

Newsletter



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Bill's Donor Appeal

My names Bill Crook and I live in Bolton. Last February I was put on the liver transplant list at St James. Having lost one of my work colleges two years ago whilst he was waiting for a lung transplant being told that I needed a new liver brought home a great realisation to me. That whilst it is a long and difficult period for those who need the operation.

The waiting must be many times more difficult for families and friends so last year year I launched a campaign to get people to become organ donors. As I work for a local government I did this via work. On the 1st September 2008 I launched the 'BURY M.B.C Organ Donor Week', the event was open by the Mayor of Bury in the main entrance at Bury Town Hall.

The following week my daughter who is the librarian at the main College in Bury set up the display in the college



Bill Crook (centre) with the Mayor and Mayoress of Bury, Councillor Peter Ashworth and Hilary Moore

Photo courtesy of The Bury Times

library, and we were also able to get stands in all the leisure centres and other public buildings. I was also able to get three write-ups in the local press and two interviews on Greater Manchester Radio

I would have been in touch sooner but Just after the campaign finished my mum sadly passed away and I had a little bit of running about to do I just got straight when I got a serious infection in my leg and as you know infections and transplants don't mix I was admitted to Bolton Royal were following a routine

swab it was found I also had MRSA. But after several weeks of intense treatment I am now infection free and back on the list. One of my cousins sent a cheque instead of flowers for my mum which I am also enclosing. I have worked in a local care home part time for the last four years but sadly due to my health I have had to give up however the staff are organising a fund raising for the support group how it will go am not sure but someone from the home should be in touch shortly with the proceeds.

Staff on song to support Bill

Care home staff hit all the tight notes when they held a fundraising evening in support of a former colleague.

Workers at Walshaw Hall, in Tottington performed a variety of songs during a candlelit musical evening.

They raised £773 for St James' Hospital, Liver Transplant unit where former carer Bill Crook is a patient.

Bill aged 58 who works for Bury Council has cirrhosis of the liver and desperately need a transplant in the next twelve months. Activities co-ordinator Maria Oneill said "Bill is one of the nicest people you could meet and he's very well liked here. I am pleased that we managed to raise so much.



Bill Crook (centre) receives the cheque from former colleagues at Walshaw Hall
(Photo courtesy of Bury Times)

£1500 from Provincial Grand Masters



I have attached a photo of the presentation of a cheque for £1500 I applied for from the Provincial Grand masters fund in the province of West Yorkshire. Freemasons have supported the Liver unit and the liver research 'Rays of Hope' with many donations in the past. With the money the Surgeons and staff were able to purchase a much needed Photocopier.

I managed through my son-in-law to get an all singing and dancing machine which would have cost in the region of £4000. There are many generous people

out there who are only too willing to help and put in a great deal of effort and time to support the unit.

I also include a photo of a presentation for £150 which I raised by entertaining guests at a presidents golf dinner. As you know I play Shadows Music.

At my 60th Birthday party family and friends donated £500 to the Rays of Hope. It was a wonderful evening as I had 3 singers and comedians on, a group of friends from the Shadows club and special guest, who is a good friend Brian 'Licorice' Locking who played with Cliff Richards and the Shadows. He was in the film Summer Holiday.

He plays a wonderful harmonica. I got up with my compare, Kevin Harris and Licorice to play several Shads numbers.

It was a fantastic night with live music, good company, good food and accommodation. The night will live in my memory for ever. If it hadn't been for my transplant I would never have achieved this.

Just after my party at the end of Jan. I had to go into hospital for a 2nd bile duct



reconstruction. I am on the mend now so I will keep my fingers crossed this time!

Hope you are well, and a big thank you for all the hard work.

Regards Tony



£100 from Chorley Lions

Dear Janet

Please find attached a cheque for £100 from Chorley Lions Club along with my cheque for £25 being donations to St James Liver Transplant Support Group.

The photo was taken on a recent collection by the Lions for local charities in Chorley Town Centre. I am the second from the left.

The lorry is displaying an Amsterdam street organ!

Best wishes, Les



Dear Janet,

Photo above taken when Chris, Kerrie & Jackie came to see us and collect the cheque. Also in the photo is Roger Fisher who we invited to our get-together. He had a transplant 10 years ago.

Left to right: Roger Fisher, Chris, Tony, Kerrie and Jackie taken on the shores of Coniston Water.

Thanks, Lynn Hornby

From the Editor . . .

Dear All,

A very warm welcome to this much anticipated bumper newsletter bursting with some wonderful stories and letters. Many thanks to all who have contributed to this magazine. I apologise for the delay but circumstances beyond my control, another health hiccup now under control.

What a busy lot many readers have been raising money for the LTSG, (thank you so much!), I have written to ward sister(s) to request a wish list for the ward after the recent ward changes. I will keep you all informed to what we buy and when, and hopefully some photographs to show you all too! I am also in touch with Jacqui Gouge, the lovely social worker for a wish list for the flat too. This was at many patients request who had found the flat priceless during their stay with loved ones at the hospital.

The LTSG continues to flourish and the website has proved valuable to many of you. Thanks to Dave Corfield for his time and hard work on this. All patients, families and friends are welcome at the Coffee Mornings. We provide refreshments and love to see old and new faces. It really is nice to catch up with everyone. Come as often or as little as you like! We hold 4 throughout the year, and we love to see old and new faces. Do come along, a warm welcome awaits.

This year the LTSG are producing their own calendar, with photographs. If you would like to be included you can come along to a coffee morning or alternatively just send pictures in. This will be a fabulous and unique memento.

Leena continues to be busy and has organised a Craft Fair with Des, in Chancellor Wing on Friday 20th March. Do go along if your in clinic (or just nearby) to give your support. All money goes to the LTSG who support the ward and its patients. Thank you to all who have donated items for this. Every little helps!

After many requests I am planning a meeting for patients this side (Lancashire) of the Pennines. Many readers have been in touch to say they are unable to make the journey to Leeds on the coffee morning dates. If this is something you would be interested in attending do let me know so I can plan this more efficiently. This will be during the Summer months, and places I have looked at so far are the Reebok Stadium, Bolton as it offers good travel links and Manchester town centre, although this seems a more expensive option. If you have any suggestions do let me know.

Well that's enough from me (for now).

Best Wishes to one and all,

Janet.

How men amuse themselves in Tescos

Proof of what can happen if a wife or girlfriend drags her husband or boyfriend along shopping. This letter was recently sent by Tesco's Head Office to a customer in Oxford:

Dear Mrs. Murray, While we thank you for your valued custom and use of the Tesco Loyalty Card, the Manager of our store in Banbury is considering banning you and your family from shopping with us, unless your husband stops his antics. Below is a list of offences over the past few months all verified by our surveillance cameras:

- 1. June 15:** Took 24 boxes of condoms and randomly put them in people's trolleys when they weren't looking.
- 2. July 2:** Set all the alarm clocks in Housewares to go off at 5-minute intervals.
- 3. July 7:** Made a trail of tomato juice on the floor leading to feminine products aisle.
- 4. July 19:** Walked up to an employee and told her in an official tone, 'Code 3' in housewares . . . and watched what happened.
- 5. August 14:** Moved a 'CAUTION - WET FLOOR' sign to a carpeted area.
- 6. September 15:** Set up a tent in the outdoor clothing department and told shoppers he'd invite them in if they would bring sausages and a Calor gas stove.
- 7. September 23:** When the Deputy Manager asked if she could help him, he began to cry and asked, 'Why can't you people just leave me alone?'
- 8. October 4:** Looked right into the security camera; used it as a mirror, picked his nose, and ate it.
- 9. November 10:** While appearing to be choosing kitchen knives in the Housewares aisle asked an assistant if he knew where the antidepressants were.
- 10. December 3:** Darted around the store suspiciously, loudly humming the 'Mission Impossible' theme.
- 11. December 6:** In the kitchenware aisle, practiced the 'Madonna look' using different size funnels.
- 12. December 18:** Hid in a clothing rack and when people browsed, yelled 'PICK ME!' 'PICK ME!'
- 13. December 21:** When an announcement came over the loud speaker, assumed the foetal position and screamed 'NO! NO! It's those voices again.' And; last, but not least:
- 14. December 23:** Went into a fitting room, shut the door, waited a while; then yelled, very loudly, 'There is no toilet paper in here.'

Keith & Margaret Anderson's Motorhome Holiday In France

Margaret and I bought our motorhome in July 2007. We were new to the world of motorhoming and had a lot to learn but we've enjoyed every minute of it. Since then we've done quite a bit of touring in England and have got down to the south coast and almost up to the Scottish border.

Last year we decided to travel further afield and in May we crossed the Channel to France for five weeks. It was very much an adventure for us and was by far the longest holiday we'd ever had. One of the beauties of motorhoming is the flexibility that you have and apart from me wanting to visit two WW1 battlefields and Margaret wanting to get down to the Mediterranean we had no definite plans for where we were going to go.

My ability in French is very poor and Margaret's is non-existent so before we set off we asked our daughter Ruth, who teaches French and Spanish, to write down in French some questions that would be useful on French campsites if they couldn't speak English. These were needed on our first site but after that all the site managers spoke good English, much to our relief!

We began our tour with a few days on the Somme then moved onto Verdun. We have been to the Somme before but have never been to Verdun and I have wanted to go there for many years. All the cemeteries and memorials are immaculately kept and it is difficult to imagine the carnage that took place there nearly a hundred years ago. I could quite easily have spent several weeks visiting the many battlefields that there are in northern France and Belgium, from Crecy onwards, but it was soon time to head south. Unfortunately, despite all my efforts in 34 years of marriage, I haven't succeeded in passing my love of history onto Margaret!

After leaving Verdun we decided to have a look at Switzerland and drove to a site on the banks of Lake Geneva near Morges. We then had a stay higher up in the Swiss mountains. I well remember saying to Margaret, as we looked at the fantastic Swiss scenery, that I wouldn't have been there at all if I hadn't had my transplant.

We then headed south again and ended up in Avignon which is a very historic city. We also saw the nearby Roman Pont du Gard aqueduct which is a magnificent structure. After that we came back up to Millau and drove over the new viaduct which was an amazing experience. We then went south again and stayed on two sites very close to the Mediterranean. Our arrival there coincided

with a dramatic improvement in the weather because up to then the weather in the south of France had been very poor, far worse than in the north. Using these two sites as bases we visited many places including the Canal du Midi, the Pyrenees and Spain.

All too soon it was time to start our return journey north and home. We had several stops on the way up through France including at Oradour where in 1944 the German SS massacred 642 innocent civilians. The village has been left just as it was at the time and it was a very moving experience to visit it. We also saw two V2 rocket sites near Calais which fortunately Allied bombing had prevented the Germans from using for their intended purpose.

In total we stayed on 14 sites in France and travelled nearly 4,000 miles. We met many lovely people on our travels and thoroughly enjoyed ourselves. We're now looking forward to our next trip away, whenever that might be.

I've written this report of our holiday at Janet's request because as she said some people have the mistaken idea that having a transplant means the end of normal life including foreign travel and good holidays. Hopefully this will help to dispel that myth!

Keith Anderson, York
(Transplanted in Oct. 2003)

Transplant Games Calendar

Further information on all events can be acquired from the Transplant Sport UK administrator, Mary Twomey on 01962 865030, or by emailing the Transplant Sport UK office at office@transplantsport.org.uk

Badminton Tournament

Annual Transplant Racquets Tournament. Saturday 25th April 2009

Sports Hall & Swimming Gala

2009 Children's Sports hall and swimming gala to be held on the Isle of Wight - dates to be confirmed.

5 Nations Golf Tournament

Friday 29th and Saturday 30th May 2009. The Hilton Templepatrick Hotel & Country Club

The 2009 British Transplant Games

will take place in Coventry between July 30 and August 2.

17th World Transplant Games 2009

Gold Coast Australia has been granted the Summer World Transplant Games.

The Incredible Journey Continues

In an article I wrote in February 2005 I described my experience of undergoing 2 liver transplants and a third major operation just after the transplants. The journey continues but has taken some unusual turns both for the good and bad.

Most people who go through a liver transplant know how close they have come to meeting their maker and only too well understand the trauma and distress it causes for their nearest and dearest. My family and friends can vouch for that.

I was one of the unlucky ones to some extent as I have had reoccurring problems. The real unlucky ones are those who don't survive or are unable to get a liver in time to save their lives. There is still a drastic shortage of livers and even though science promises many of solutions to the problem, such as stem cell research, that is still a long way off to help those who have a liver disease.

My quest is to raise awareness to the problem of organ donation and raise money to develop the research in finding an answer to the many diseases of the liver, including cancer, which are devastating for those involved.

After I wrote the articles in 2005 I kept having attacks of cholangitis, which is an infection of the bile duct, and meant I had to go into St. James's to under go aggressive antibiotic treatment. I have had 2 bile duct reconstruction operations including a large stomach hernia. The 2 bile duct operation took place in February of last year and I have kept very well since.

The silver lining in all of these prob-

lems is that I have managed to raise £6000 approx. including a wonderful grant from the Provincial Masters in the province of Yorkshire West Riding fund of £1500.

You might say where is the silver lining besides the raising of such a sum of money? In the last article I spoke of how I took up playing the guitar again after 46 years. I joined the East Yorkshire Shadows Guitar Club in Scarborough and haven't looked back. Recently, I played along side an ex member one of The Shadows, Brian 'Licorice' Locking at a book launch* in aid of Calderdale Hospital radio. You can imagine my thrill as the Shadows are my boyhood heroes and introduced me to the guitar in the very early sixties. It is hard to describe the emotions you feel especially after the experiences over the last few years.

To meet and play with someone with such a pedigree in pop music history has been a great honour. Brian played with Marty Wilde in the Wildcats, Tommy Steele, Billy Fury, Donovan and many more. He also features on many Shadows big hits during their golden period.

I have also made a CD featuring many popular songs from the Shadows and musicals, such as Memory, Don't cry for me Argentina, Cavatina. I recorded the CD in a studio in Newcastle, only a stones throw from where Hank Marvin was born. The studio* was very up-to-date costing a million pounds. The owner was very generous and allowed me to record on two separate occasions with the help of a sound engineer, who gave his time freely. I spent approx. 10

hours in the studio and laid down 12 tracks. It was nerve racking when the light goes on and you have to play to your best with little room for error as I was using backing tracks. Anyone who has ever used backing tracks will tell you they are relentless and you have to be 'on your game' as they do not wait for you and make adjustments unlike live musicians.

The point of recording a CD is to raise money for the 'Rays of Hope' liver research charity. The CD is called 'Ray of Hope' and so far I have had some very good feedback. I don't profess to be the worlds greatest guitarist but I get by and it is for a good cause. To explain in more detail what the trust fund is about:

RAYS OF HOPE TRUST FUND

The money raised by Rays of Hope is spent on research and development within the Hepatobiliary Unit at St. James's Hospital and focuses on improving the treatment of patients with liver cancer.

Currently we have six research fellows all working towards PhD's and MD's, looking at new ways of treating patients with cancer of the liver including the development of a vaccine. Much of this work is presented at meetings throughout the world and has been published in international journals. We are one of the largest and busiest liver centres in the world, performing over 300 cancer operations per year. Much of our clinical data has also been published and presented internationally.

None of the money we raise is spent on administration. Most of the funds go towards the laboratory costs of the research fellows as well as running clinical trials and meetings. The laboratory costs for each of our research fellows is approximately £10,000 per year with an overall budget per annum of around £80,000.

The research addresses other forms of liver disease, including the rare disease I suffered from.

The local press got hold of my story and published an article which has helped the sale of the CD's but I have a long way to go yet. The more publicity I can generate in raising awareness to the need for organ donation the better.

This week I played with 'Licorice' for another charity function which supported the residential accommodation at St. James's for parents/relatives of seriously ill children who need to be constantly near their loved ones.

The success of these ventures brings great satisfaction and of course for me there is the added bonus is playing alongside Brian 'Licorice' Locking.

I hope I can continue with my journey and hopefully with the sale of the CD's raise money for the 'Rays of Hope' charity.

Tony Pye

Useful Contacts

UK Transplant - organ donor register

www.uktransplant.co.uk

0845 6060 400

BODY 01223 893 636

www.argonet.co.uk/body

Time 0117 931 4638

www.transplantsinmind.co.uk

Talk Transplant

www.talktransplant.com

Transplant Kids

www.transplantkids.co.uk

Transplant Support Network

www.transplantsupportnetwork.org.uk

TSAGB Transplant Sport Assoc. GB

www.tsagb.co.uk 01962 865 030

Children's Liver Disease Foundation

www.childliverdisease.org

0121 212 3839

British Liver Trust

0870 770 8028

www.britishlivertrust.org.uk

GIFT - The Children's Transplant Charity

www.giftctc.org.uk 0845 094 5810

Gift of Life Commemorative Trust

www.giftoflife.org.uk 01539 564 776

Compassionate Friends

www.tcf.org.uk 08451 232 304

Life Insurance

02392 679825

Hospital

Liver Unit Direct 0113 206 5771

Social Workers 0113 206 4628

Hepatology Liaison Sisters

0113 206 6585

Dietician

0113 206 5868

Unwanted Present



Paul Ashmore and his fiancée Justine

Our son, Paul received an unwanted present on his 20th birthday on 25th May 2004. He was diagnosed with an uncommon chronic liver disease called Primary Sclerosing Cholangitis (PSC). A nasty little beast which scars and narrows the bile ducts (drainpipes) both inside and outside the liver. If bile cannot escape then it will back up into the liver and the liver will rot and eventually fail.

At the time our knowledge of the internal organs and their functions were basic enough just to get us by. When the doctor took us into the quiet office on the ward to explain Paul's condition much of what he said flew over our heads. But there was one sentence that he uttered which I will carry with horror to the grave - "He will not get better".

COCKTAIL

Slowly but surely Paul's health got worse. A cocktail of medication and regular trips to the local hospital (Arrowe Park) helped to keep the brakes on the speed of his decline until the moment came when they could do no more. They made the decision to refer Paul to St. James' Hospital in Leeds with a view to transplant. Exactly 18 months down the line from the date of his diagnosis - it was another significant date. November 25th 2005 was the date when another famous transplantee lost his battle for life, George Best.

Our first trip to Leeds was in January 2006. Innocently and nervously expecting to hear all the details of the pending operation, we were met by Dr. Davies, who reassured us that a transplant could be years away and they'll keep things at bay with medication.

TRANSFUSIONS

And sure enough things were kept at bay, just about, until May last year.

There'd been a couple of stays in hospital for blood transfusions for anaemia, but there nothing too scary otherwise, apart from those uncomfortable intrusive tests, Endoscopies (camera down the

throat) and Colonoscopies (the other end).

But on Tuesday evening, May 27th, Paul came home from work feeling unwell, he wanted to be sick. Three times he vomited at home - not food, but blood!

We were told that he had burst varices which had come about because of back pressure from a failing liver. We later found out that this condition is more than 50% fatal.

INTENSIVE

After spending a couple of nights, one in intensive care, in our local hospital, Paul was transferred by ambulance to Leeds. By the end of the week he was on the Transplant List.

An operation that we were dreading some four years ago, we were now begging to happen.

The events of the next few months could open up into another story.

On November 10th 2008 we received a phone call. Initially, we thought they were confirming an appointment for the following day, but it was to tell us that a donor liver was due to arrive.

At 12:30 on November 11th - Remembrance Day - Paul received his new liver. And so began our never ending list of sincere thank yous. At the head of the list is to the family of the donor and not far behind is the surgeon, Professor Lodge and his team.

The care given to Paul for the following 2 weeks or so was tremendous and words alone are not enough when it comes to thanking all concerned.

We made a start on our thank you message by organising a charity bag pack at Morrisons in West Kirby and having a collection (and a company donation) at SELEX Communications Ltd in Liverpool. Even explaining how this collection process unfolded would lead into another story. Suffice it to say, that our thanks are extended to the management and staff at Morrisons, West Kirby, and SELEX Communications Ltd at Liverpool, York, Christchurch & Basildon for making our collections such a success.

GENEROUS

The SELEX collection totalled £600 which included a very generous £500 donation from the company's charity account. That sum will be sent to the LTH Charitable Foundation to be forwarded to the Liver Unit at St. James' Hospital

The Morrison's bag back (£886 on the day) eventually realised £1012. This sum will go directly to the St. James Liver Transplant Support Group.

So, a combined total of £1612 was raised, a drop in the ocean when compared with the price of the operation, but a token of our appreciation all the same.

Why, Why, Why

- Why do we press harder on a remote control when we know the batteries are getting dead?
- Why do banks charge a fee on 'insufficient funds' when they know there is not enough money?
- Why does someone believe you when you say there are four billion stars, but check when you say the paint is wet?
- Why do they use sterilized needles for death by lethal injection?
- Why doesn't Tarzan have a beard?
- Why does Superman stop bullets with his chest, but ducks when you throw a revolver at him?
- Why do Kamikaze pilots wear helmets?
- Whose idea was it to put an 'S' in the word 'lisp'?
- If people evolved from apes, why are there still apes?
- Why is it that no matter what colour bubble bath you use the bubbles are always white?
- Is there ever a day that mattresses are not on sale?
- Why do people constantly return to the refrigerator with hopes that something new to eat will have materialised?
- Why do people keep running over a string a dozen times with their vacuum cleaner, then reach down, pick it up, examine it, then put it down to give the vacuum one more chance?
- Why is it that no plastic bag will open from the end on your first try?
- How do those dead bugs get into those enclosed light fixtures?
- When we are in the supermarket and someone rams our ankle with a shopping cart then apologises for doing so, why do we say, 'It's all right?' Well, it isn't all right, so why don't we say, 'That really hurt, why don't you watch where you're going?'
- Why is it that whenever you attempt to catch something that's falling off the table you always manage to knock something else over?
- In winter why do we try to keep the house as warm as it was in summer when we complained about the heat?
- How come you never hear father-in-law jokes?

And my FAVOURITE.....

- The statistics on sanity is that one out of every four persons are suffering from some sort of mental illness. Think of your three best friends — if they're okay, then it's you.

Calendar Boys and Girls required

The LTSG is producing a calendar for 2010 and would like as many photographs of patients as possible. If you would like to be included, come along to a coffee morning, e-mail photographs or post them in. We think this will make a fantastic souvenir and memento. We will be preparing this throughout 2009 and the deadline is expected to be October 2009 for printing purposes. Any other ideas do get in touch. Alongside the calendar the LTSG is due to sell good quality merchandise, all proceeds to the group and unit.

We are also looking for ideas for a new logo. Have you any suggestions? E-mail your ideas or come along to a coffee morning and share your thoughts with us. The deadline for this is the June meeting.

Also hopefully available soon for a small fee. A Gift of Life Certificate. Patients who send me their details can receive a certificate with their name and transplant date etc for a small fee, with all money raised going to the Liver Transplant Unit. More details and a sample in the next edition.

Holidays when you have liver problems

With many peoples thinking about summer holidays at the moment, don't let your liver problems get in the way of planning holidays. Many people think that if you have liver disease or have had a transplant then holiday insurance will be a problem.

There are a number of travel insurance companies who will offer favourable premiums. Check with their consultant that they are happy for you to go and then contact the companies for a quote.

Tequila & Salt

You may not realize it, but it's 100% true.

1. There are at least two people in this world that you would die for.
2. At least 15 people in this world love you in some way.
3. The only reason anyone would ever hate you is because they want to be just like you.
4. A smile from you can bring happiness to anyone, even if they don't like you.
5. Every night, SOMEONE thinks about you before they go to sleep.
6. You mean the world to someone.
7. You are special and unique.
8. Someone that you don't even know exists loves you.
9. When you make the biggest mistake ever, something good comes from it.
10. When you think the world has turned its back on you, take another look.
11. Always remember the compliments you received. Forget about the rude remarks.

Please note that this list does not come with any recommendation from St James' Liver Transplant Support Group. It has been compiled from liver patients experiences in ours and other support groups.

If you have and experiences with these or other companies, good or bad, let us know so that we can pass on the information and keep our list updated.

Travel insurance companies:

Age Concern	0845 603527 www.ageconcern.co.uk
Asda Travel	0845 3007131 www.asdafinance.com
Churchill	0800 200388
City Bond	0117 9426877
Direct Travel Ins.	0800 0681603
Essential Travel	0870 3430024
Floyd's Direct	0870 4423234
Freedom Travel Insurance	0870 7743760 www.freedominsure.co.uk
Holiday Services	01773 747426
Nationwide	0500 302016 www.nationwide.co.uk
Norwich Union Direct	0800 121007 www.norwichunion.com
The Post Office	0800 1699999 www.postoffice.co.uk/travelinsurance
RIAS	0800 5520100
Saga	0800 0565464 www.saga.co.uk
Sainsburys	0845 3003190
Tesco	0845 3008800 www.tescofinance.co.uk
Travelcare	0800181532

Relatives in justice fight

Hi all,

Below is a copy of an interview I did with a reporter from the Wigan Evening Post to generate some media interest. Plus some of you will have read the debate in the House of Commons about liver disease. Every bit just keeps it in the public eye.

Cheers Dave

More than 300 families in the North West who lost loved ones to hepatitis C contracted from contaminated NHS treatment are still fighting for their tragedy to be recognised.

In 2004 the Government announced the Skipton Fund, which made payments to people with hepatitis C who had contracted the virus through blood transfusions and treatment for haemophilia.

But the fund only paid out to those who died after August 29, 2003.

Those who lost relatives before this date have received nothing.

Hepatitis C is a virus which attacks the liver, often leading to liver cancer or cirrhosis. It usually takes between 20 and 30 years to reach this end stage, but can progress much more quickly.

The UK Government has refused to hold an independent public inquiry into the contaminated blood disaster, which left 4,670 people with haemophilia infected with HIV and hepatitis C.

However, an independent public inquiry is currently investigating the circumstances and is expected to report in the coming months.

David Fielding, a committee member of Haemophilia Society North West, said: "I had hepatitis B and C and I had a brother who died of HIV in 1990.

"I have been campaigning with the North West group to get justice for those who have received nothing. There are a lot of people out there who are suffering."

Letters to the Editor

Hi Janet,

We are often asked for a memorable date for a password by banks etc. these days, mine in July 4th 1997, the day of my transplant; now what have I given away!

Reading of others who have done the same or gone on longer it's should give fantastic confidence to those just operated on or about to be.

I've had a great 10 years and lots of fun and am looking forward to so much more, a trip to India is my dream.

That's on hold at present as I have health hiccup and just wanted to pay tribute to Dr Davies for taking time and care time to ring me at home, wish me well and offer advice on my medication - I was gobsmacked especially as he gave me his mobile number to ring - don't worry, it's forgotten!

Love to see the Liver news arriving, keep it up Janet your a STAR!

So too are all the team in Leeds.

I have to admire the new building, that copper cladding looks terrific and I can't wait to have a nosey inside.

I liked the Bernard Manning joke,They've just found Donald Campbell's Body, came out of a tap in Huddersfield!!, I don't think poor old Bernard would fit it a tap!

Best, Chris Lloyd, Gargrave Skipton

Dear Janet

Please find enclosed cheque for £120 which was raised by our friends Barbara and Steve Shaughnessy who hosted a cheese and wine evening recently.

They charged £5 admission fee and also sold some shawls which were crocheted by Jennifer's mum, Joan.

Graham Ashmore

Hi Janet

Thank you to all at the support group so much for the beautiful flowers, they really cheered me up.

As you are aware I caught pneumococcal meningitis, just after xmas, I was very lucky that it was diagnosed quickly and was treated with various antibiotics etc. I am making a good recovery apart from tiredness and problems with my ankle which is a result from the virus. However, I am optimistic and hope to make a full recovery over time.

Once again thanks very much and hope to see you all at the next support meeting.

Lots of Love Hazel Bonner XX

Dear Janet

My husband died on 19th September 2008, my 60th birthday. This cheque is in lieu of flowers, there is some more to come when estate is sorted.

Bronwen Robinson

Dear Janet

Well its 7 years this August since I had my transplant. Overseas holidays were, I thought, a thing of the past - but don't believe it. Admitted it was difficult to get travel insurance, but now I have worldwide cover. This year I treated myself to a "biggy". I spent a month in Australia travelling the Outback - watching the sun go down on Ayres Rock, hot air ballooning over Alice Springs, and achieving my lifelong ambition of climbing to the top of Sydney Harbour Bridge (and I have the photos to prove it).

All this was made possible by an unknown organ donor, whose family I will never meet, but she (for she was a mother of two children) will forever be in my thoughts by allowing me to do all the things I have over the last seven years.

I will forever be grateful to those fantastic doctors in white coats, Charlie Millsom and Melvyn Davies who put me on the road to recovery with the words "You need a transplant". My heartfelt thanks to one and all.

Regards Mike Chivers

Hi Janet,

Hope you are feeling better and are getting things sorted out.

Please find attached the draft letter re the donations we agreed for the book of remembrance.

I have started a document on the LTSG Logo competition which I will send you a draft soon.

Please don't forget to give me call if you need me to help with anything - and don't do to much!

See you soon, Dave

Hi Janet

Happy New Year to you two too!

Last trip to Leeds revealed normal blood readings, some of his medication is no longer required and his clinic appointments are no once a fortnight instead of weekly.

So he's improving and by the sound of things you are too. May 2009 be remembered for improved health.

I'm considering taking part in the Wirral Coastal Walk (early May) for my net fundraiser!

BTW: Now that Paul's getting better I can get to see some live music once again It's a bit of a hobby (unpaid) to compile gig reviews ... check out <http://www.grahamashmore.blogspot.com>

I found one on Brian Kennedy's site the other day. If you go to www.briankennedy.co.uk and click on News then Press there's one for the Liverpool Phil! (enjoy)

All the best Graham

Dear Janet

Please find enclosed cheque for £700 in respect of sponsorship raised when myself and Julie Easton ran the Great Manchester Run.

Our decision to fundraise for your charity was down to our friend and colleague Linda Proctor whose recovery has astounded us. I hope you will find a good use for the money and you continue to provide the support you offer.

Sue Dewhurst

Dear Janet

I hope you had a great Christmas and New Year and my letter finds you in the best of health. I had a lovely Christmas with my family and spent the New Year babysitting my 19 month old great granddaughter Millie, whom I adore.

As well as wishing you the best of everything I am sending you a cheque for £250 which was raised at the coffee morning I held at my home. Although it was a great deal of hard work it was a wonderful day and people gave so generously. I would like to thank my daughter Karen, Sister Barbara and very good friend Jessie, without their help it would not have happened.



I would also like to thank the staff at Manston Primary School who came in their lunch hour and also brought extra cakes from their families.

It was also nice to see Ken who organised the recent trip the group had. Once again if you could say a big thank you to all who supported this event and helped make it a huge success.

Hope to see you soon

Love from Marie

Hi love,

It was so good to see you today. You look so good. But so do I as you say. I am so sorry I can not help as much as I want. But David my husband has got health problems and I know there are a lot of people worse than us but I just wish I could help more.

When I saw you today it took me a little while to come to you but you made me feel special and I really thank you for that. Please reply when you can.

Yours Brenda Mckenna xxxxxxxxxxxx

Hi Janet

I was going to email you this morning to thank you for the hard work you do on behalf of the group. I am glad people enjoyed the CD and the money raised is going to a worthwhile cause which we all appreciate. You looked well and I know you are having problems but keep your chin up because, as you know, you are in good hands.

I am glad the day went well and perhaps at any future meetings or fund raiser I could play. It would have to be accessible though.

Keep in touch and hope you have had a good christmas.

Regards Tony

Hi Jan/Dave & Linda/Dave

Wow . . . what a great news letter/magazine! I've read it almost from cover to cover and have enjoyed it all. Well done Janet. I was wondering if you wanted me to do a regular page, ie recipes, problem solving... agony auntish if you know what I mean!!!! just let me know.

At least you wouldn't have to do it all yourself.

Thanks for organising the refreshments for the june meeting and sorry that you can't make it.... I was saying to Dave C.... that we should try and get together at some time and catch up? Socially that is.

The mystery tour is a great idea and you can count Des and I in, I know a few more people that would be interested in coming too. I have a couple of ideas but will speak to you and Linda about them at a later date.

As for the calendar, you can count me in, I could just see me on the cover of the playgirl...oops sorry wrong calendar!!!! Ha Ha Ha as if! Hot Hot August may-beeeee.

Well take care everyone and see you all real soon.

Leena x

Hi Janet,

Great to speak to you the other week and to re-iterate the work you do and where you have brought the support group from is awesome and you should feel proud.

My name is Neville Shiggins and my wife is Helen - we have twin boys -Connor & Michael age 12.

As discussed I have some ideas which I would like to share and discuss in more detail especially around providing support for pre and post patients which as we chatted until you have had one you wouldn't understand. Post work around diet and having ongoing availability to the excellent advise you get when your in would be ideal - not sure about practicality but you know.

Great to speak and catch up and once again well done - you are an inspiration

YiT - Yours in Transplant !! - Nev

Hi Janet

My name is Jeanette Chadwick and I had a liver transplant at St James in Sept 2007.

My husband and two boys have done a sponsored three peaks walk in aid of Heart Research but also had permission to half their sponsor money to St James.

I have attached a cheque for £343.50 which my husband and kids raised from their 3 peaks walk.



I have attached one picture of the walk showing my husband Andy and my 13 year old Jonathan-picture taken by my other 15 year old Christopher.

I am so proud of their achievement and pleased that we are able to make this donation to the transplant unit.

We always planned to send in a donation for something to be bought, for the ward and its patients, to show thanks for the gift of life I have been given. Please could you let me know the details of where monies are usually spent and hopefully to show that patients on the ward will benefit.

I am very impressed with the info on your site. Some details have been very helpful, especially the info on holiday insurance which seems to be a nightmare.

I would love to receive the newsletter. I am planning to come to the next meeting in November with a friend, who also had a transplant in Sept 2007 like me.

See you there I hope

Love Jeanette

Hi Janet,

I received this by text last night from a neighbour!!! I sent it to Dad this morning and he said 'to put it into print, "I'll make a mint..." Dad says you are mobile today - are you going anywhere nice?

How are you with the trips to Leeds? Best wishes. Anyway, to the story...

There has been a big bust up in the biscuit tin! A bandit called Rocky who was crackers hit a penguin over the head with a club, tied him to a wagon wheel with a blue riband, kidnapped a trophy and made his breakaway in a taxi. The police say Rocky was last seen after eight by a viscount from maryland hobnobbing a ginger nut. Unfortunately they have not even got a crumb of evidence!!!

Cheers, John

Letters to

Dear Dave

Lovely to hear from you. I'm glad to hear that you and Linda are doing well and continuing to travel around the world - Michael Palin will soon be worried! I'm doing fine, Matthew is now 18 months and slowly destroying my house!

The remembrance book costs £20 an entry and we have on average about 50-70 donors (obviously not all families take this option up). So maybe it would be prudent for the group to discuss it and come to a consensus, as any contribution is gratefully received.

Would it be possible to rearrange the talk until the next meeting. I don't want to muck you about, however the Transplant Co-ordinator service is in the middle of a massive change, so maybe the next meeting would be a better opportunity for us to talk as we may be clearer about the changes to the donation and transplant service. We are also in the middle of the holiday season and a little thin on the ground.

Let me know what you think and sorry for any inconvenience caused

Laura

Laura Sedgley
Donor Transplant Co-ordinator
Yorkshire Region

* Since the above letter the LTSG has made a generous donation to the above. The Group have also agreed to make regular annual donations.

Hi Janet

Hope you're feeling OK and the next few lines will make you feel a little better.

It's been a mad old day - and the official figure raised at Morrisons was £936-00 (for the LTSG)

Add to that the monies collected at SELEX plus the company donation ... £600-00 (getting paid to the Liver Unit via the LTH Charitable Foundation) Making a grand total of £1536.00

. . . think its time to put the feet up for Christmas !

All the best

Graham, Jennifer, Paul , Justine & Joan

Have you been fundraising?

Let us know what you did and where and a thank you letter and certificate of appreciation will be posted out.

the Editor

Dear Janet

Thank you for the lovely note and certificate for the fund raising. It's the least we can do. The money goes to the charity 'Rays of Hope' which funds the research into liver cancer and diseases. I have given money to the support group as you know, which is much needed but the charity is often forgotten and people are possibly unaware of its existence. My reasoning for choosing this is the desperate need to try and find out the causes of liver disease and how then to treat the disease. If this will help others to survive these awful problems then it is all worth it. You and I both understand the traumatic and difficult problems people have to face with liver disease. We've got the tee shirt unfortunately, but we are still here thanks to the many advances in liver disease treatment.

I am now working on the final stages of getting my CD produced and up for sale with the hope that the proceeds from the sales will boost the charity. The CD is called 'Ray of Hope' and features many numbers recorded by the Shadows. I have got a licence for the CD to enable it to be played publicly. The demo has already been played by DJ (and football referee) Trevor Simpson on Calderdale hospital radio.

Let's hope everything works out. I will keep you posted. Keep up the great work you do for the support group.

Regards Tony

Hi Janet,

Hope you are well and enjoying this spell of reasonably summery weather.

I have just returned from a lovely relaxing holiday in France and am now going to go and do my Florence Nightingale impression and look after a friend who has had major surgery to her knee. She is immobile and in lots of pain so I shall be ministering to her every need (well, more or less!!).

Chris is taking me to Bawtry tomorrow evening - I have to take mum to a hospital outpatients appointment tomorrow afternoon and then he is coming to stay at Bawtry for the weekend.

Sadly this means that we shall miss Transplant Support Group on Saturday, something we really did not want to do as we shall be in Newcastle for the September meeting as it is the same day as the Liver North Autumn Fair which we always try to support.

Look forward to seeing you in the not too distant future.

Hope to catch up with everybody soon.

Love Linda xxx

Dear Janet

My dad, Tony Hornby, had a liver transplant on 25th September last year and is a wonderful credit to the dedicated and skilled teams at St James. He is living his new life to the full, spending his days farming, gardening and working as secretary for the village brass band. My mum, sisters and I are delighted to see him looking so well and enjoying life again.

He is so grateful to the liver unit and has raised over £2000 for the team through organising a charity concert lead by the Flookburgh Brass Band in South Cumbria. His return to health has inspired the local community to make generous donations and register as donors.

He is looking forward to becoming a first time grandad in January, a day he would have not lived to see without his transplant.

He always reads the newsletter and appreciates the support offered by the transplant group both before and after his operation. We thank you very much for all you do.

Best wishes Rachel Young and Family"

Dear Janet,

Please give our apologies for not being at the next coffee morning, we are off again. This time to see our Grandchildren, down at boarding school down in Ipswich. Their Mum and Dad live overseas so we have been proverbial "parents " and my Grandson leaves this year.

Many thanks for your EXCELLENT news letter , we read it front to back while in Colwyn Bay.

Please book two seats for the Xmas Do !

Pat has been to see Dr Parsat re her hernias and we are getting info from a Cardiologist re the expected op. See what happens.

Many thanks for all your hard work.

John and Pat Harrison

Hi Janet

Thanks for your email, Chris and I enjoyed the trip on Saturday. It went really well and it was good to see you and meet your lovely boyfriend. - I would certainly have appreciated an extra half hour or so in Skipton.

I hope you are feeling much better now, I was very worried about you on Saturday and glad you were not on your own going home.

Don't worry about missing me off the group email, I know you did not do it intentionally, I was just worried that there was a problem with my emails. As you know, if I have any queries I always email you. You can always manage to sort out my problems for me!!!!

Lots of love for now.

Linda xxxx

Dear Janet,

Glad to hear from you, sorry I have not replied sooner I have been to Birmingham to see Cliff Richard this weekend with my friend he was great.

I wont be with you at weekend, travelling is not my scene, I have enough trouble getting to Leeds without getting on a coach but I hope to see you very soon.

I wondered if we could meet up somewhere between our two homes perhaps for a lunch or something if you are ok driving, let me know. Try and give me a ring when you can and we can catch up.

Hope to see you very soon

Love Christine

Dear Janet

I would just like to say a big thank you to yourself and everyone else involved in producing this newsletter. I thoroughly enjoy reading the experience and progress of other transplant patients and am always amazed at how far and wide people travel to receive treatment from St James' Liver Unit.

Everyone's story is different and my own recovery seemed very slow compared to others but reading about the success stories gave me encouragement and now, nearly two and a half years later, my life has turned round completely.

Whereas before transplant the days were so long and I hardly had enough energy to get through them, I now find my life so full that I often feel I'm meeting myself coming the other way.

Unfortunately, I live a little too far away to attend the coffee mornings, but I do make cards to sell in support of the Liver Unit and I am enclosing a cheque for £165 which is the proceeds from sales last year.

I would also like to take this opportunity of wishing all readers, and the wonderful caring staff at St James' good health and happiness in this new year.

Margaret Winter

Dear Janet

Please find enclosed cheque for £50 which we donate on behalf of our nephew Andrew Robinson. He won it in a Euro 2008 football prediction competition and he expressed his desire to give it to the Support Group.

Jennifer, Graham & Paul Ashmore

Dear Janet

It is 8 years today since John had his liver transplant. I enclose a cheque for £50 for the Support Group in memory of the donor.

We enjoy reading the newsletter, thank you for keeping us up to date.

This gift can be gift aided if you wish.

Rosalie Lowbridge

Letters to the Editor

Dear Janet

I haven't been in touch before but I had my liver transplant 5 years ago in Leeds. I started receiving the newsletter after talking to another lady in the clinic who already received the newsletter and passed my name and address on to you.

I enjoy reading it and would like to donate £25 for you to use any way you need to, be it for postage or publishing or anything else.

Pauline Anderson

Dear Janet

Thank you very much for the cheque towards the cost of the wheelchair for Kirsten. This has helped me out a great deal. I am no longer able to work and I am Kirsten's full time carer now.

Kirsten has been very ill this year. If three transplants were not enough to deal with, she was diagnosed with bowel cancer last year. We came very close to losing her several times but Kirsten being Kirsten, she refused to accept defeat and surprised everyone yet again. Mr Pollard said she is like a cat with nine lives and she has used up six of them.

We all knew when she had turned the corner and was on the road to recovery, she started being her cheeky self again. She had to staff and patients in stitches and, of course, she made a few new friends.

Thank you very much for your help with the wheelchair.

Linda Young

Hi Janet,

I met you at St James's hospital a few weeks ago when I was there with my friend Lynda Dale. You asked me if I had any photos and I said I would send one. This is the only one I can find at the moment - it is of Lynda with her granddaughter Emily.



I have organised for a few friends to come to my house and have a little celebration for Lynda's 60th birthday. She really isn't up to anything big and has expressed a wish not to have a party! I will be taking some photos then and I could send you a much better one. Let me know if you still want one.

Regards Anne Ferguson

Hi Janet,

What a lovely surprise to hear from you. Sorry you haven't been able to email me, I guess maybe you had my name wrong (everybody spell's it wrong).

Yes Janet, my boss would love to hear from you his name is Matt Johnson. He donated the super Radley handbag for the raffle.

How are you, I hope all is well? Fingers crossed Janet I'm hoping to make the coffee meetings this year and keep in touch. You take care Janet and hopefully I will see you soon.

Best wishes Dyan x

Dear Janet

Please find enclosed a cheque for the sum of £1,012.00 for the support group which was raised by our son Paul during a Charity Bag Pack at Morrisons Supermarket, West Kirby, Wirral on Sunday 21st December 2008.

Paul underwent a liver transplant on November 11th after being placed on the transplant list in early June.

We hope that the monies raised will in some way reflect our appreciation for the tremendous standard of care and attention that Paul has received from the team on the liver unit.

Graham, Jennifer, Paul, Justine & Joan

Hi Janet

Just a short note to say thanks for the new style mag, so nice to read all the news, jokes etc.

I am enclosing a small cheque to help oil the wheels.

Best wishes, John Terry

Dear Janet

Hope you are well. Thanks for the note. We all like the 'new style' magazine, apart from the size - I carry my magazine around with me and the A5 size is just right, the A4 is far to big, sorry.

We think the fridge magnets are a great idea, the actual size is perfect although we do agree the dates need to be bigger. To make them more functional we thought perhaps you could highlight in some way the dates of the coffee mornings, just a suggestion.

You know our lot, they will buy anything.

Helen has come up with an idea for a calendar for next year, we ask people who have been transplanted if they would pay to have their photograph appear on the month that they had their liver, perhaps a couple of pounds towards printing and then sell the calendars. Helen said if you got all the pictures she would put it together and email it to you. What do you think, anyway its just an idea.

Lots of love, Christine

Something to think about

- How important does a person have to be before they are considered assassinated instead of just murdered?
- Why do you have to 'put your two cents in'... but it's only a 'penny for your thoughts'? Where's that extra penny going to?
- Once you're in heaven, do you get stuck wearing the clothes you were buried in for eternity?
- Why does a round pizza come in a square box?
- What disease did cured ham actually have?
- Why do people pay to go up tall buildings and then put money in binoculars to look at things on the ground?
- How is it that we put man on the moon before we figured out it would be a good idea to put wheels on luggage?
- Why is it that people say they 'slept like a baby' when babies wake up like every two hours?
- If a deaf person has to go to court, is it still called a hearing?
- Why are you IN a movie, but you're ON TV?
- Why do doctors leave the room while you change? They're going to see you naked anyway.
- Why is 'bra' singular and 'panties' plural?
- If Jimmy cracks corn and no one cares, why is there a stupid song about him?
- If the professor on Gilligan's Island can make a radio out of a coconut, why can't he fix a hole in a boat?
- Why does Goofy stand erect while Pluto remains on all fours? They're both dogs!
- If Wile E. Coyote had enough money to buy all that ACME crap, why didn't he just buy dinner?
- If corn oil is made from corn, and vegetable oil is made from vegetables, what is baby oil made from?
- If electricity comes from electrons, does morality come from morons?
- Why do they call it an asteroid when it's outside the hemisphere, but call it a hemorrhoid when it's in your butt?
- When you blow in a dog's face, he gets mad at you, but when you take him for a car ride, he sticks his head out the window?

Hello Janet,

just a quick note to say thank you we had a fab day on Saturday really enjoyed it and many thanks for Holly's teddy she took it home with her. We hope you have a lovely Christmas and should see you at the next meeting. I'm going for a swim now.

Love Sue x

Hi Janet

Happy New Year to you also - I will speak to Karen Rodgers who helps look after the flat and see what she thinks - I am wondering about new beds with washable mattresses instead of keep washing mattress covers - beds very old and mattresses seen better days - will get back to you as soon as

Jacqui

Dear Janet

I hope you are feeling OK. I didn't want to ring you if you are not too good or still in hospital. I know you will let me know how you are when you can. I have not been too good myself, had a reaction to

Letters to the Editor

some tablets the doctor gave me for my high blood pressure. we have all had sore throats and colds and winter hasn't even started, Still we have to keep smiling.

Have not really got much to tell you but just thought I would drop you a note to cheer you up.

Hope to speak very soon.

Love Christine

Dear Janet

Please find enclosed a cheque for £150. This is my donation to the group for this year. I am extremely disappointed that it couldn't have been more but unfortunately I have been ill with flu and was unable to do a boot sale I had planned a couple of weeks ago.

I hope my letter and cheque find you well and look forward to seeing you at the next coffee morning we are at together.

Yours sincerely M Gable

Hi Chris,

Please find enclosed a cheque for £70 from a table top, tombola and raffle for the Liver Unit Support Group.

Best wishes Lynn

Dear Janet

What a nice surprise when the summer 2008 newsletter dropped through my letterbox. Having not had one for a long time, I thought I must have been taken off the mailing list.

My husband Eddie passed away in November 2003, when he was a patient on Ward 71. My family and I will never forget the care and attention he received from all the staff of the liver unit. Also the wonderful treatment and care from Dr Breslin and Dr Davies.

Please keep the newsletter coming, I enjoy reading it.

I am enclosing some postage stamps to help with costs. I know its not much but I suppose every little helps.

Keep up the good work.

Kind regards, Audrey Morris

Dear Janet

It was lovely to speak to you on the phone today.

Pleased to hear you are feeling better. I have a colleague who had a transplant in Manchester 20 years ago. She had her 70th birthday recently. Lets hope we can do as well.

Take care of yourself and I hope the magazine continues to do well.

Much love, Pat

Dear Janet

A very Happy Christmas and New Year. I do hope you are keeping well. I am staying with my son and his wife after Christmas.

How the years fly by. Thank you so much for the liver magazine, as always I enjoy it.

Take care.

Best wishes from Joan

Janet

I have enclosed £50 for support group could I have a key ring please.

Audrey

Dear Janet

Please find enclosed cheque for £25 for the St James' Liver Transplant Support Group.

Gordon & Jennifer Ashmore

Slow Dance

This is a poem written by a terminally ill young teenage girl with cancer. She wants to see how many people get her poem. It is quite the poem. Please pass it on. It was written in a New York Hospital. and was sent by a medical doctor - Make sure to read what is in the closing statement AFTER THE POEM.

Have you ever watched kids
On a merry-go-round?
Or listened to the rain
Slapping on the ground?
Ever followed a butterfly's erratic flight?
Or gazed at the sun into the fading night?
You better slow down.
Don't dance so fast.
Time is short.
The music won't last.
Do you run through each day on the fly?
When you ask 'How are you?'
Do you hear the reply?
When the day is done
Do you lie in your bed
With the next hundred chores
Running through your head?
You'd better slow down
Don't dance so fast.
Time is short.
The music won't last.
Ever told your child,
We'll do it tomorrow?
And in your haste,
Not see his sorrow?
Ever lost touch,
Let a good friendship die
Cause you never had time to call and
say, 'Hi'
You'd better slow down.

Don't dance so fast.
Time is short.
The music won't last.
When you run so fast to get somewhere
You miss half the fun of getting there.
When you worry and hurry through your day,
It is like an unopened gift - thrown away.
Life is not a race.
Do take it slower
Hear the music before the song is over

Dear All: Please pass this mail on to everyone you know - even to those you don't know! It is the request of a special girl who will soon leave this world due to cancer. This young girl has 6 months left to live, and as her dying wish, she wanted to send a letter telling everyone to live their life to the fullest, since she never will. She'll never make it to prom, graduate from high school, or get married and have a family of her own. By you sending this to as many people as possible, you can give her and her family a little hope, because with every name that this is sent to, The American Cancer Society will donate 3 cents per name to her treatment and recovery plan. One guy sent this to 500 people! So I know that we can at least send it to 5 or 6. It's not even your money, just your time! **PLEASE PASS ON AS A LAST REQUEST.**

Dr. Dennis Shields, Professor, Department of Developmental and Molecular Biology
1300 Morris Park Avenue
Bronx, New York 10461

**IF THIS NEWSLETTER HAS BEEN RECEIVED AND IS NO LONGER REQUIRED, PLEASE ADVISE OR RETURN TO:
Janet Atherton
4 Tennyson Avenue, Leigh WN7 5LG
or phone 01942 704385**

News from members

* **Leena and Des are holding a Craft Fayre** in Chancellor Wing Out-Patients on Friday 20th March 2009. This is a lovely thing of Leena and Des to do, not content with Des's amazing London to Brighton Bike Ride this busy couple are at it again. You can see a photograph of Des presenting the cheque at a recent coffee morning on the Coffee Morning round up on the back page.

Thank you to all who have donated items for the fundraiser at the meetings and also to those who left items with Chris Sutton. If you let me know I will always send out a thank you letter and certificate of appreciation as all donations to the Group are welcomed. If you would like to know more about the event contact Leena on 01924 361358, she does work fulltime but an answer phone is available. Alternatively e-mail Leena at leemar56@hotmail.com.

Leena is working on a page for the next newsletter including recipes and useful information. Reminder Craft Fayre Friday 20th March 2009. Good luck to Des and Leena from all at the Group. Update in the next edition. If you would like to write a page for the next magazine please do get in touch, remember it's your magazine.

* **Les and Mary Woodend of Chorley** send their best wishes to all at St James Hospital. (Thanks to Les to, Les helps out with the posting of this magazine and likes to be known as the youngest paper boy in Chorley, he is 71yrs young!).

* **Lesley Mullins of Stockport** writes (on the feedback form hint hint), I Love the new format of the magazine. I enjoy the coffee mornings, I usually make two a year, as its a great chance to get together. I find the sessions with the experts an practioners valuable and informative. Thanks so much to you (and all the Group) for all you hard work. I really do appreciate it.

* **May Halfpenny**, Christine Booth relative continues to support the Group with donations and sends her best wishes to all involved. (Thanks for the lovely Christmas Card, The Ed).

* **Christina Wright of Burnage** sends this note. Please include me on the mailing list for the magazine. I recently had a transplant, my son was my donor. I shall write more soon, just give me a little time as my other son as also got married! (Thanks for the nice note, and I look forward to receiving your article as it sounds fascinating, The Ed).

* **Ivan and Gill Buckle of Lytham St Anne's** write; Good to hear from the Support Group. Ivan continues to be blessed with good health and as just visited Leeds clinic once for his annual check up. We love the magazine and hearing how everyone is doing.

* **Pat and Bernard Shortall** good friends and fundraisers of the LTSG write, hope 2009 is a good and healthy new year. (We hope to see you at the 2009 coffee Mornings as you have been missed so much, The Ed)

* **John and Jill Wood of Nottingham** write, we hope you are all keeping well. John has at long last finally retired. He is due in hospital for a small op as a duct is narrowing and they are hopefully going to widen it. Hopefully a routine operation. Lots of Love to all. (Good luck with that, keep us posted, and if you have any spare time write us a letter for the mag on your experiences. Best Wishes The Ed).

* **Lynda Dale of Huddersfield** writes sorry I haven't been in touch but I have had a grim year, MRSA operation on my left leg, abscess etc, BUT still seem to healing well now. Hip replacement in May a possibility. Hope 2009 is a good year for us all. (Keep up the good work and keep us posted on your progress, you are a truly amazing lady, and always always smiling, best wishes, The Ed).

* **David Fielding of Farnworth** writes, I hope the readers enjoy the articles I have sent and hope to everyone at the Coffee Mornings, Bolton football fixtures permitting. (Thanks for all your help and interesting articles and for helping out with the phone calls to patients, The Ed).

* **Vicky Roy of Wetherby** included these words on the mailing list/questionnaire. Hi Janet, thanks for the magazine and support group details when I met you in clinic. I hope to put something together soon for the magazine. It was nice to meet you.

* **Thank you to Kay Browns** lovely mum for the recent donation in clinic toward the LTSG. It was lovely to meet you and see Kay looking so terrific! The LTSG would love to hear from you as to how you are getting on as we haven't seen you in such a long time.

* **Graham Brownhill of Burnley** recently got in touch with the LTSG to say he was hoping to do some fundraising.

Thank you for supporting us, your kindness is appreciated. Details to follow in the next edition. And good luck from us all.

* **Janet, The Ed writes.** Thank you to all who completed the mailing list/questionnaire details enclosed in the last newsletter. A magnificent response and really good feed back. I received the most replies ever! Thank you for taking the time and effort. Also keep the letters coming, by post or by e-mail, as that is what makes this newsletter so great. Your stories. The most comments I get on the magazine is how everyone enjoys keeping updated on how patients/readers are doing. A lot find the letters inspiring. For example, one lady patient who had just received her transplant, found it encouraging to see how far and wide Liver Transplant patients had travelled. As she was in bed (having a difficult day at the time), she found the letters inspiring and helped her focus on her recovery. You can send your letters by e-mail or by post, whatever is easiest for you. Remember your words could help someone, why not do it today? Also to patients in clinic, I try to get round and introduce myself and the LTSG to as many as I possibly can, and if I miss you I am sorry. However details on the Group can be found at our excellent website www.stjamesltsg.org. A really great site courtesy of Dave Corfield. Newsletters can also be found in clinic or on the ward. Sponsor forms are also available. There are also patients who can be contacted for details. A reminder of those are Janet on 01942 704385, Leena on 01924 361358 or one of the 2 Daves, Dave Corfield on 0161 736 4700 or David Fielding on 01204 453901. Thank you for your co-operation. If you know a patient who doesn't get a newsletter why not pass this one on. All patients can join the mailing list for free, although donations, large or small are always greatly appreciated. Thanks again.

Things my mother taught me about:

Logic: "Because I said so that's why".

Foresight: "Make sure you wear clean underwear in case you're in an accident".

Weather: "It looks as if a tornado has gone through your bedroom".

Hypocrisy: "If I have told you once I have told you a million times – don't exaggerate!"

Contortionism: "Will you look at the dirt on the back of your neck!"

Keith's Liver Transplant

I first realised that something was wrong in 1994 when I began to itch all over. Night time was the worst as I found it almost impossible to sleep. The only way that I could stop the itch was by soaking myself in cold water but trying to get to sleep when I was cold and wet was not easy! My GP initially thought that I had some sort of allergy but eventually referred me to York Hospital when the itch persisted. After some tests I was operated on and it was found that I had got a rare disease of the bile ducts called Primary Sclerosing Cholangitis (PSC). This had destroyed the main bile duct which should have been removing bile from my liver. Consequently I had too much bile in my system which was the cause of the itching. The surgeon replaced the destroyed bile duct by using a length of my intestine. I was told that the disease had not yet affected my liver but that if it did further surgery would be required. I was not unduly concerned about the possibility of future problems and was just relieved to be rid of the awful itch.

For several years all went well until one night in July 2002 when the itch suddenly returned. My GP and York Hospital tried unsuccessfully to stop the itch with medication and after further tests I was referred to the specialist Liver Unit at St James Hospital, Leeds in February 2003. There I was told that the disease had spread to my liver but they managed to stop the itching for which I was extremely grateful. Due to my liver not functioning correctly it was found that blood was being forced under pressure into some veins in my throat causing them to swell. To prevent the veins bursting, which could have been fatal, I had several sessions of treatment to reinforce them. In May 2003 another phase of the disease started and I lost most of my energy and strength. I quickly changed from being a lively 49 year old to feeling "half dead" when I woke up in the morning and by tea time, if not before, I was totally exhausted. I remember thinking that I felt more like 94 than 49.

My health deteriorated further and I was told by one of the Consultants at St James that the only treatment which they could possibly offer me was a liver transplant. He said that if I didn't have one as my liver deteriorated further the itch would return, my energy levels would continue to diminish and I would end up like a "couch potato" before dying an early death (I was told after my transplant that I would only have lived a few more months without a transplant). The Consultant booked me into St James for a four day assessment course to ascertain if I was suitable for a transplant. He warned me that if I could have a transplant there was a 15% chance that I

would not survive the operation and stressed that the decision whether or not to go ahead would be mine. I am a Christian and the possibility of dying didn't worry me unduly but I was obviously concerned for my wife and two adult children. We discussed the situation and very quickly decided that I would go ahead with the transplant if I was offered one. The assessment course established that I was suitable for a transplant and I was put on the waiting list with instructions to get to St James within two hours of being informed that a suitable donor liver had been found.

I had carried an organ donor card for many years but being on a waiting list myself brought home to me the vital importance of organ donation and the need for people to make their wishes known to their relatives. I realised that without a suitable donor liver there was nothing that the staff at St James could do for me. My health progressively deteriorated and it became more and more difficult to get through the day. I was determined to keep going as long as possible but this was becoming increasingly difficult. Fortunately, for a liver to be a match it only depends on blood group and physical size, there is no tissue matching involved as is the case with some other organs. This can reduce the waiting time but on the other hand I think that there is sometimes a reluctance to donate livers due to the popular misconception that liver disease is mainly caused by alcohol abuse. This is not so as there are many forms of liver disease which are totally unrelated to alcohol, as was the case with me. I was also fully aware that for me to receive a new liver someone had to die, although as it was pointed out to me, they would have died in any case.

I received "the call" from St James at 11pm on Sunday 19th October 2003. My main feeling was one of immense relief mixed with anticipation. As a Christian my belief was that whichever way the operation went I would soon have a new life which would be much better than what I had got at the moment. The transplant was carried out the following day and was successful. I was amazed at my rapid recovery and I was discharged from hospital in under two weeks after having proved that I could correctly administer all the drugs that I was on.

I knew that I have been given a new life and one of the first things that I did when I got home was to write to the donor's family thanking them for making this possible. I was only given brief details of the donor, no name or address, and the letter was sent via the Transplant Co-ordinator at St James. Hopefully the grieving family derived some comfort from the knowledge that their loved

one's liver has transformed my life and the other organs which were also donated will no doubt have saved and transformed several other lives.

My health and strength steadily improved and I was soon far better than I had been before my transplant. More than five years have now passed since my transplant and I'm still doing well. I have to take anti-rejection drugs for the rest of my life and my health is monitored by the Transplant Clinic at St James Hospital on a regular basis. I'm thoroughly enjoying my new life and I can't speak highly enough of the staff at St James. I will always be grateful to them for what they have done for me.

My experience has helped me realise the importance of organ donation. I know that without a transplant I would have been dead long ago. There is a desperate shortage of donor organs and it is vital that people who are willing to be donors make their wishes known. There is further information about organ donation and transplantation on the UK Transplant website, www.uktransplant.org.uk, which also enables people to add their name to the NHS Organ Donor Register (or telephone 0845 60 60 400).

Keith Anderson

Anagrams

When you rearrange the letters of these words - you get some hilarious results.

Dormitory: **Dirty room**

Presbyterian: **Best in prayer**

Astronomer: **Moon Starer**

Desperation: **A Rope ends it**

The eyes: **They see**

George Bush: **He Bugs Gore**

The Morse Code : **Here come dots**

Slot Machines: **Cash lost in me**

Animosity: **Is no amity**

Election results: **Lies - lets recount**

Snooze alarms: **Alas! no more Z'S**

A decimal point: **I'm a dot in place**

The earthquakes: **That queer shake**

Eleven plus two: **Twelve plus one**

And for the Grand Finale . . .

Mother in law: **Woman Hitler**

Yep! Someone with waaaaaaaaaaaay too much time on their hands! (Probably a son-in-law) Bet your friends haven't seen this one!!!

Margaret Winter

The Alphabetical Film Quiz

(hint, hint!)

Just name the film from the clues. All dates taken from IMDb, so may be year of release in USA, not necessarily UK. This alphabet quiz ignores any minor leading words such as "A" and "The".

Taglines were used to advertise the film. Actual lines from the film are in quotation marks.

- A **1979** Tagline: *"In space no one can hear you scream"*.
- B **1968** Duran Duran took their name from a character in this erotic sci-fi.
- C **1941** The film's line "Rosebud." was voted #3 of *"The 100 Greatest Movie Lines"* by Premiere in 2007.
- D **1941** 5 black crows teach the cartoon hero to fly.
- E **1972** Woody Allen film, in crossword terms: 10,3,6,6,2,4,5,3,3,4,6,2,3.
- F **1982** The start of Rambo.
- G **1963** Features Danny the Cooler King and a motor bike.
- H **1978** Tagline: *"A psychotic murderer institutionalised since childhood escapes on a mindless rampage while his doctor chases him through the streets"*.
- I **1969** *"You're only supposed to blow the bloody doors off!"*
- J **1967** *"The simple bare necessities of life."*
- K **1933** *"Oh no, it wasn't the airplanes. It was beauty killed the beast."*
- L **1962** Although 227 minutes long, this film has no women in speaking roles, but still won 7 Oscars.
- M **2001** Who would have thought Ewan McGregor could sing? With Kylie Minogue as The Green Fairy.
- N **1984** Tagline: *"Whatever you do, don't fall asleep ... or you'll meet the terrifying Freddy"*.
- O **1975** Tagline: *"If he's crazy, what does that make you?" "Mmmmmm, Juicy Fruit."*
- P **1963** *"There are few thieves who are as clever as the Phantom. Each theft is completely different and unique, classic in its conception."* Named for a diamond which gets its name from a flaw in its structure.
- Q **2008** The second James Bond film to star Daniel Craig.
- R **1983** Episode VI. *"No more training do you require. Already know you, that which you need."*
- S **2001** Featuring a talking Donkey.
- T **1997** Tagline: A woman's heart is a deep ocean of secrets. Won 11 Oscars

- U **1992** Only the third western to ever win the Best Picture Oscar. The star also directed.
- V **1958** A San Francisco detective suffering from acrophobia in this Hitchcock classic.
- W **1939** "Don't be silly, Toto. Scarecrows don't talk."
- X **2000** "Magneto's right: there is a war coming. Are you sure you're on the right side?"
- Y **1974** Tagline: The scariest comedy of all time. *"Are you saying that I put an abnormal brain into a seven and a half foot long, fifty-four inch wide gorilla?"*
- Z **1964** *"Front Rank. Fire! Second Rank. Fire! Third Rank. Fire! Independent Fire At Will"* *"If it's a miracle, Colour Sergeant, it's a short chamber Boxer Henry point 45 calibre miracle."*

- Z Zulu
- Y Young Frankenstein
- W Wizard of Oz
- V Vertigo
- U Unforgiven
- T Titanic
- S Shrek
- R Return of the Jedi
- Q Quantum of Solace
- P Pink Panther
- O One Flew Over The Cuckoo's Nest
- N Nightmare on Elm Street
- M Moulin Rouge
- L Lawrence of Arabia
- K King Kong
- J Jungle Book
- I Italian Job
- H Halloween
- G Great Escape
- F First Blood
- ask
- know about sex but were afraid to
- E Everything you always wanted to
- D Dumbo
- C Citizen Kane
- B Barbarella
- A Alien

Answers to the Alphabetical Quiz

AADD – Know the symptoms

Thank goodness there's a name for this disorder. Somehow I feel better, even though I hate it!!

Recently, I was diagnosed with AAADD. - Age Activated Attention Deficit Disorder. This is how it manifests: I decide to water my garden. As I turn on the hose in the driveway, I look over at my car and decide it needs washing. As I start toward the garage, I notice mail on the porch table that I brought up from the mail box earlier. I decide to go through the mail before I wash the car. I lay my car keys on the table, put the junk mail in the garbage can under the table, And notice that the can is full. So, I decide to put the bills back on the table and take out the garbage first. But then I think, Since I'm going to be near the mailbox when I take out the garbage anyway, I may as well pay the bills first. I take my cheque book off the table, and see that there is only one cheque left.

My extra cheques are in my desk in the study, so I go inside the house to my desk where I find the can of Coke I'd been drinking. I'm going to look for my cheques, but first I need to push the Coke aside so that I don't accidentally knock it over. The Coke is getting warm, and I decide to put it in the refrigerator to keep it cold.

As I head toward the kitchen with the Coke, a vase of flowers on the counter catches my eye - they need water. I put the Coke on the counter and discover my reading glasses that I've been searching for all morning. I decide I better put them

back on my desk, but first I'm going to water the flowers.

I set the glasses back down on the counter, fill a container with water and suddenly spot the TV remote. Someone left it on the kitchen table. I realize that tonight when we go to watch TV, I'll be looking for the remote, but I won't remember that it's on the kitchen table. So I decide to put it back in the den where it belongs, but first I'll water the flowers. I pour some water in the flowers, but quite a bit of it spills on the floor; so, I set the remote back on the table, get some towels and wipe up the spill.

Then, I head down the hall trying to remember what I was planning to do. At the end of the day: the car isn't washed; the bills aren't paid; there is a warm can of Coke sitting on the counter; the flowers don't have enough water; there is still only 1 cheque in my cheque book; I can't find the remote; I can't find my glasses; and I don't remember what I did with the car keys.

Then, when I try to figure out why nothing got done today, I'm really baffled because I know I was busy all damn day, and I'm really tired. I realize this is a serious problem, and I'll try to get some help for it, but first I'll check my e-mail... Do me a favour: Forward this message to everyone you know, Because I don't remember who the hell I've sent it to. Don't laugh – if this isn't you yet, your day is coming!!

Rod Crispin

Julie Andrew's 'Favourite Things'

To commemorate her birthday, actress/ vocalist, Julie Andrews performed 'My Favourite Things' at a special concert in Manhattan. Here are the lyrics she used: *(Sing It!) - If you sing it, its especially hysterical!!! If you cannot humm it*

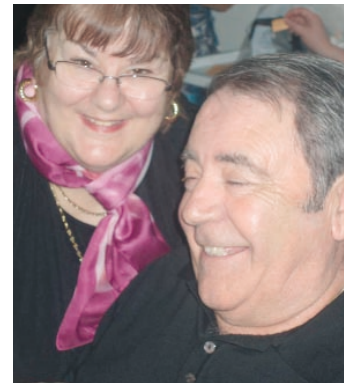
Botox and nose drops and needles for knitting,
Walkers and handrails and new dental fittings,
Bundles of magazines tied up in string,
These are a few of my favourite things.
Cadillacs and cataracts, hearing aids and glasses,
Polident and Fixodent and false teeth in glasses,
Pacemakers, golf carts and porches with swings,
These are a few of my favourite things.
When the pipes leak, when the bones creak, when the knees go bad,

I simply remember my favourite things, and then I don't feel so bad.
Hot tea and crumpets and corn pads for bunions,
No spicy hot food or food cooked with onions,
Bathrobes and heating pads and hot meals they bring,
These are a few of my favourite things.
Back pain, confused brains and no need for sinnin',
Thin bones and fractures and hair that is thinnin',
And we won't mention our short shrunken frames,
When we remember our favourite things.
When the joints ache, When the hips break, when the eyes grow dim,
Then I remember the great life I've had, and then I don't feel so bad.

Ms. Andrews received a standing ovation from the crowd that lasted over four minutes and repeated encores.



Janet receives a cheque from Des who did the London to Brighton bike ride.



Coffee Mornings Round-up



with refreshments, all from 11am - 1pm

Sat 21st March
Sat 26th September

Sat 20th June
Sat 28th November

ALL WELCOME

For further details check www.stjamesltsg.org.

