Hett	£250
11/05/26	- No 17	London	£250
11/06/26	- No 19	Cumbria	£250

**Join today using the form here!**



# LIVERNORTH Lottery application form



## Your contact details

Name

Address

Postcode

Telephone

E-mail

## Preferred payment method

I confirm that I am over 16

**BACS: Account:** LIVERNORTH Charities Account  
**Account no:** 71298290 **Sort code:** 53-61-24 **Ref:** (Your name)

**Post:** Cheque payable to livernorth, minimum of 1 quarterly payment of £13.  
send to 'freepost LIVERNORTH'

## Standing order form (please complete the form below)

Please pay to Nat West Bank, 2 Tavern Street, Ipswich, Suffolk IP1 3BD

**Account:** LIVERNORTH Charities Account **Account no:** 71298290 **Sort code:** 53-61-24

## Your bank/building society's details

Bank/building society name

Bank/building society address

Postcode

Account name

Account No

Sort code

## Amount to be paid until further notice

£52  
annually

£13

quarterly on 1st Jan, 1st Apr, 1st Jul & 1st Oct

Preferred first payment date (or ASAP)

Signature

Date

**Post the form back to us in an envelope addressed to: 'freepost LIVERNORTH'**

## I visited a school one day

Something Special Happens Here .....

I visited a school one day, my child had just turned four,

In seconds I knew it was the one, simply walking through the door.

I walked into a classroom, every child looked happy and free,

They smiled and spoke politely, that was the school for me.

I could feel the love surrounding them, the devotion and the care,

I knew that school was special, that magic happened there.

Twelve years later, and three children wiser, my opinion will not sway,

This school has shaped my children into the people they are today.

You taught them kindness and good values, to believe in themselves and be strong,

To be confident individuals and admit when they are wrong.

This school has laid foundations, protected and nurtured them constantly,

Filled their hearts with love and compassion, inspired their creativity.

This school would not have been this way without your presence here,

Teaching each child to respect one another, to live life with courage, not fear.

I wanted to say thank you, for all that you do Mrs Gray,

Each child has been given the greatest start and will remember you every day.

*This poem was sent to Yvonne Gray, one of LIVErNORTH's governors, by the parent of a child at the school where she was headteacher prior to her retirement. The words and sentiment meant a great deal to Yvonne, who has kept it ever since, and she thought readers might enjoy it too.*

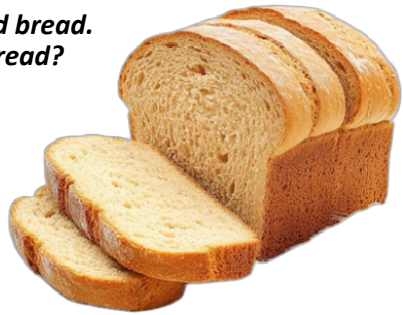
*(Lovely words, Yvonne – you must be very proud. – Ed)*

## THOUGHT FOR THE DAY

***If something is the greatest thing since sliced bread.  
What was the greatest thing before sliced bread?***

Any ideas?

***On the same theme,  
could it have been the bread knife?***



But how long has sliced bread been around?

Well, in two years time we can celebrate its centenary. In 1928, Otto Rohwedder an American engineer and inventor developed a fully operative machine capable of slicing and packaging bread efficiently. The first pre-sliced loaves were sold in Chillicothe, Missouri on July 7th, 1928, under the brand name “Kleen Maid Sliced Bread”. It so happened that this took place on Rohwedder's 48th birthday. Only two years later the first nationally marketed sliced bread was launched called “Wonder Bread”— now that's what you call a good marketing name. The invention revolutionised the baking industry, giving rise to the popular expression that we use today. By 1933, more than 80% of bread sold in the USA was sliced.

Finally, it was only natural that the town of Chillicothe would embrace its claim to fame as tourist destination. The town commemorates its role in culinary history with plaques, museum exhibits and even a replica of the original bread slicer.

As far as the UK was concerned, it was not until 1937, that the first sliced bread was available in the UK. It was produced by “Wonderloaf” in Tottenham, London and marketed as “Morning Fresh”. I can well remember the softness and taste of the bread. The original factory closed in 1978, but there is obviously still a sense of nostalgia about “Wonderloaf”. Honestly, I have just checked on Ebay and there is an old “Wonderloaf” wrapper for sale, for the price of £3.30. It does stress that is a wrapper only. I cannot imagine what the bread would be like after all this time. Just think, you could buy two and a half sliced toastie loaves for that today.

And now for something different. Another, iconic 1960's treat was produced in a factory directly opposite the Tottenham bakery. That was the triangular delight of ice called Jubly. Can you remember them? The orange flavour seemed to disappear quickly and when you squeezed the container too much, they popped out onto the floor .....Ah the sophistication of the 1960's. Or, as Del Boy would say “lovely Jubly”.  
(Alf Bennett)

## Where has the LIVErNEWS been of late?

Yes, I know it has been sometime sometime since the last update. LIVErNEWS has been back on its travels. This time it has visited Sicily, the largest island in the Mediterranean and the home of the Godfather. Its symbol is Mount Etna. The tallest active volcano in Europe and one of the most active in the world with a height of 3403metres (11165 ft).



The island has an incredibly rich archaeological record of human activity dating back to around 14000 BC. With examples of Phoenician, Greek, Roman and Norman conquests to name but a few throughout the years. The Greeks left many buildings, especially at the UNESCO World Heritage site of the Valley of the Temples at Agrigento. It is the biggest archaeological park in Europe, with seven temples, the best preserved of which is the Temple of Concordia:



The Romans effectively deforested the island to grow wheat. This was so successful, that it became known as the “breadbasket of Rome” Although many

Roman ruins are still visible; the jewel must be the huge Roman villa complex, of Romana del Casale. The Villa houses the world's largest collection of in situ Roman mosaics. Over 3500 square metres of decorated floors were preserved thanks to a landslide that covered them for centuries. Among the best-known scenes are the Great Hunt showing the capture of exotic animals and the Room of Gymnasts. Incredibly the Villa was not rediscovered until the 18th Century. While Full excavation of the site was only begun in 1935.



*Examples of Mosaics*

The Normans, after conquering Britain, turned their attention to Italy. This led to the creation of the County of Sicily in 1071. During this time, it became one of the wealthiest states in Europe. Sicily has some of the best examples of Norman architecture and artefacts.

But, enough of history, for you foodies. Here are two are pieces of information:

Sicily is the “Blood Orange Centre” of Europe. The best blood oranges come from Sicily. Which has the perfect soil and environment conditions for their growth. Some regions of Sicily have been awarded the PGI or Protection of Geographical Indication. A label acknowledging that the fruits characteristics are created mainly in part due to their growing region.

Barilla the biggest quality producer of Pasta in the world uses huge quantities of Sicilian wheat due to its high quality. In fact, it is estimated that the Barilla pasta consumed in Europe has up to 80% of Sicilian wheat. Now there's a thought to mull over when you have your next bowl of Pasta.

This truly is a remarkable Island. There is so much more to explore.

If you have your LIVErNEWS out and about in the UK or abroad. Please send us a picture or pictures, together with some notes on the location. Alf Bennett

## The Philogelos - The World's Oldest Surviving Joke Book

One of my favourite reads in the Newsletter are always the jokes in "Helen's Howlers. There is something for everyone and it certainly brightens the day. While jokes have been around for millennia, the oldest known in print are those recorded in the Philogelos. The publication dates to the 4th or 5th century CE. Attributed to Hierocles and Philagrius, the word Philogelos literally means, "love of laughter". It provides a window into ancient humour. It contains over 260 jokes, compiled from existing jokes, rather than written by the original authors. The jokes are organised by character types such as absent minded or dumb scholars, patients, doctors, husbands and wives as well as ethnic stereotypes. Aberites, inhabitants of Abdera in Thrace, are the butt of many jokes. The jokes often centre on social satire and word play and are clearly of their time, but there are distinct similarities with modern jokes. Inevitably, several of the jokes are quite risqué. Here is a some of the less contentious ones:

An intellectual visited a seriously ill friend. When his wife said that he had died, he replied, "When he arrives back, tell him that I stopped by"

An Aberite saw a eunuch talking to a woman and asked if she was his wife. When he replied that eunuchs cannot have wives, the Aberite asked, "so is she your daughter"

An astrologer cast a sick boy's horoscope. After promising the mother that the child had many years ahead him, he asked for payment. The mother replied, "I'll pay you tomorrow" He objected, "but what if he dies during the night, will I lose my fee"

A man says to a doctor, "Doctor wherever I get up from my sleep, for half an hour I feel dizzy and then I am alright. The doctor told him, "Get up half an hour later and you will be cured"

The Cheap skate, who wrote his will and named himself as his heir.

An Aberite sees a man being carried to burial and asks, "Is he dead" the reply was, "No, he is just practicing"

I think that you will agree the themes resonate with the range of jokes available today. Perhaps the most famous joke in Philogelos is:

A man complains to a seller that the slave he sold him had died. The seller replied, "strange, when he was with me he never did such a thing"

This was the joke that is thought to be the forerunner of the Monty Python dead parrot sketch, you know the one with the "Norwegian Blue" In fact, in 2008 the BBC News at Six carried an article reporting that 1600 years later the joke in Philogelos was the ancestor of the Month Python sketch.

Other comedians have shown that they were aware of Philogelos. Again, in 2008, Jim Bowen - Yes, for those of a certain age, he of Bullseye fame, tested the material on a modern audience. With slight tweaking of the jokes, together with his own delivery style - they worked. His act can be seen on YouTube, it's well worth a look. Who said the old jokes are the best? Well, the themes have certainly been around for a long time. In the meantime, I'll stick with Helen's Howlers. (Alf Bennett)

# HELEN'S HOWLERS

Most of the funnies you see in these pages are sent from our friends and colleagues (like Billy Venus) or are freely circulating via the internet. We are constantly on the look out for more material so please send in anything you have or have heard whilst out and about. It doesn't have to be 'professional' – your witty observations on life are always welcome. If you're feeling a bit low - read on... As they say, laughter is the best medicine! Thanks for this issue go to our many facebook friends, LIVErNORTH colleagues and 'the internet'.

18

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

One afternoon Pinocchio, Snow White and Superman were out for a little stroll around town.

As they walked, they saw a sign in a club window: "Beauty contest - The most beautiful woman in the world."

"I'm entering!" said Snow White.

After half an hour she came out smiling and Superman said,

"Well, how'd ya go?"

"I won First Place!" said Snow White.

They continued walking and they see another sign: "Strongest man in the world contest."

"I'm entering" said Superman.

After half an hour, he returned and Pinocchio asked him, "How did you make out?"

"I won first place too." answered Superman. "Did you ever have a doubt?"

They continued walking eventually they saw a third sign: "Contest - Who is the greatest liar in the world?"

Of course Pinocchio entered the contest. After half an hour he returned with tears in his eyes.

"What happened?" they asked.

"Who the hell is Donald Trump?" asked Pinocchio.

Manchester Police are on the hunt for a drag queen who robbed a local store. They say he's a local man with a Wigan

address.

My mate asked me what do you think of voluntary work? I said I wouldn't do that if you paid me.....

Just been to the doctors this morning and I said Doc, I know I am getting older but I think I'm shrinking? He said 'You are just going to have to be a little patient...'

Starting to run in your 70s is a great way to meet people, today I met two paramedics one doctor and almost Jesus!

The other day, an attendant stopped me in a hospital car park to tell me, "You can't park here. It's badge holders only." I replied, "But I have a bad shoulder."

There's a busker in the town centre playing ABBA really loudly, you can hear the drums from Nando's

I was in the garden centre the other day, a store assistant came up to me and said 'Do you want decking?' Luckily, I managed to get the first punch in!

As the weather is getting warmer, make

sure you ask your Evri driver if they would like a bottle of cold water. If they say yes, drop kick it over the fence into your neighbour's rose bush and tell them you've left it in a safe place.

Some people say it's hard to land a plane on the Island of Madeira. Others say it's a piece of cake!

I'm being interviewed for a master butchers job. There are quite a few of us applied. I'm not doing well in identifying different meats hanging in front of me. I now think I'm facing the chop.

Kier Starmer was visiting a very small village and asked the villagers what the government could do for them. "We have two big needs" said the village spokesman. "First, we have a health centre, but no doctor." Starmer whipped out his mobile phone, spoke for a while and then said "I've sorted it out. A doctor will arrive here tomorrow. What is your other need then?" "Yes, we have no mobile phone reception at all in our village".

So this bloke came up to me and said his mate Jack invented the hot tub. I said, 'Jack? Who's he?'

I was in Fenwick's and got some of that expensive Fred Flintstone aftershave for my birthday. The Sales girl said 'You don't need to put much on...a little dabb'le do!'

I was in town today and a man asked me the best way to Selfridges. I said

.... Put them on marketplace

I want to set up a business in Torquay... walking tours where people keep in contact using portable radios but can't think of a good name..

I was addicted to the Hokey Pokey but I turned myself around...

**BREAKING NEWS - Cumbria...**

Police have found £12 million worth of cocaine, 6 AK47 assault rifles and 200 live hand grenades at a house behind the library in Silloth.

Residents are said to be deeply shocked as they didn't know there was a library in Silloth.

Did you know that Vincent Price was taller than Katie Price and also heavier than 70s pop star Alan Price.

I discovered this on a Price comparison website!

There's a nudist convention on in Newcastle tomorrow. I might go if I've got nothing on.

The boss said if this hot weather continues we can bring shorts to work. That's it then, a nice bottle of rum.

I've learnt two very interesting things tonight:

1. I'm not very good on the drums.
2. The bloke who lives next door to me has Tourette's.

What can be done for someone becoming invisible? Put them in the ICU!

A man walked into a hardware store and picked up a can of fly killer. He asked 'is this any good for wasps?' the assistant said 'no, it kills them'.

An American was in a job interview and the boss said - there's four years missing from your CV. The guy said oh - that's when I went to Yale. The boss says - enough interviewing, that's good enough for me, you've got the job, start tomorrow. The guy says great, fabulous, I'm overjoyed.

I grew up in a rough area...As a child people would cover me in chocolate, cream and put a cherry on my head...life was tough in the gateau.

A friend asked me if I had any jokes about Carpentry. I said 'Yes' but did not tell him what it was as I was not sure if it wood work.

Eventually, you will reach a point when you stop lying about your age. ...and start bragging about it.

I'm reading a mystery story in braille. Something bad is going to happen, I can just feel it.

Did you hear about the actor who fell through the floorboards?  
He was just going through a stage.

Why is it a bad idea to iron your four-leaf clover?  
'Cause you shouldn't press your luck.

The biggest lie I tell myself is:  
"I don't need to write that down, I'll

remember it."

A forester is walking through the forest and a tree yells, "Stop! You can't cut me down, I'm a talking tree!"  
The forester responds, "Yeah, and you'll di-ologue."

Why do toasters always have a setting so high that burns the toast to a horrible crisp, which no decent human being would eat?

Why is there a light in the fridge and not in the freezer?

If corn oil is made from corn, and vegetable oil is made from vegetables, then what is baby oil made from?

Did you hear about the Wig thief who escaped from prison?  
Police are combing the area to find him.

Even duct tape can't fix stupid...  
...but it can muffle the sound!

Can February March?  
No, but April May!

I once proposed to a now ex girlfriend in a hospital car park...she turned me down on medical grounds.

You know a woman is mad when she starts off her sentence saying: "I just find it funny how..." Because there is a 99.9% chance she didn't find it funny at all.

The woe's of cheap hotels and guest houses.

I rang the door bell of a guest house one day and a lady came to the door and said to me. "what do you want"? I said "I want to stay here" , she said "Stay there then" and shut the door.

I have stayed in a few budget hotels for £25 a night. When I asked how much it was for a week they said they didn't know because nobody has ever stayed that long!

Not saying the room I stayed in once was small but I was scared to push the key too far into the lock on the door in case I broke the window.

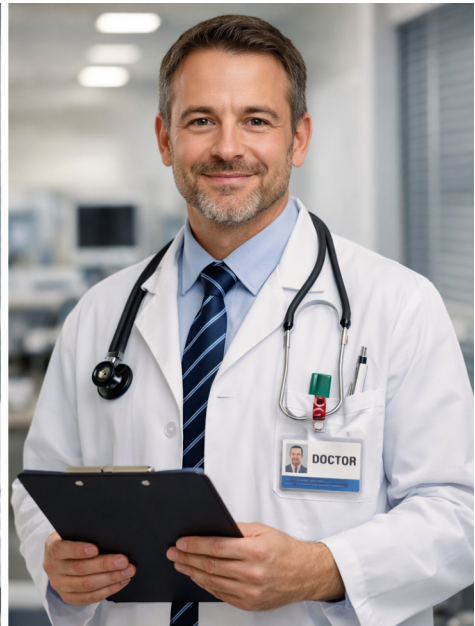
When I checked into a hotel one day they told me the maid had called in sick and would I mind making my own bed which didn't bother me till I got to the room and found a pile of wood and a hammer and nails in the corner.

Really sorry folk for the ever declining standard of our jokes. Our main source (Billy Venus) continues to provide us with his witticisms via facebook etc but you can plainly see he's lost the plot. If you can do better (and let's face it, not a high bar), please send in your jokes. If you've read the jokes, and got this far, well done!

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### SPOT THE DIFFERENCE.

If you think you are good at detail, have a look at these two photographs to identify differences between them. Not counting the fact that one is on the left and one is on the right, how many differences are there? *(you might be surprised - answer in the next issue)*



## PAVEMENT PARKING - IMPORTANT

New rules due to come into force later this year will give councils across England the power to tackle pavement parking and issue fines to offenders. While pavement parking is already banned in London and Scotland, councils elsewhere currently have limited enforcement powers.

The changes, expected under the English Devolution & Community Empowerment Act, will allow council enforcement officers to issue fines directly, rather than relying on police action where an obstruction is caused. Pavement parking can create significant difficulties for wheelchair users, people with visual impairments, parents with pushchairs and other pedestrians. It can also damage pavements, creating trip hazards and increasing maintenance costs for councils.

Some exemptions are expected, particularly on narrow residential streets where pavement parking may be necessary to keep roads passable, although details of how these exemptions will operate have yet to be confirmed.

## MESSAGE IN A BOTTLE



Lions Clubs Message in a Bottle is a simple but effective way for people to keep their basic personal and medical details where they can be found in an emergency on a standard form and in a common location – the fridge.

Message in a Bottle helps emergency services personnel to save valuable time in identifying an individual very quickly and knowing if they have any allergies or take special medication.

Paramedics, police, fire-fighters and social services support Lions' life-saving initiative and know to look in the fridge when they see the Message in a Bottle stickers. The initiative provides peace of mind that prompt and appropriate medical assistance can be provided, and next of kin / emergency contacts can be notified.

For further details and for the form for ordering Lions Message in a Bottle, type this into your browser:  
<https://lionsclubs.co/Public/message-in-a-bottle/>

or phone the Lions on 0121 441 4544



## The Pub Quiz or if you prefer the Barista Café Quiz No 16

1. Which team beat Arsenal in this year's Champions League?
2. What is the highest grossing film of all time?
3. What is the official colour of an airplanes black box?
4. Snails are known for moving slowly, but how long can they hibernate?
5. What is the gemstone for September?
6. How many sides does an Icosagon have?
7. Glenridding and Pooley Bridge stand at opposite ends of which lake, the 2 nd largest in the Lake District?
8. What is the last word in the New Testament?
9. Where was Marc Cohen walking to in his blue suede shoes?
10. St. George is the patron saint of England. But in which country is he buried?
11. Which drink when translated into English means Aunt Mary?
12. What British car sold by the British Motor Company first sold in 1959 sold for £500, making a loss of £35 on each car?
13. What type of flower does the vanilla pod come from?
14. Who coined the phrase "The world is my Oyster"?
15. Name the show, film or book in which the following dogs appear? ( 3 answers) Toto, Eddie, Spotty Dog.
16. What are the names of 2 Fat Ladies?
17. The following line from a song – (give artist& title)  
"It's 9 o'clock on a Saturday, the regular crowd shuffles in"
18. What is the Spanish word for fox as well as a masked swordsman?
19. What are you doing if you Pandiculate?
20. In Roman Numerals, how many players are there in a Rugby Union team?

(Answers below)

- |                             |  |
|-----------------------------|--|
| 11. Tia Maria               | 20. XV (15)                            |
| 10. Israel                  | 19. Yawning                            |
| 9. Memphis                  | 18. Zorro                              |
| 8. Amen                     | 17. Billy Joel – Piano Man             |
| 7. Ullswater                | Dickson-Wright.                        |
| 6. 20                       | 16. Jennifer Paterson & Clarissa       |
| 5. Sapphire                 | Spotty Dog – The Wooden Tops           |
| 4. Up to 3 years            | 15. Toto-Wizard of Oz, Eddie- Frasier, |
| 3. Orange                   | 14. Shakespeare                        |
| 2. Avatar                   | 13. Orchid                             |
| 1. PSG Paris Saint- Germain | 12. Mini                               |

*How have you done? Up to 6 correct – Quiz Enthusiast. Up to 8 – Quiz Hotshot.  
Up to 12 - Quiz Maestro. Up to 16 - Quiz Supremo. Up to 18 - Quiz Genius.  
A full score of 20 – Quiz Perfect...Take a bow!.*

# UIOLI (Use It Or Lose It) SUMMER 2026 - ISSUE 95

SUDOKU... With the kind permission of the creator (Wayne Gould of Pappocom). You don't need to do any arithmetic or be good at maths - all it takes is logic so please have a go - it will help to keep your brain active. Just fill in the missing numbers in every square, row & column using 1 to 9 without repeating any. There is strict copyright so they may not be redistributed in any way whatsoever although you can of course photocopy the page if you don't want to spoil your copy of LIVErNEWS. Good Luck!

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

Easy SUDOKU

Difficult SUDOKU

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

## SU DOKU

'Single Digit' (Japanese)

As featured in the Times  
Monday to Saturday

©Puzzles by Pappocom

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

Last issue (No 94) SUDOKU solutions:  
Easy

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

Difficult

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

# Insurance Matters

**Supporters report having been able to get reasonably priced holiday cover here:**

Able2travel _____	01483 806826
Age Co _____	0800 0328249
AVIVA _____	0345 0308715
Bib Insurance Brokers (www.bibinsurance.co.uk) Darlington _____	01325 353888
City Bond _____	0333 2070506
Churchill* _____	0800 0326534
Direct Travel* _____	0330 8803600
Freedom ^ _____	01223 446914
Leisure Care Insurance _____	0204 5994659
Post Office _____	0800 1387777
RIAS* _____	0345 1655799
SAGA _____	0800 0569200
Sainsbury's _____	0345 3052623
Sladdin & Co Ltd. (brokers) _____	01422 362614
www.Insurancewith.com _____	0333 0051066
www.miatravelinsurance.co.uk _____	0800 9993333
www.staysure.co.uk _____	0333 0068033
https://www.world-first.co.uk/ _____	0345 9080161
https://www.freespirittravelinsurance.com/medical-conditions/liver/ _____	02392 419080
https://www.payingtoomuch.com/ _____	0330 029 5073

\* not TX patients - please check with the others also.

^ specifically includes cover for declared pre-existing medical conditions.

Please help to keep this page current and useful by letting us know of your own experiences both good and bad. You can email us at [info@livernorth.org.uk](mailto:info@livernorth.org.uk) or drop us a line at our Freepost address 'freepost livernorth' no stamp necessary..

The latest version of this page is always available as a PDF file. Email us and ask for a copy: [info@livernorth.org.uk](mailto:info@livernorth.org.uk)

**All of our leaflets including No.16 'Travel Insurance for Liver Patients' are available to read online by scanning the QR code on the right with your smartphone.**



## Information Leaflets Available (read or download):

1. Liver Patient Support
2. Accommodation for patients & families
3. Autoimmune Hepatitis
4. Alcohol and Liver Disease
5. Looking After Your Liver
6. Primary Biliary Cholangitis (PBC)
7. Coping With Stress
8. Primary Liver Cancer
9. You and Your Consultant
10. Primary Sclerosing Cholangitis (PSC)
11. Lifestyle and your Liver (MASLD/NAFLD)
12. Liver Disease
13. Skin Care for Liver Patients
14. Diet and Liver Disease
- 14a. Nutrition in Liver Disease
15. Hepatitis C
16. Travel Insurance for Liver Patients
17. Hepatitis E
18. Fatigue in Liver Patients/A Patient's Journey
19. Scanning - a short guide (*aka Understanding Tests*)
20. Liver Cirrhosis Self Management Toolkit \*
21. Exercise & Osteoporosis in Liver Patients
22. Hepatic Encephalopathy
23. Our Livers, Our Lives
25. Allowances (DLA & PIP)
26. Compensated Liver Cirrhosis
27. Hepatitis B
30. Wellness Walks - several available\*\*\*

\* only from your healthcare professional - email for more information

\*\* Patient & Carer art - online only online.

\*\*\* Printed copies available on request.

ALL  
ONLINE



OR GO TO  
OUR WEBSITE  
SEE BELOW

### How to get information leaflets:

1. Website: <http://www.livernorth.org.uk/pages/factsheet.htm>
2. Email us: [info@livernorth.org.uk](mailto:info@livernorth.org.uk)
3. Phone/FAX: 0191 3702961
4. Facebook pm us: <https://www.facebook.com/livernorth/>
5. Write to us: Freepost LIVERNORTH

# HELPLINE

If you have any concerns about liver disease and would like to talk to someone, please call any of the numbers below:

**JOAN 0191 3702961**

**KATHRYN 0735 9537737**

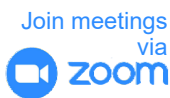
**FIONA 0781 5071918**

**ANN 0191 4131827**

**FOR ALCOHOL MISUSE CALL:  
PAUL 0778 4153587**

## Get free Liver Patient and Carer Support Information:

- Download from our website ([www.livernorth.org.uk](http://www.livernorth.org.uk))
- Email us ([info@livernorth.org.uk](mailto:info@livernorth.org.uk))
- Phone us (0191 3702961)
- Write to us at: freepost LIVERNORTH
- Message us (<https://www.facebook.com/livernorth/>)
- Ask to join our facebook LIVErNORTH MEMBER CHAT group
- Scan our website QR code here with your mobile phone



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