

Summer 2010

St James University Hospital, Leeds  
Liver Transplant Support Group

# Newsletter



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## Woods family raise funds

The Wood family of Ince near Wigan have been busy fundraising for the St James LTSG, even though Michael (Mick) is currently still waiting a liver transplant. The whole family have helped Janice, Mick and Michelle. Sister Liz baked the fabulous Christmas Cake raffle prize and also generously baked for the recent coffee morning. The ginger cake disappeared in seconds obviously a popular choice amongst the Group. Thanks Liz... do you take orders, The Ed?

As well as raising money for the LTSG they have also tirelessly promoted organ donation which as we all know is hugely important. The pictures below tell the story of a massive car boot sale they participated in at Hindley Market also near Wigan. They were hard at work for days in preparation and raised just a smidge under £500. An amazing effort. Well done all.

Janice, Mick and Michelle were enormously grateful to all members of the family who supported them and donated items, time & effort and all who helped on the day. They also wanted to thank the staff and customers of Hindly Market who were welcoming and generous. A good but exhausting day was had by all.

To show their support Janice's mum Molly and Micks parents Derek and Shelia have all dug deep and generously donated to the Group. A big round of applause to such kindhearted and thoughtful folk.

**Fingers crossed that the call comes sooner rather than later for this lovely family.**

Janice's daughter took part in the 5k run in August. More details can be found on the St James LTSG Facebook page.



# From the Editor

Dear All,


I hope this finds you all happy and healthy. First and foremost please accept my apologies for the delay in this newsletter and allow me to explain why. The small funding I used to get towards the production of the newsletter was cut and finding financial assistance in the current financial climate has not been easy, however I have finally made some progress. Thanks to SimplyMed -see advert on Page 8.


In September it will be my 21st transplant anniversary (of livers 1&2) and it has been a privilege to produce the newsletter and be involved with the St James LTSG for so long and sharing many of your wonderful and inspiring stories. Your contributions and letters do make this newsletter the success it is today so thank-you all My, how it has grown! It has been my honour to produce this magazine on a regular basis but wondered if perhaps its time for someone else to have a go. Don't get me wrong here, I love to produce this but do not want to be selfish and if there is anyone who would like to take over please don't hesitate to get in touch. I am happy to carry on but if someone else wants the opportunity then its only right and fitting they should have that chance. Let me know if you are interested.


In September it will also be a year since I lost my rock and champion, my mum who was forever grateful to all the staff at St James, doctors, nurses, ward staff and everyone involved throughout the transplant journey not forgetting my generous donor families. To mark this occasion I am in the process of writing/compiling a book to share as many patients and families stories, experiences or photographs. It could be a simple poem, open letter to the donor family or experience from either the patient or family member. I hope to use some 'old' newsletter material in this book to show as many and varied experiences as possible. If you would like an article to be included please e-mail me at [ajantath@aol.com](mailto:ajantath@aol.com) or drop me a line (note new address) 7 Tinkersfield, Leigh. If your article could be no longer than one sided A4 that would be appreciated so I can include as many as possible. I think it would be a great souvenir and also of huge benefit to those waiting the call for transplant. I have secured a small amount of funding to do this and also to hold a meeting this (read Lancashire side) of the Pennines. I know many LTSG members who are unable to make the coffee mornings in Leeds so will be organising one very soon. Watch this space. Any suggestions? Drop me a line.


Finally a reminder how you can get in touch, [www.stjamesltsg.org](http://www.stjamesltsg.org) (thanks to Dave Corfield for this) or Facebook us at St James LTSG, set up by Graham Ashmore or e-mail/phone any of the members below.


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(note a warm welcome to Hazel the LTSG new treasurer, I will be forwarding Hazels details soon).

Well that's all for now, enjoy the latest issue, Bye for now, Janet.

## Mother

You can only have one mother, Patient kind and true;  
No other friend in all the world, Will be the same to you.  
When other friends forsake you, To mother you will return,  
For all her loving kindness, She asks nothing in return.  
As I look upon her picture, Sweet memories I recall,  
Of a face so full of sunshine, And a smile for one and all. Sweet Jesus, take this message,  
To my dear mother up above; Tell her how I miss her, And give her all our love.

## In Memory of group members. . .

### Les Woodend

Dear Janet,

Thank you very much for your letter and certificate of appreciation to Chorley Lions, which I will pass onto them this week.

I am also enclosing a smaller photo of Les, which I hope will be alright. This was taken 2 years ago on his 70th Birthday. I think it is a good one of him. If it is not okay I will find another.

Hope you are feeling alright. Take Care.

*Best wishes From Mary*



Dear Janet,

As promised I am enclosing the photo of Les. If it is going to prove too big & you don't like it I will look for a smaller one.

I am also enclosing a "copy" of the letter from Chorley Lions.

As I mentioned the total donations for the Liver Unit came to £552.32p, this included the £100 from the Chorley Lions. We are very pleased this amount has been donated, and we are sure Les would be pleased too.

*Take Care, Mary*

### Chorley Lions Club

I have enclosed a cheque for £100 payable to The Liver Unit. St. James Hospital, Leeds in memory of Les Woodend on behalf of Chorley Lions' Club.



Les was a valuable member of the Club for 22 years and was Secretary for some 8 years or so. He undertook all his tasks with good spirit especially the welfare activities.

His humour and reliability will be greatly missed.

*Tony ratcliffe on behalf of President Velm Boulter.*

Dear Janet,

This is just to thank you once again for the beautiful flowers. It was so kind of you to send them. They are very much appreciated.

I am really sorry I didn't let you know sooner about his funeral. I know he would have been pleased for you to be there.

As yet I haven't heard from the funeral directors what the amount is from the donations. As soon as I have this information I will let you know. I am interested to know myself.

Hope you are feeling O.K.

*Yours Mary*

### Alan Boylan

Dear Janet,

Thank you for your letter and so pleased you are doing well.

I think it would be nice to have a photo of Alan and a few words in the next issue of the magazine,

here are a few ideas to choose from.

We had just celebrated our Ruby Wedding when Alan became ill, and after his transplant in August 2005 he recovered well. We were able to resume caravanning and walking in the Lake District and he was so proud when he scaled Skiddaw & Great Gable.

We already had three grandsons and a grand daughter was born two months before his transplant. Followed a year later by another grand daughter, so he was able to spend extra time with them, and the little ones got to know him too.

His great love was the American Civil War and we had booked to visit the battle fields of Virginia, but sadly this was not to be as his illness overtook him.

He didn't complain and tried to fight it and kept going almost to the end.

He used to enjoy attending the coffee mornings, meeting people in the same position as himself, and always wanting to learn more about things.

It is just over a year now since he died, and I'm fortunate to have a loving family and good friends. I will continue to keep up to date with the magazine, and wish you all the very best of health.

*Best Wishes Joyce*



## Diary Dates

New venue for LTSG Coffee Mornings

**Saturday 25th September** - Lecture Theatre  
Cookridge Conference Centre Level 7, Bexley Wing. Map and directions go to [www.stjamesltsg.org](http://www.stjamesltsg.org)

The Christmas Lunch to be held at the Midland Hotel, Peter Street in Manchester on Saturday 27th November 2010 from 1pm-4pm.

2 course lunch with tea and coffee on arrival. Tickets £12 per person, details from Janet on 01942 704385 or e-mail [ajantath@aol.com](mailto:ajantath@aol.com).

Booking early advised to avoid disappointment.

### Meeting Dates for 2011

19th March 2011

18th June 2011

17th September 2011

26th November 2011

# Christina's Story

My story starts back in November 2007 when I was diagnosed with a tumour on my liver at the local hospital in Manchester. Lucky enough there was only one tumour and it was small enough for it to be treated. However, the only treatment for it was a liver transplant, which if chosen would take place in Leeds at St James' Hospital. As it was only a month before Christmas the doctor decided I should enjoy Christmas and New Year before having my first appointment at St James'. So I did, as best I could, given the diagnosis and treatment.

When I first went to St James' in January '08, my daughter Alison and son Darren accompanied me. The doctors talked about me being put on the waiting list for a liver transplant, as that would be the only treatment for my liver cancer. I was told that it may take some time to reach The top of the waiting list but without treatment I would only have 18-24 months to live. It was at this point that Darren broached with the doctors the possibility of adult-to-adult live liver transplants as he had seen this on an American documentary. The doctors said 'yes', this would be a possible treatment option



Christina and her son Darren

as we had brought the suggestion to the discussion.

For my four grown-up children, their desire to help me was extraordinary and one that I

could not sway any one of them from. So later on that month the four of them went back to St James' to find out which of the four would be best suited to donate. The choice would be made by the medical team, who quickly ruled out my youngest sons Spencer and Paul, owing to their medical histories, leaving Darren and Alison. In the end Darren was selected as the most suitable donor, as his liver was larger.

However, before the operations could go ahead, myself and Darren needed to undergo a battery of tests to see if we were physically fit to undergo major surgery: and Darren psychologically fit. In the event, the news was good – both Darren and I were up to the job and a date was set for 1st May '08. It was and is a fantastic thing Darren did for me.

When the day of the operation dawned my son and I arrived at the hospital with all of our family. We were prepared for surgery in adjacent theatres. Darren was the first to go to theatre where they gave him an epidural to deal with the pain when he came around and then the surgeons could begin. Whilst one team set to work bisecting Darren's healthy liver, the other team checked to ensure that my cancer had not spread, before removing my diseased liver.

After a few hours Darren's liver was completely bisected by his team and they had to wait for my team to be ready to receive the organ. Once the teams were in sync, the most critical part of the operation began – to move Darren's half liver into my body. The surgeons attached my blood vessels to the liver and removed the clamps. It all went well and my blood flowed directly into my new liver without leaking. Twelve hours after the operation began, it was over. For the family waiting anxiously all day, it was great news – the procedure had been a complete success.

Just one year after our surgery, both Darren and I are doing extremely well and I will never be able to put into words what the medical team have done for us or what Darren has done for me – how could I ever replay that ?!

And I want to thank all staff, nursers, porters, blood nurses, cleaners and tea ladies, staff at scans, xrays etc I.C.U out-patients staff.

## To A Child Love is Spelt T.I.M.E.

In the faint light of the attic, an old man, tall and stooped, bent his great frame and made his way to a stack of boxes that sat near one of the little half-windows. Brushing aside a wisp of cobwebs, he tilted the top box toward the light and began to carefully lift out one old photograph album after another. Eyes once bright but now dim searched longingly for the source that had drawn him here.

It began with the fond recollection of the love of his life, long gone, and somewhere in these albums was a photo of her he hoped to rediscover. Silent as a mouse, he patiently opened the long buried treasures and soon was lost in a sea of memories. Although his world had not stopped spinning when his wife left it, the past was more alive in his heart than his present aloneness.

Setting aside one of the dusty albums, he pulled from the box what appeared to be a journal from his grown son's childhood. He could not recall ever having seen it before, or that his son had ever kept a journal. Why did Elizabeth always save the children's old junk? he wondered, shaking his white head.

Opening the yellowed pages, he glanced over a short reading, and his lips curved in an unconscious smile. Even his eyes brightened as he read the words that spoke clear and sweet to his soul. It was the voice of the little boy who had grown up far too fast in this very house, and whose voice had grown fainter and fainter over the years. In the utter silence of the attic, the words of a guileless six-year-old worked their magic and carried the old man back to a time almost totally forgotten.

Entry after entry stirred a sentimental hunger in his heart like the longing a gar-

dener feels in the winter for the fragrance of spring flowers. But it was accompanied by the painful memory that his son's simple recollections of those days were far different from his own. But how different?

Reminded that he had kept a daily journal of his business activities over the years, he closed his son's journal and turned to leave, having forgotten the cherished photo that originally triggered his search. Hunched over to keep from bumping his head on the rafters, the old man stepped to the wooden stairway and made his descent, then headed down a carpeted stairway that led to the den.

Opening a glass cabinet door, he reached in and pulled out an old business journal. Turning, he sat down at his desk and placed the two journals beside each other. His was leather-bound and engraved neatly with his name in gold, while his son's was tattered and the name Jimmy had been nearly scuffed from its surface. He ran a long skinny finger over the letters, as though he could restore what had been worn away with time and use.

As he opened his journal, the old man's eyes fell upon an inscription that stood out because it was so brief in comparison to other days. In his own neat handwriting were these words: Wasted the whole day fishing with Jimmy. Didn't catch a thing.

With a deep sigh and a shaking hand, he took Jimmy's journal and found the boy's entry for the same day, June 4. Large scrawling letters, pressed deeply into the paper, read:

***Went fishing with my Dad. Best day of my life.***

# Creative puns for 'Educated Minds'

1. The roundest knight at King Arthur's round table was Sir Cumference.  
He acquired his size from too much pi.
2. I thought I saw an eye doctor on an Alaskan island, but it turned out to be an optical Aleutian.
3. She was only a whisky maker, but he loved her still.
4. A rubber band pistol was confiscated from algebra class because it was a weapon of math disruption.
5. The butcher backed into the meat grinder and got a little behind in his work.
6. No matter how much you push the envelope, it'll still be stationery.
7. A dog gave birth to puppies near the road and was cited for littering.
8. A grenade thrown into a kitchen in France would result in 'Linoleum Blownapart.'
9. Two silk worms had a race. They ended up in a tie.
10. Time flies like an arrow. Fruit flies like a banana.
11. A hole has been found in the nudist camp wall. The police are looking into it.
12. Atheism is a non-prophet organization.
13. Two hats were hanging on a hat rack in the hallway. One hat said to the other, 'You stay here, I'll go on a head.'
14. I wondered why the baseball kept getting bigger. Then, it hit me!
15. A sign on the lawn at a drug rehab center said, 'Keep off the Grass.'

## Spaghetti

For several years, a man was having an affair with an Italian woman.

One night, she confided in him that she was pregnant. Not wanting to ruin his reputation or his marriage, he paid her a large sum of money if she would go to Italy to secretly have the child.

If she stayed in Italy to raise the child, he would also provide child support until the child turned 18.

She agreed, but asked how he would know when the baby was born.

To keep it discreet, he told her to simply mail him a post card, and write 'Spaghetti' on the back. He would then arrange for the Child Support payment to begin.

One day, about 9 months later, he came home to his confused wife.

'You received a very strange postcard today,' she said.

'Oh, just give it to me and I'll explain it later,' he replied. The wife obeyed.

And watched as her husband read the card, turned white, and fainted.

On the card was written: Spaghetti, Spaghetti, Spaghetti, Spaghetti, Spaghetti. Three with meatballs, two without. Send extra sauce.

16. A small boy swallowed some coins and was taken to a hospital. When his grandmother telephoned to ask how he was, a nurse said, 'No change yet.'
17. A chicken crossing the road is poultry in motion.
18. It's not that the man did not know how to juggle, he just didn't have the balls to do it.
19. The short fortune-teller who escaped from prison was a small medium at large.
20. The man who survived mustard gas and pepper spray is now a seasoned veteran.
21. A backward poet writes inverse.
22. In democracy, it's your vote that counts. In feudalism, it's your count that votes.
23. When cannibals ate a missionary, they got a taste of religion.
24. Don't join dangerous cults: Practice safe sects!

## Travel insurance Companies – 2009

### Based on an annual policy

**ASDA Travel** - Very helpful, would accept medical condition and price very competitive.

**Churchill** - Would accept but very expensive.

**Direct Travel Insurance** - Would only quote for a single trip, not annual, quote not very competitive.

**Norwich Union Direct** - Would not do it at all

**RIAS** - Very expensive

**SAGA** - Single trip only – extortionate quote

**Sainsbury's** - Wouldn't do it at all

**Tesco** - Very helpful, would accept medical condition and price very competitive

**Thomas Cook** - Not quite the cheapest quote but they appeared to be the most informative and helpful. (£290 for two for 12 months).

We decided to go with Thomas Cook. I had to answer certain questions over the telephone but there were no problems. We have recently had to cancel a holiday due to family illness and have had no trouble in getting a refund from them.

Travel insurance research and feedback supplied by Margaret of Blackpool.

Another patient Leena has also recommended All Clear Travel on 0845 250 5200 or [www.allcleartravel.co.uk](http://www.allcleartravel.co.uk)

Holiday Insurance can vary a lot from Patient to Patient and we strive to keep you updated on recent feedback as often as possible. If you have any recommendations please forward them to us. Find us on Facebook StJames LTSG or visit the website on [www.stjamesltsg.org](http://www.stjamesltsg.org).

# Being British

**Being British** Being British is about driving in a German car to an Irish pub for a Belgian beer, then travelling home, grabbing an Indian curry or a Turkish Kebab on the way, to sit on Swedish furniture and watch American shows on a Japanese TV. And the most British thing of all...  
**Suspicion of anything Foreign**

**Oh and . . .**

- Only in Britain . . . Can a pizza get to your house faster than an ambulance.
- Only in Britain . . . Do supermarkets make sick People walk all the way to the back of the shop to get their prescriptions while healthy people can buy cigarettes at the front.
- Only in Britain . . . Do people order double cheeseburgers, large fries and a DIET coke.
- Only in Britain . . . Do banks leave both doors open and chain the pens to the counter.
- Only in Britain . . . Do we leave cars worth thousands of pounds on the drive and lock our junk and cheap lawn mower in the garage.
- Only in Britain . . . Do we use answering machines to screen calls and then have call waiting so we won't miss a call from someone we didn't want to talk to in the first place.
- Only in Britain . . . Are there disabled parking places in front of a skating rink.

**. . . Not to mention . . .**

- 3 Brits die each year testing if a 9v battery is still OK, on their tongue.
- 142 Brits were injured in 1999 by not removing all pins from new shirts.
- 58 Brits are injured each year by using sharp knives instead of screwdrivers.
- 31 Brits have died since 1996 by watering their Christmas tree while the fairy lights were plugged in.
- 19 Brits have died in the last 3 years believing that Christmas decorations were chocolate.
- British Hospitals reported 4 broken arms last year after Cracker pulling accidents.
- 101 people since 1999 have had broken parts of plastic toys pulled out of the soles of their feet.
- 18 Brits had serious Burns in 2000 trying on a new jumper with a lit cigarette in their mouth.
- A Massive 543 Brits were admitted to A&E in the last two years after opening bottles of beer with their teeth.
- 5 Brits were injured last year in accidents involving out of control Scalextric cars.
- And finally . . . In 2000 eight Brits cracked their skull whilst throwing up into the toilet.

# MP will back mum's bid on organ donors

**Reproduced from the Lancashire Evening Post Thursday 25th February**

A mum who lost her son in a car crash is fighting to spur on a change in the law to increase the number of organ donors.

Pat Hall, 62, from Adlington, near Chorley, has worked tirelessly to promote organ donation ever since her 28-year-old son Ian died 15 years ago.

Father-of-one Ian had carried a donor card since the age of 14, and his organs helped save the lives of four people.

South Ribble MP David Borrow has secured a slot for a Ten Minute Rule Bill to put forward the case on Pat's behalf for changing the current system for signing up people as organ donors.

The Bill will argue that "Mandated Choice" is the ideal way to increase the number of donors while still giving people the right to choose. Mandated Choice would require every UK citizen by law to make a declaration on whether they wish their organs to be used after death.

However, Pat says she does not support the argument for "Presumed Consent".

Pat said: "Presumed Consent means everyone would automatically become an organ donor after their death unless they 'opted out' beforehand.

"But I do not believe in Presumed Consent as I think it takes away people's right of choice and their human rights. However, the current system, which is Informed Consent, is also not the right way as it requires family members to give permission to remove organs for donation after a loved one has died.

"Some people find it difficult to make such a decision at a time of grief. It also means that even if the deceased person had registered as an organ donor, the final decision rests with

their family.

"My belief is that Mandated Choice is the ideal way of increasing organ donors. This would work by people registering and ticking a box stating 'yes', 'no' or 'leave the decision to my family' and the decision would be law."

David Borrow will be making his Ten Minute Rule Bill after Prime Minister's Question Time on Wednesday, March 17. He said: "I will have 10 minutes to introduce the bill and if there is no opposition, there will be a vote and it will go through to the next stage.

"There is a real shortage of organs for donation but evidence shows that the vast majority of the population would say yes to donating their organs after death when they think about it rationally."

## Classes for Women . . .

**Training courses are now available for women on the following subjects:**

**Topic 1.** Silence, the Final Frontier:  
*Where No Woman Has Gone Before*

**Topic 2.** The Undiscovered Side of Banking:  
*Making Deposits*

**Topic 3.** Parties: *Going Without New Outfits*

**Topic 4.** Bathroom Etiquette:  
*Men Need Space in the Bathroom Cabinet Too*

**Topic 5.** Communication Skills :  
*Tears - The Last Resort, not the First*

**Topic 6.** Communication Skills II:  
*Getting What you Want Without Nagging*

**Topic 7.** Driving a Car Safely:  
*A Skill You CAN Acquire*

**Topic 8.** Telephone Skills:  
*How to Hang Up*

**Topic 9.** Classic Footwear:  
*Wearing Shoes You Already Have*

**Topic 10.** Oil and Petrol:  
*Your Car Needs Both*



**Tim Atherton who ran the Manchester 10k run in Manchester in May in memory of his Nanny Pat and to raise money for her favourite cause the St James LTSG. A massive well done to Tim who completed the run in a very respectable 70 minutes and 54 seconds. His personal best (and with very little/no training). Nan would have been so proud, or to use her own words..... ' your simply the best'. Well done!**

## . . . New Evening classes for Men! all are welcome!

**Note:** due to the complexity and level of difficulty of their contents, each course will accept a maximum of eight participants each.

**Topic 1.** How to fill ice-cube trays:  
*Step by step with slide presentation.*

**Topic 2.** Toilet paper rolls: do they grow on the holders?: *Round-table discussion.*

**Topic 3.** Differences between the laundry basket and the floor: *Pictures and explanatory graphics.*

**Topic 4.** Learning how to find things, starting with looking in the right place instead of turning the house upside down while screaming:  
*Open forum.*

**Topic 5.** Health watch: bringing her flowers is not harmful to your health:  
*Graphics and audio tape.*

**Topic 6.** Real men ask for directions when lost:  
*Real-life testimonials.*

**Topic 7.** Is it genetically impossible to sit quietly as she parallel parks?:  
*Driving simulation.*

**Topic 8.** Learning to live: basic differences between mother and wife :  
*Online class and role playing.*

**Topic 9.** How to be the ideal shopping companion:  
*Relaxation exercises, meditation and breathing techniques.*

**Topic 10.** How to fight cerebral atrophy: remembering birthdays, anniversaries, other important dates and calling when you're going to be late:  
*Cerebral shock therapy sessions*

## A bit of fun

I have kleptomania, but when it gets bad, I take something for it.

**FOLLOW YOUR DREAMS! Except that one where you're naked in church.**

Sometimes too much to drink isn't enough.

**Kinky is using a feather. Perverted is using the whole chicken.**

Heaven is Where: The Police are British, The Chefs are Italian, The Mechanics are German, The Lovers are French and It's all organized by the Swiss. Hell is Where: The Police are German, The Chefs are British, The Mechanics are French, The Lovers are Swiss and It's all organized by the Italians.

**Suicidal twin kills sister by mistake!**

My short-term memory is not as sharp as it used to be. Also, my short-term memory's not as sharp as it used to be.

**In just two days from now, tomorrow will be yesterday.**

A bartender is just a pharmacist with a limited inventory

**The statement below is true. The statement above is false.**

I may be schizophrenic, but at least I have each other.

**I am a Nobody. Nobody is Perfect. Therefore I am Perfect.**

KENTUCKY: Five million people, Fifteen last names.

**I'm not your type. I'm not inflatable.**

Dyslexics Have More Nuf.

**I love cooking with wine, sometimes I even put it in the food.**

Preserve the Spotted Owl (in formaldehyde)

**When you work here, you can name your own salary. I named mine, "Fred".**

Money isn't everything, but it sure keeps the kids in touch.

**Reality is only an illusion that occurs due to a lack of alcohol.**

I like cats too. Let's exchange recipes.

**Red meat is not bad for you Fuzzy green meat is bad for you.**

I am having an out-of-money experience.

**THOUGHT FOR THE DAY A married man should forget his mistakes. There's no use in two people remembering the same thing! SO, send this to the women who have a sense of humour and who can handle it . . . and to the men who will enjoy reading it**

# In the 1500s . . .

They used to use urine to tan animal skins, so families used to all pee in a pot & then once a day it was taken & sold to the tannery.....if you had to do this to survive you were "Piss Poor" But worse than that were the really poor folk who couldn't even afford to buy a pot.....they "didn't have a pot to piss in" and were the lowest of the low.

Most people got married in June because they took their yearly bath in May, and they still smelled pretty good by June. However, since they were starting to smell . . . Brides carried a bouquet of flowers to hide the body odor. Hence the custom today of carrying a bouquet when getting married.

Baths consisted of a big tub filled with hot water. The man of the house had the privilege of the nice clean water, then all the other sons and men, then the women and finally the children. Last of all the babies. By then the water was so dirty you could actually lose someone in it. Hence the saying, "Don't throw the baby out with the Bath water!"

Houses had thatched roofs - thick straw-piled high, with no wood underneath. It was the only place for animals to get warm, so all the cats and other small animals (mice, bugs) lived in the roof. When it rained it became slippery and sometimes the animals would slip and fall off the roof. Hence the saying "It's raining cats and dogs."

## Dad Jokes

I bought a train ticket to France and the ticket seller said, 'Eurostar?' I said, 'Well I've been on telly but I'm no Elvis Presley.'

I phoned the local gym and I asked if they could teach me how to do the splits. He said, 'How flexible are you?' I said, 'I can't make Tuesdays or Thursdays.'

I went to the doctor and I said to him, 'I'm frightened of lapels.' He said, 'You've got cholera.'

I met the bloke who invented crosswords today. I can't remember his name, it's P something T something R.

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

I was in the jungle and there was this monkey with a tin opener. I said, 'You don't need a tin opener to peel a banana', he said I know, this is for the custard.'

I told my mum that I'd opened a theatre. She said, 'Are you having me on?' I said, 'Well I'll give you an audition, but I'm not promising you anything.'

I was stealing things in the supermarket today while balanced on the shoulders of a couple of vampires. I was charged with shoplifting on two counts.

There was nothing to stop things from falling into the house. This posed a real problem in the bedroom where bugs and other droppings could mess up your nice clean bed. Hence, a bed with big posts and a sheet hung over the top afforded some protection. That's how canopy beds came into existence.

The floor was dirt. Only the wealthy had something other than dirt. Hence the saying, "Dirt poor." The wealthy had slate floors that would get slippery in the winter when wet, so they spread thresh (straw) on floor to help keep their footing. As the winter wore on, they added more thresh until, when you opened the door, it would all start slipping outside. A piece of wood was placed in the entrance-way. Hence: a thresh hold. (Getting quite an education, aren't you?) In those old days, they cooked in the kitchen with a big kettle that always hung over the fire.

Every day they lit the fire and added things to the pot. They ate mostly vegetables and did not get much meat. They would eat the stew for dinner, leaving leftovers in the pot to get cold overnight and then start over the next day. Sometimes stew had food in it that had been there for quite a while. Hence the rhyme: Peas porridge hot, peas porridge cold, peas porridge in the pot nine days old.

Sometimes they could obtain pork, which made them feel quite special. When visitors came over, they would hang up their bacon to show off. It was a sign of wealth that a man could, "bring home the bacon." They would cut off a little to share with guests and would all sit around and chew the fat.

Those with money had plates made of pewter. Food with high acid content caused some of the lead to leach onto the food, causing lead poisoning death. This happened most often with tomatoes, so for the next 400 years or so, tomatoes were considered poisonous.

Bread was divided according to status. Workers got the burnt bottom of the loaf, the family got the middle, and guests got the top, or the upper crust.

Lead cups were used to drink ale or whisky. The combination would sometimes knock the imbibers out for a couple of days. Someone walking along the road would take them for dead and prepare them for burial. They were laid out on the kitchen table for a couple of days and the family would gather around and eat and drink and wait and see if they would wake up. Hence the custom of holding a wake.

England is old and small and the local folks started running out of places to bury people. So they would dig up coffins and would take the bones to a bone-house, and reuse the grave. When reopening these coffins, 1 out of 25 coffins were found to have scratch marks on the inside and they realized they had been burying people alive. So they would tie a string on the wrist of the corpse, lead it through the coffin and up through the ground and tie it to a bell. Someone would have to sit out in the graveyard all night (the graveyard shift.) to listen for the bell; thus, someone could be, saved by the bell or was considered a dead ringer . . . And that's the truth...

Now, whoever said History was boring! So get out there and educate someone!

Share these facts with a friend like I just did! ! !

# Little livers

## Huge Milestone

This time last year Bethany was recovering from a life saving liver transplant. She was still in isolation she was weak and needed physio she was taking high doses of a toxic medication that suppressed her immune system enough to stop her body rejecting her new liver. Life was simply wonderful because her new liver had given her a chance at life but it was still early days and everyone was nervous.

Today I dropped Bethany off at the venue of her first overnight school trip. Oh my goodness- the amount of planning that has gone into this so that she is able to join with the other kids. It's amazing just how much behind the scenes work is necessary. But it's all worth it. I took a photo of her pulling her suitcase along behind her leaving the house (see main pic).

I know she's nervous that she won't be able to keep up that she'll be in pain and have to stop but she's also very excited and I've told her to do her best and have a blast. I can't wait to hear the stories of what went on the fun stuff they did together during the day as a class the secret conversations when they thought no teacher could hear the midnight whisperings the sneaky snacks that someone is bound to have tucked in a bag somewhere new things she has learned and the bonds she has forged.

But it doesn't stop me feeling like jelly about the possible problems. Will she take her meds? Will she have any pain? Will she struggle to keep up with the class? Will she remember to always



use sun cream and take it easy? Will I get a call to say she's having a nervous breakdown?! Will she catch an infection that will knock her back for weeks? She is with people we trust with people who will make her feel safe make sure she's taken her meds comfort her if she is in pain or gets upset.

So everyone please keep your fingers crossed - this is one of those "first day of the rest of her life" type moments and I can't wait to know it's all gone well. You go girl! :)

And none of this would be possible if Bethany's donor hadn't made their wishes known, hadn't told their family that they wanted to donate. And none of this would be possible if Bethany's donor's family hadn't made such a hard decision in the midst of a traumatic time.

Have you signed the organ donor register? Do your friends and family know your wishes. You could save 8 lives just by saying yes.

For more information on organ donation go to [www.uktransplant.org.UK](http://www.uktransplant.org.UK) or telephone 0300 123 23 23.

*Sam Marston, Bethany's mummy*

## SANDRA DEL-FRATE



## 10 years Liver Transplant Anniversary

I had my liver transplant on the 15th June 2000. I want to thank my donors family for making this gift of life possible also to the dedicated doctors and staff at ST James hospital. After years of being poorly with related illnesses I finally feel wonderful and have a very positive attitude to my life.

I would like to thank everyone involved family and friends for the support they have given me.



*NHS Direct helps out again! Busy and dedicated fundraisers Linda Proctor, Sue Dewhurst and Wendy Ellison with the gigantic cheque presentation at the St James LTSG Christmas Lunch held at the Midland Hotel in Manchester November 2009.*

## The Alphabet



**A**'s for arthritis;  
**B**'s the bad back,  
**C**'s the chest pains, Perhaps  
car-d-iac?

**D** is for dental decay  
and decline,  
**E** is for eyesight,  
can't read that top  
line!



**F** is for fissures and fluid retention,  
**G** is for gas which We'd rather not mention.



**H** High blood  
pressure--We'd rather  
it low;  
**I** For incisions with  
scars you can show.  
**J** is for joints, out of  
socket, won't mend,

**K** is for knees that crack when they bend.  
**L**'s for libido, what happened to sex?  
**M** is for memory, we forget what comes next.  
**N** is neuralgia, in nerves way down low;  
**O** is for osteo,  
bones that  
don't grow!



**P** for  
prescriptions,  
we have  
quite a few,  
just give us a pill and we'll be good as new!  
**Q** is for queasy, is it fatal or flu?



**R** is for reflux, one  
meal turns to two.  
**S** is for sleepless  
nights, counting our  
fears,  
**T** is for Tinnitus;  
bells in our ears!

**U** is for urinary; troubles with flow;  
**V** for vertigo, that's  
'dizzy,' you know.  
**W** for worry, NOW  
what's going  
'round?



**X** is for X ray, and  
what might be  
found.  
**Y** for another year we  
are left here behind,  
**Z** is for zest WE still have - in OUR minds.

We've survived all the symptoms, our body's deployed, and we're keeping twenty-six doctors fully employed!!!

IF YOU ARE OLD, HAVE A GREAT DAY, IF NOT,  
YOUR TURN WILL COME!

# Crabby Old Woman

When an old lady died in the geriatric ward of a small hospital near Dundee Scotland, it was believed that she had nothing left of any value. Later, when the nurses were going through her meagre possessions, they found this poem. Its quality and content so impressed the staff that copies were made and distributed to every nurse in the hospital. One nurse took her copy to Ireland. The old lady's sole bequest to posterity has since appeared in the Christmas edition of the News Magazine of the North Ireland Association for Mental Health. A slide presentation has also been made based on her simple, but eloquent, poem. This little old Scottish lady, with nothing left to give to the world, is now the author of this wonderful 'anonymous' poem winging across the Internet. It's anonymous because nobody can remember her name!

Remember this poem when you next meet an older person who you might brush aside without looking at the young soul within....

Don't punish the old just for being old. Remember that we will one day, be there, too!

Please share this poem. It will open hearts

What do you see, nurses . . . . . What do you see?  
What are you thinking . . . . . When you're looking at me?  
A crabby old woman . . . . . Not very wise,  
Uncertain of habit, . . . . . With faraway eyes?  
Who dribbles her food . . . . . And makes no reply.  
When you say in a loud voice . . . . . 'I do wish you'd try!  
Who seems not to notice . . . . . The things that you do,  
And forever is losing . . . . . A stocking or shoe?  
Who, resisting or not, . . . . . Lets you do as you will,  
With bathing and feeding, . . . . . The long day to fill?  
Is that what you're thinking? . . . . . Is that what you see?  
Then open your eyes, nurse, . . . . . You're not looking at me.  
I'll tell you who I am . . . . . As I sit here so still,  
As I do at your bidding, . . . . . As I eat at your will.  
I'm a small child of ten . . . . . With a father and mother,  
Brothers and sisters . . . . . Who love one another.  
A young girl of sixteen . . . . . With wings on her feet  
Dreaming that soon now . . . . . A lover she'll meet.  
A bride soon at twenty, . . . . . My heart gives a leap,  
Remembering the vows . . . . . That I promised to keep.  
At twenty-five now, . . . . . I have young of my own,  
Who need me to guide . . . . . And a secure happy home.  
A woman of thirty, . . . . . My young now grown fast,  
Bound to each other . . . . . With ties that should last.  
At forty, my young sons . . . . . Have grown and are gone,  
But my man's beside me . . . . . To see I don't mourn  
At fifty once more, . . . . . Babies play round my knee,  
Again we know children, . . . . . My loved one and me.  
Dark days are upon me, . . . . . My husband is dead,  
I look at the future, . . . . . I shudder with dread.  
For my young are all rearing . . . . . Young of their own,  
And I think of the years . . . . . And the love that I've known.  
I'm now an old woman . . . . . And nature is cruel;  
Tis jest to make old age . . . . . Look like a fool.  
The body, it crumbles, . . . . . Grace and vigor depart,  
There is now a stone . . . . . Where I once had a heart.  
But inside this old carcass . . . . . A young girl still dwells,  
And now and again, . . . . . My battered heart swells.  
I remember the joys, . . . . . I remember the pain,  
And I'm loving and living . . . . . Life over again.  
I think of the years . . . . . All too few, gone too fast,  
And accept the stark fact . . . . . That nothing can last.  
So open your eyes, people, . . . . . Open and see,  
Not a crabby old woman; . . . . . Look closer . . . . . see, . . . . . ME!!

# Happy Positives

**ONE.** Give people more than they expect and do it cheerfully.

**TWO.** Marry a man/woman you love to talk to. As you get older, their

Conversational skills will be as important as any other.

**THREE.** Don't believe all you hear, spend all you have or sleep all you want.

**FOUR.** When you say, 'I love you,' mean it.

**FIVE.** When you say, 'I'm sorry,' look the person in the eye.

**SIX.** Be engaged at least six months before you get married.

**SEVEN.** Believe in love at first sight.

**EIGHT.** Never laugh at anyone's dreams. People who don't have dreams don't have much.

**NINE.** Love deeply and passionately. You might get hurt but it's the only way to live life completely.

**TEN.** In disagreements, fight fairly. No name calling.

**ELEVEN.** Don't judge people by their relatives.

**TWELVE.** Talk slowly but think quickly.

**THIRTEEN.** When someone asks you a question you don't want to answer, smile and ask, 'Why do you want to know?'

**FOURTEEN.** Remember that great love and great achievements involve great risk.

**FIFTEEN.** Say 'bless you' when you hear someone sneeze.

**SIXTEEN.** When you lose, don't lose the lesson.

**SEVENTEEN.** Remember the three R's: Respect for self; Respect for others; and Responsibility for all your actions.

**EIGHTEEN.** Don't let a little dispute injure a great friendship.

**NINETEEN.** When you realize you've made a mistake, take immediate steps to correct it.

**TWENTY.** Smile when picking up the phone. The caller will hear it in your voice

**TWENTY- ONE.** Spend some time alone.

*A true friend is someone who reaches for your hand and touches your heart.*

This newsletter was bought to you today with the assistance of SimplyMed.

**An opportunity to deal with a UK company and gain 10% off every order in August and September for the St James Liver Transplant Support group members.**

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# Letters to the Editor

Dear Janet,

I am sorry I didn't make it to the meeting as I had intended to come, but having only just broken out from the Liver Unit on the Friday evening I didn't really feel like coming back on Saturday! I hope it went well.

Thank you for the magazine which arrived this morning.

I am hoping to start some work with Dr Charlie Millson soon, which will involve patients filling out questionnaires on Quality of Life, so when I start I may be asking to write about it in the magazine. I just hope we get the funding and the go ahead for it - Charlie is so excited about the project, when I put it to him he was like a dog with two tails! Plus when I was in hospital as a patient, I ended up having two or three "work meetings" with him, one with the Consultant Surgeon (and also good friend) Mr Magdy Attia, one with a junior Surgeon Mr James Pine and also a half hour chat with a Rep! So much for being off sick! I must be one of the only people who ends up spending more time at work when they're ill than when they're well - 24 hours a day!

Let me know when you are next at clinic and I'll try to get to see you and we can go for a coffee and catch up!

Take care, Best wishes, Claire

Hi Janet,

I hope that you are keeping well. I am at home at the moment recovering from my latest operation, but the liver seems to be coping at the moment. It's been 2 1/2 years now since my transplant now - I really don't know where the time has gone!

The main reason for contacting you is that my sister Anna and her friend Nicola completed a cycle from London to Paris on 19th May 2010 and raised £1,233 for the British Liver Trust. Anna wanted to raise awareness of the Trust and also raise money to help in the fight to find cures for liver disease. (I had PSC by the way). I would really like to thank my sister and her friend for their support and for raising such a lot of money and I was wondering if it would be possible to include an article in the next transplant magazine? I have lots of photo's and an article that my sister put on her webpage. If you have any thoughts on where else we could put an article I would love to hear from you. The web page my sister created is at <http://www.justgiving.com/AnnaEliseBrown> and I have attached 3 photo's that you may wish to take a look at.

Please do let me know what you think and if we could do an article somewhere to celebrate the wonderful success of my sister for raising all that money.

Thanks ever so much Janet. Do keep well

**Love Tammie Macer**



Janet,

Another successful newsletter ,well done, and so many contributors, makes me think half the population of Yorkshire and Lancashire are walking around with shiny new livers!

By time you read this we will have made it through the great freeze of 09, good riddance to that, although some good comes out of everything.

My daily trek to Manchester was more difficult with not just snow but ice on the tarmac.

I came unstuck going down the hill into Colne from Foulridge (I think you will offend the locals if you call it Fowl Ridge by the way!) I was impatient as ever wondering why we weren't going as the lights were on green, then I realised my car was sliding sideways down towards the shiny rear of someone's pride and joy in front and there was no stopping , just sweating. Ohheeer!

Niftily, I though, I would steer into a side street, avoiding the poor woman in front by the width of a nat's vest so I did then into the kerb and then got completely stuck, like a false teeth in a Kraft cheese slice.

The nice bit was all the population of Colne who couldn't get to school or work came out to help. Hernias were strained, shovels wielded lots of little boys pushing (they all wanted a pound) but no good,only 3 hours later did I came free and got to work 4 hrs late! Having bald tyres that time of year is not recommended by the way.

So thank you the nice people of Colne ,particularly one friendly lady with a big shovel and chest to match, best not say too much my 've wify' might read this.

And so we all look forward to better weather and better news too! All that doom and gloom on the news .

What's important is you health and family life! Everything else is secondary, as long as you can still drink! That might not go down well with liver people, may I distract them with my entry for the logo competition,

It's meant to show the importance of the liver to us all, recipients and donors, but you can make what you can of it really. You may prefer to have it graphically enhanced ,like Jordan.

Hope your health is OK Janet, I got over my hiccup ,thanks for asking, and now have two regular reviews, one at the liver unit and the other at Oncology,in the new building ,very swish! If a little soulless just now when it's so new . They seem well funded, a liver doctor told me the get a lot money more 'cos cancer is sexy, well I never!

Have you tried Spotify? A LEGAL music site that's dead easy to use and you can hear whole tracks, as many as you like !

Taken the Sam cat to the vets again to have his teeth done, the estimate was so expensive I asked my regular private dentist if he could do it instead!

Any way usual howling performance from Sam in the car on the way there but quietness descended when he could view some of equally nervous dogs in the waiting room from the safety of his basket.

The outcome, Sam had so many teeth taken out he his down to just 4 !

Seems happy enough, and I have had to give up Liquorice for 6 months to pay for it!

**Chris Lloyd, Skipton**

Hi Janet

Missed not seeing you to day at the coffee morning I do hope you are well ? .There were a lot of people I haven't seen ( not even at clinic ).

It was a good meeting,and a lovely day. At the moment Janet I'm doing well I have off days but don't we all.

I don't know if I told you but I'm going to be a nana in may talk about excited you think I was having the baby. Mick and I are so looking forward to a new chapter in are lives, Hope you are still happy with your Mr Right ! ! ! and things are going well.

You take care Janet and I hope to see you soon.

**Big Hug Dyan x x x**

Dear Janet

Scholes Cricket Club held a charity evening on Saturday 14th March, in aid to raise money for St James Leeds Liver Unit Support Group. The evening was suggested after a member of the cricket club, Hazel Bonner, had a liver transplant in August 2007 after suffering from an inherited condition. Hazel waited over a year for a transplant and her aim was to raise awareness for the shortage of organ donations as well as funds. Mark Robinson, whose son played cricket for Scholes, was also part of the attendance for the charity evening. In July 2005 Mark had a liver and kidney transplant so was in full support of Hazel to raise as much awareness and funds as possible. The evening was hosted by Darren Holland, who did an effulgent job of the auction and quiz.



Hazel and Mark would like to thank Mrs J's Village Cafe, Scholes, for donating all the food and would like to thank all the various shops for donating prizes for the auction, raffle and tombola. The evening was a great success and managed to raise a total of £1000.

Anyone interested in donating organs, please contact the UK Transplant, Tel 0845 6060400 or log on to [www.uktransplant.org.uk](http://www.uktransplant.org.uk)

**Nick Firth**

Dear Janet,

Thank you for the calendar, some excellent photographs on there and plenty of happy memories of our Christmas gathering.

I've made you a cheque out for £20 which I hope will pay for the one you sent and to cover the cost of the delivery of another one.

Hope you're keeping well.

**Yours Sincerely Graham**

Hi Janet

The Coffee Morning was very enjoyable and informative. One thing which stood out a mile was the general state of unawareness outside Ward 71 for liver disease in general, treatment and aftercare. That problem needs addressing in a big way.

From the guy in the street who thinks liver disease is caused solely through alcohol abuse right through to the nurse on the ward in the local hospital who has to abide by local procedures when administering drugs.

We've encountered the occasional awkward moment ( e.g. ambulance drivers' rules & regs and nurses not sufficiently informed) and we've brushed them aside. We found out at the meeting that we're certainly not alone.

As for Paul, his clinic appointments are now 4 weeks apart and seemingly going well. There's the annual colonoscopy looming on the horizon which cheered him up no end.

We had a bit of a restless night last night after reading a copy of a blood test which he had taken at the local surgery. The bilirubin count was 58 ..... just where that reading sits in the context of his recent blood tests we don't know, but it's outside the 3 to 21 "normal" range. Hopefully , we're worrying unduly, but it's an edgy wait until Friday.

As for me, I've been volunteered to give a talk to The Wirral Christian Singers on Mon 8th June, Linda & Dave Proctor said they might attend (friendly barracking no doubt !). Never done anything like it before, but I've compiled a small list of topics and I'll put some meat on the bones nearer the time.

If I stick to "Stand Up to be noticed , Speak Up to be heard and Sit Down quickly to be appreciated , then I'll be OK I suppose.

And finally to you, I hope you're back to enjoying better times with respect to health issues - and we hope to be at the September Coffee Morning. (At a wedding in June..... no, not Paul & Justine [yet !] ).

**Graham Ashmore**

**Michelle Travis of Blackpool writes,**

I celebrated my 10th Transplant anniversary on the 12th April 2009 and had a huge party with family and friends to celebrate. The day was my way of saying thank you for all their love and support over the last 10 years. I enclose a cheque for £137.00 to go towards the flat if possible.

Hope to see you at a coffee morning soon, but it is difficult with work etc.

**Lots of love, Michelle.**

Ed. Thanks for the donation above and the recent one you also sent, and I can't believe its 10yrs already. Some photo's of your last do would be good for the next magazine.....

Dear Janet

Now the postal strike is over Please find enclosed a cheque for £75.00, the money I raised from my 10 mile walk across the Humber Bridge. I hope it will be of use to the group.

Are there any more developments on the meeting being held in the hospital museum?

I also would like to buy some calendars so can you please let me know when they are available to buy.

**Many thanks, Pauline Anderson**

Dear Janet

Please find enclosed cheque for £120 which was the exit offering after a brilliant concert given by the Wirral Christian Singers at Hoylake Chapel yesterday evening.

I was invited to give a talk about liver disease, liver transplants and the work of the group. I just about kept the nerves at bay as I attempted to remove the stigma attached to liver disease and to persuade people to contemplate the prospect of joining the Organ Donor Register. I closed with one or two reasons why it was a privilege to represent the Liver Transplant Support Group.

Special Thanks to Linda and Dave Proctor for travelling so far to support me and the event. And thanks to the Clive Gregory and Dianne Batty from the choir for inviting me to give the talk and to everyone present for the manner in which it was received.

**Yours Sincerely Graham**

Dear Janet,

Please find enclosed a cheque for £150 raised through donations from family and friend throughout the year. I have also enclosed a photo of myself and Jessie at a 60's evening where we not only raised some of the money for the Liver unit but also £200 for Jessie's grandson Sam who was recently diagnosed with Leukaemia.



I do hope you are feeling much better and you are coping with the loss of your mum. I am looking forward to seeing you on the Christmas trip which will be upon sooner than we think.

**Take care, Love From Marie x**

Dear Janet

Hope this finds you feeling better – I don't often go on face book but gather you've been through the mill again.

I think I'm a little later than usual this year with sending in the money for the cards I make and sell. However, herewith is a cheque for £115.00. Unfortunately, not as much as last year but every little helps. Again, can I please ask you to try and find out what the money has been spent on during the past twelve months. It is a question I am continually asked, and one I feel I should be able to answer easily.

Some of my friends have been very generous and have made cards for me to sell. I have a bit of a surplus and wondered, if I passed some on to you whether they can be sold on the ward or wherever.

To celebrate a special occasion this year we decided to go on a cruise (first time). Ever mindful of getting the right travel insurance I went to the Summer 2007 Newsletter which gave details of companies that transplant patients had dealings with. Not surprisingly the list was out of date, so thought you would like the following attached information to include in the next issue of the Newsletter.

By the way we had a faulous time. We went on the Ventura found the Caribbean. accommodation, service and food were second to none – and our fellow travelers said its the only way you can unpack once, yet see so many different places. We would certainly do another one.

I'd like to thank you yet again for all the hard work you put into the Suppport Group. Please pass on my thanks to all those who help as well. Hope the rest of the year is a good one for all.

**Very best wishes Margaret Winter**

Dear Janet

Enclosed is a cheque for £170, raised by the fabric oasis patchwork group. We had a lunch and a raffle and hope that the money raised will help the liver unit.

Hope to meet you at some point.

**Best Wishes Sarah Tasker.**

Dear Janet

We returned from our holiday in Portugal on Wednesday. We've had a great time. It was certainly a lot hotter over there than it is here at the moment.

We were sorry to learn that your Mum has passed away. I know that it was a difficult situation and I hope that you and your family are coping OK.

Thanks for the invitation to the meal at Manchester. We'd love to come and I'm posting our cheque for £20 to you today. It sounds as though you've struck a good deal. We will make our own way to the hotel directly from York.

It seems a long time since we meet everyone as we have missed the last two meetings. I hope they went well.

**Kind Regards Keith**

Dear Janet,

My mummy, Helen, ran the leeds half marathon last weekend and she raised money for the Liver Patients Association.

My nanny is Lynda Dale and she had her transplant 17 years ago. I'm very proud of my mummy she did it in just 2 hours and it was her first half marathon and she did it for my Nanny! She has raised £70 for your charity.

**With Love Emily (age 9) xxxx**

Hi Janet

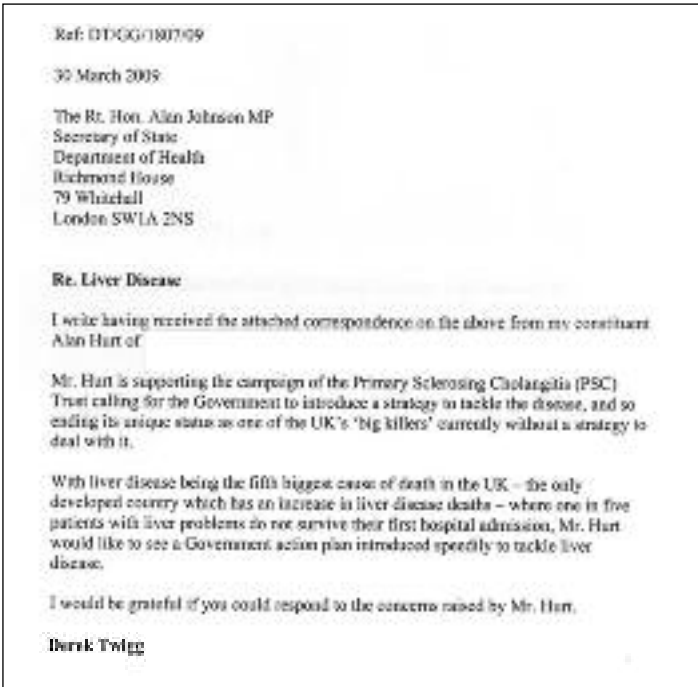
After Paul's transplant, as well as making it our pledge to help the Support Group, we took out a standing order for the PSC Trust.

The trust duly acknowledged our contribution and they also sent some PSC pamphlets and a bundle of postcards to send off to our MP.

I persuaded a couple of colleagues at work to fill in the postcards, and we've had a couple of positive replies.

It looks like the Health Secretary has been enlightened, at the very least.

Graham Ashmore



## Presentation evening at Southwood Club Halifax - £6160 towards liver research

On Tuesday evening 30th March 2010 I presented a cheque for £3000 towards the 'Rays of Hope' liver research charity. I have raised the money from the proceeds of my CD and through playing at various gigs with Brian 'Licorice' Locking of the Shadows fame. It was the culmination of several years of hard work and was most gratifying to give that money towards such a valuable research project.

As many people are aware, I have had 2 liver transplants and 3 major operations at St. James's university teaching hospital. I, like many others, have received excellent care and have been given the 'gift of life'. How else can I repay them for this wonderful gift?

70 people including my surgeon, Mr R Prasad and two doctors from the clinical research centre attended the evening. Representatives of the West Riding of Yorkshire Provincial Grand Masters Fund charity committee (Masonic charity) attended and also presented a cheque for £3000 to buy essential equipment. A raffle was held and raised a further £160 bringing the total to £6160 for the Rays of Hope. The evening was a tremendous success all round with people leaving having enjoyed the evenings entertainment, had good food all for £10 per person.

The research into liver diseases is very important if cures or alternative methods are to be found to deal with liver malfunctions. I have raised over £12000 now since I had my transplants in 2004. £2000 of the money went to the Liver support group and the rest has been focused on the research.

In September of last year I incidentally met with another Shadows fan at the O2 where Cliff and the Shadows were appearing on their Reunited tour. My friend, Mr Steve Valentine who lives in Canada, had heard I was raising money for the research so he ordered 25 CDs from me. He later contacted me to inform me he had organised a Guitar gala evening which raised a further £553 for the charity. The Canada Sixties Guitar Club, based in Toronto, also gave a donation to a Canadian Liver charity.

Everybody was a winner through the generosity of Canadian people. It restores your faith in the generosity of people when people I don't know personally, other than Steve, go to such great lengths to support a charity especially in another country. Well done Canada!!

I hope to continue raising money through playing occasionally, as it is getting very hard work with all the equipment to transport. Any volunteer roadies out there would be most appreciated!

Below are a couple of photos of the actual presentation. Doctors, James Pyne and Rob Adair (clinical research fellows are pictured receiving the cheques.



Hi Janet,

It is so good to hear from you. I am ok and again I am so sorry I can not do anything on a Sat. I can always send you a cheque but I would much rather be there. I hope you are keeping well and send my love and wishes to all. Especially to Ward 71.

**Takecare Brenda Mckenna.xxxxxxxx**



When you said good photo's I am a bit old for those!

Here are two taken fairly recently, one half way up Snowdon, the other in London last week.

Hope you are well and busy, I did write something for you in the spring about snow, did you not get it? Let me know and i'll re send if you didn't.



Cheers! Off to Edinburgh festival next week.

**Chris**

Dear Janet

Super to hear from you on Tuesday. I am enclosing our cheque for £20 as a donation to the Liver Unit to commemorate a wedding anniversary of our friends syd and gay. Their names are Mr & Mrs Syd Dyle, 45 Ashton View, St Georges Road, Lytham St Annes, FY8 2AN

**Sent with our love. From Jeff & Jill Brown**

Dear Janet,

Hope you are feeling well. Many thanks for the calendar what a surprise. I have enclosed a cheque for a tenner. Hope to be at the March meeting so see you then.

**Best Regards Carl**



Hi Janet

The photo is from when I did the 10 mile mid-night sponsored walk, including over the Humber Bridge. My time was approx 3 1/4 hrs which i was quite proud of. I will send you the money £75 I raised for the group. Sorry i didnt make it to the September meeting as I planned, I had a cold and didnt want to spread it around. Hope to be able to attend the March meeting.

Speedway is my passion and Hull Vikings where my local team, sadly they no longer have a track to ride from and they closed down in 2005. My transplant month was April, year 2003. If you want to use this photo i will be very pleased.

**Hope you are well, love Pauline**

Hi Janet,

A friend from church (who has also lost her mum) sent me this:-

You can only have one mother  
Patient kind and true;  
No other friend in all the world,  
Will be the same to you.  
When other friends forsake you,  
To mother you will return,  
For all her loving kindness,  
She asks nothing in return.  
As I look upon her picture,  
Sweet memories I recall,  
Of a face so full of sunshine,  
And a smile for one and all.  
Sweet Jesus, take this message,  
To my dear mother up above;  
Tell her how I miss her,  
And give her all our love.  
Best wishes

**John**

Hi Janet

Firstly the not so good news Bolton Council Rejected the idea of there vehicles carrying Organ Donor stickers. Whilst the majority were in favour of the idea there felt it would set a dangerous presedent for other organisations who would want to do the same. But the good news is they have agreed to Organ doner cards being in there one stop shops in the town so thats at least some thing.

The girls at Walshaw Hall raised £220 at the musical evening which I will spend to you ASAP. the girls were a little disappointed it was not more but due to it being the school holidays and a lot of the staff being off sick with suspected swine flu it was nearly canceled but just five of the girls ran the show as well as working at the same time so over all I thought it was a fantastic effort.

**Regards Bill Crook**



Dear Janet

Thank you for the card and newsletters.

Photograph of Tony and Megan attached for the calendar. The photo is not quite as good as we had hoped! We are visiting Megan in 2 weeks time and hope to take some better photos. But if you need a photo for the calendar soon please use this one.

**Thank you for all your help,  
Lynne and Tony Hornby**

Dear Janet,

Please accept a cheque for £20.00 towards the Liver Unit Support Group.

I'm still sewing tatting around hankies for my kind friend who still seems to want them. I'm grateful to her as it can help the Liver support Group, even in a small way.

I do hope you are keeping well.

**With best wishes Margaret Drake**

Dear Janet,

Thanks for a lovely time on Saturday – I think everyone enjoyed it. I know that both Janet (my sister!) & I had a really good time.

Enclosed is a cheque for what I owe, plus a small donation.

Can I suggest we try to get some photos of the new unit and maybe one of the staff to write a piece about the move & what they think of their "new home"! Personally I'm pleased they've moved as I thought the old ward was a bit grotty! They did their best with what they had but it was old & crowded. I guess having spent a week in the Freeman Liver Unit in Newcastle which had been specially built for it so was brand new. I noticed the difference when the next day was admitted to our old unit! I hope to get up to see it in the next few weeks so will let you know my view!

Take Care & Keep Healthy

**Love Claire X**

Hi Janet,

We met you at Liver Transplant clinic on Friday and would like to receive your Newsletter. I read that you are hoping to arrange a Coffee morning this side of the Pennines! This is such a good idea and it would be lovely to see other patients for a chat.

**Thanks, Take Care, Liz**



Above: Christine Booth's family



Above:  
Christine with Natasha

Right: Christine and husband John  
at their Ruby Wedding in 2007



Hi Janet

Wanted to say thanks for the calendar it was great you have done a really good job. Also thanks for all your hard work with the organization of the meal at the Midland Hotel in November 2009. John and I had a really great time and it was good to have a chat to people we knew and also to meet new people. What a year 2009 has been I think one of the highlights for me was the appearance of myself and Natasha on North West Tonight. Natasha is the little girl I shared my liver with. Natasha entered the Transplant Games and won several medals, her local TV station wanted to do a piece on her and so she told them about me and Natasha and her Dad travelled from Scunthorpe and a news reporter came and interviewed myself and Natasha, I just hope it has been of some help with the Donor list, but I think that was my 5 minutes of fame. I am keeping in good health as is Natasha. She is a young lady now, as she keeps reminding me. Well I am sure 2010 will be as interesting and varied as 2009, but it keeps me on my toes. Please find enclosed a cheque towards the cost of the calendars and the cost of printing/postage for the magazine.

Hope to see you very soon.

**Christine and John Booth**

Dear Janet

Thank you very much for your letter & certificate & calendar – much appreciated. As requested I am enclosing some copy (senior moment!) some copies of photographs of our Christine & Family.

I know the big one will not be suitable for the magazine but thought you might like to see a picture of Christine's paternal family on which I have marked Christine with a red dot.

The family of course, has increased quite a lot over the years as you can imagine. This shows her grandparents – parents – brothers – sister – aunts – uncles and cousins. Quite a gathering at family events !!

Keep well and may the Liver Unit continue its good work in saving people & giving continued support. Acknowledgement of any future donations not necessary – save the postage and time!!

**God Bless you and yours May Halfpenny**

**Dorothy Butterworth of Summit, Heywood, Lancashire writes,**

Dear Janet,

Hope my letter finds you well. Enclosed is a cheque for £60 towards the LTSG. I went to the Dickinsons Real Deal in Wilmslow recently and made profit on a gold ring that the experts picked up on.

Although not a fortune I know that every little helps. It was such an interesting day and I let David Dickinson know that the proceeds would be donated to the Support Group and he was delighted it was going to such a good cause. I also prefer the smaller newsletter and am in agreement with Christine Booth a fellow liver recipient that it was ideal 'handbag style'.

I will also write again soon as I have much more to share with the LTSG about a very exciting forthcoming event with the Antiques Roadshow.

**Bye for now, Best Wishes, Dorothy**

Ed. Thanks Dorothy for such an interesting article and well done on the continued fundraising. I look forward to the next letter on the Antiques Roadshow. I will take your comments on board. I have mixed response so far about the newsletter size. Watch this space.

**Christine Booth of Heywood in Lancashire writes,**

Thanks for the last newsletter which was great. Please find enclosed a cheque towards the production of the magazine. Lets catch up soon,

**Best Wishes, Christine.**

Ed. Thanks Christine all donations gratefully received.

**Joyce Boylan of Nelson in Lancashire writes,**  
Dear Janet,

Thank you so much for the recent newsletter which I am happy to receive and congratulations with the magazine makeover, it looks really good.

Sadly Alan died in June 2008 after 3 years of living his life to the full again, caravanning and walking the high peaks of the Lake District. He had requested that any donations for his funeral were to go to the Liver Unit, who he felt were like family to him. I took the proceeds over to Leeds and met with Chris and Ceri again. It was lovely to see them.

With best wishes and good health,

**Joyce Boylan**

Ed. Our condolences to Joyce and family. Alan will be very much missed, a true gentleman in every respect.

Hi Janet,

Sorry we can't make it as Michelle has to work. Enclosed is the cheque for you. Hope you are well, we are great here.

Hopefully get to next meeting,

**Love Lynn (michelle's mum) x**

Janet

Please find attached a cheque for £226.00 the girls at Walshaw Hall raised for the support group at the musical evening they held recently.

**Regards Bill Crook**

**Jean Forster of Humberston in Grimsby writes,**

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

Ed. Many Thanks Jean, I hope you are still in good health.

---

**Sue and John Barson of Chesterfield write,**

Dear Janet and readers,

It was wonderful to receive the Newsletter which we both thoroughly enjoyed. The last few months has seen us so busy visiting family and friends and also enjoying long stays at our Spanish holiday home 'Verde-Vista'. Go on Janet, say it...can't be bad! ( Ed, I so did!).

If it helps we will try and send some Spanish weather over for you all to enjoy. It was good to catch up on all the changes to the ward via the newsletter and enclose a cheque for £200 for the ward.

Please let us know if any specific equipment is required as we would love to help raising money or supporting this.

All the best to all fellow liver recipients and their families and not forgetting the kindness of our donors and families.

Hope to see you soon, Cheerio ( or should that be adios? For now).

**Sue and John.**

Ed. Thanks for the lovely letter and donation. Good to hear from you both and have missed seeing you at the Coffee Mornings. Take care.

---

**Jean Hardy of Aspley in Nottingham writes,**  
Thanks for the newsletter and please find enclosed a cheque for £25 towards the LTSG.

Yours Sincerely, **Jean.**

Ed. Thanks for the donation. Lovely to hear off you. I hope you are well.



**Rose Marie Woodcock of High Green, Sheffield writes,**

Dear LTSG,

Please find enclosed a cheque for £75. I made a food hamper up and my friend Ron kindly donated a bottle of wine to it too. I go dancing at Grenoside Community Hall and asked if I could raffle the goods off. The organisers not only agreed but also donated a tin of chocolates which was wonderful.

I would be grateful if you could send me certificates (done) and give a special mention to the dancers at Grenoside with a special mention to Charles and June who the dance.

Thanks in anticipation, Rose.

Ed. Thanks Rose and all at Grenoside Community Hall. What a great way of fundraising. Well done!

**Roger Fisher from Great Head House, Ulverston in Cumbria writes;**

Many thanks for the invite to the Christmas Lunch at the Midland in Manchester. We are unable to attend as are on holiday on that date, however we would be happy to donate £50 and enclose a cheque accordingly.

Ed. Thanks for the donation and hope you had a nice holiday.

---

**Jenny Boyd of Redcar writes,**

Dear Janet and LTSG,

As discussed please find enclosed a cheque raised by my friend Joanne Goldsmith who completed the London Marathon. I will e-mail a photo when I can. Please can you send a certificate and letter to Joanne. Best Wishes, **Jenny.**

Ed. I have written to Joanne as requested. What a fantastic achievement!

---

**Rosalie and John Lowebridge of York writes.**

Dear Janet,

On the 26th September 2009 it will be 9 years since John had his liver transplant. A sad day for the donor family, although a joyful one for us. Please accept this donation in memory of the Donor. John continues to be well although a little limited from his arthritic pain in his spine, and we count our blessings every day.

We enjoy the newsletter and thanks to all involved for their hardwork. **John & Rosalie.**

Ed. Thanks so much for the donation and the beautifully written letter.

---

**Graham Ashmore from on the Wirral drops a note to send a cheque for £50 raised by Joan Lucas crocheting dishcloths and selling them.**

Ed. More from The Asmore family further in this issue....

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**Tony Pye drops a line to say,**

I am working on a great item for the newsletter and will be in touch with it shortly. Just to say I actually MET with Hank Marvin at the M.E.N. I am still floating.....

Ed. More details of this fabulous story further in the magazine!

---

**Nigel Nicholl from New Zealand writes,**

Dear Janet,

I am sorry to inform you that my mum, Joan Nicholl passed away. She had a long and happy life following her liver transplant and died peacefully following a stroke.

I know she appreciated the Support Group and news that you continued to send her. Thank-you. Yours Faithfully, **Nigel Nicholl.**

Ed. Please accept our condolences and I shall miss Joans contributions. She regularly wrote from New Zealand with her news. Take care.

---

**Jean and Rod Cordingley of Sowerby Bridge write,**

It was lovely to meet you at clinic Janet. We found the newsletter very interesting and please could you add us to the mailing list. (Done!). We also enclose a donation to the LTSG.

Be in touch soon.

**Jean and Rod.**

Ed. Great to meet you too. I look forward to hearing off you soon. Thanks again for the donation for which a certificate and letter was sent.

**Sarah Tasker of Westwoodside, Doncaster writes,**

Dear Janet,

Please find enclosed a cheque for £100 raised by the Fabric Oasis Patchwork Group which I run. We will continue to raise what money we can and please give my best wishes to all the support group. Very Sincerely, **Sarah.**

---

Ed. Thanks again for the donation and what another novel way to fundraise. Keep up the good work!**John & Jill Wood of Nottingham drop a line;**

---

To Janet & the LTSG,

We hope you are all keeping well. John is good although he had an odd reading which led to numerous procedures and then to be told there was nothing wrong. John is now fully retired and we are enjoying life, playing golf, bowls and going to Trent Bridge in the Summer. We also very much seeing our grandchildren, but would love to see more of them but they live in Central London.

Best Wishes to all. **John & Jill.**

Ed. Glad the 'blip' wasn't serious and better to be safe than sorry with the tests eh? Photo's of you enjoying your activities would look good in the magazine? Happy retirement John.

---

**Janet,**

my name is Steve Lawson and I had my transplant 3 years ago this week (11th June 2007). I had a clinic appointment this morning and reported to Dr Davies (Jimmy's) that I was feeling great.

I would be happy to talk to anyone who wants to talk to someone who has been through the process.

My wife (Ann) can also help with the partners of prospective transplantees, she saw my transplant from a totally different perspective, obviously!

We live in Stamford Bridge (just outside York) and people would be welcome to phone us or come and visit.

**Steve**

---

Dear Janet,

I am sorry for taking so long to get back to you about my project, the marks only got released this week. I'm emailing from a different email address today so you make not recognise it, I graduate next week so I'm not sure whether my university email works anymore. I just thought I'd let you know that I got a First for my project, so I owe a huge thank you to you as your contribution really helped me. I'm not sure how many people get to see the project but hopefully it'll have made an impact on those that did.

Once again, thank you for all your help and good luck with all your work on organ donation,

**Best wishes, Grainne Mckenna.**



# GCSE Exam Answers

The following questions were set in last year's GCSE examination in Swindon, Wiltshire (U.K.) These are genuine answers (from 16 year olds)

- Q. Name the four seasons  
A. Salt, pepper, mustard and vinegar
- Q. Explain one of the processes by which water can be made safe to drink  
A. Flirtation makes water safe to drink because it removes large pollutants like grit, sand, dead sheep and canoeists
- Q. How is dew formed  
A. The sun shines down on the leaves and makes them perspire
- Q. What causes the tides in the oceans  
A. The tides are a fight between the earth and the moon. All water tends to flow towards the moon, because there is no water on the moon, and nature abhors a vacuum. I forget where the sun joins the fight
- Q. What guarantees may a mortgage company insist on  
A. If you are buying a house they will insist that you are well endowed
- Q. In a democratic society, how important are elections  
A. Very important. Sex can only happen when a

## Footie Heaven

Two 90 year old men, Mike and Joe, have been friends all of their lives. When it's clear that Joe is dying Mike visits him every day. On one of the visits Mike says, "Joe, we both loved football all our lives, and we played Sunday football together for many years. Please do me a favour. When you get to Heaven, you must let me know if there's football up there."

Joe looks up from his death bed and says, "Mike, you've been my best friend for many years. If it's at all possible I'll do this for you. Shortly after that, Joe passed on.

At midnight a couple of nights later, Mike is awakened from a sound sleep by a blinding flash of white light and a voice calling out to him, "Mike--Mike." The voice cried. "Who is it? asks Mike sitting up suddenly. The voice said--"It's me, Joe." "You can't be Joe, he just died." "I'm telling you the truth, it's me Joe," insists the voice." Mike said, "Where are you?" "In heaven", replies Joe. "I have some really good news and a little bad news." "Tell me the good news first," said Mike. "The good news," Joe said, " is that there's football in heaven. Better yet, all of our old friends who died before us are here, too. Better than that, we're all young again. Better still, it's always spring time and it never rains or snows. And best of all, we can play football all we want and never get tired."

"Bloody hell," said Mike. "That's beyond my wildest dreams! But what's the bad news? . . . "You're playing on Tuesday."

male gets an election

- Q. What are steroids  
A. Things for keeping carpets still on the stairs (*Shoot yourself now , there is little hope*)
- Q. What happens to your body as you age  
A. When you get old, so do your bowels and you get intercontinental
- Q. What happens to a boy when he reaches puberty  
A. He says goodbye to his boyhood and looks forward to his adultery (*So true*)
- Q. Name a major disease associated with cigarettes  
A. Premature death
- Q. What is artificial insemination  
A. When the farmer does it to the bull instead of the cow
- Q. How can you delay milk turning sour  
A. Keep it in the cow (*Simple, but brilliant*)
- Q. How are the main 20 parts of the body categorised (e.g. The abdomen)  
A. The body is consisted into 3 parts - the brainium, the borax and the abdominal cavity. The brainium contains the brain, the borax contains the heart and lungs and the abdominal cavity contains the five bowels: A, E, I, O and U (*What the \*!?!\*???*)
- Q. What is the fibula?  
A. A small lie
- Q. What does 'varicose' mean?  
A. Nearby
- Q. What is the most common form of birth control  
A. Most people prevent contraception by wearing a condominium (*That would work*)
- Q. Give the meaning of the term 'Caesarean section'  
A. The caesarean section is a district in Rome
- Q. What is a seizure?  
A. A Roman Emperor. (*Julius Seizure, I came, I saw, I had a fit*)
- Q. What is a terminal illness  
A. When you are sick at the airport. (*Irrefutable*)
- Q. Give an example of a fungus. What is a characteristic feature?  
A. Mushrooms. They always grow in damp places and they look like umbrellas
- Q. Use the word 'judicious' in a sentence to show you understand its meaning  
A. Hands that judicious can be soft as your face. (*OMG*)
- Q. What does the word 'benign' mean?  
A. Benign is what you will be after you be eight
- Q. What is a turbine?  
A. Something an Arab or Shreik wears on his head

## Men are just happier people

### NICKNAMES

- If Laura, Kate and Sarah go out for lunch, they will call each other Laura, Kate and Sarah.
- If Mike, Dave and John go out, they will affectionately refer to each other as Fat Boy, Godzilla and Four-eyes.

### EATING OUT

- When the bill arrives, Mike, Dave and John will each throw in £20, even though it's only for £32.50. None of them will have anything smaller and none will actually admit they want change back.
- When the girls get their bill, out come the pocket calculators.

### MONEY

- A man will pay £2 for a £1 item he needs.
- A woman will pay £1 for a £2 item that she doesn't need but it's on sale.

### BATHROOMS

- A man has six items in his bathroom: toothbrush and toothpaste, shaving cream, razor, a bar of soap, and a towel.
- The average number of items in the typical woman's bathroom is 337. A man would not be able to identify more than 20 of these items.

### ARGUMENTS

- A woman has the last word in any argument.
- Anything a man says after that is the beginning of a new argument.

### FUTURE

- A woman worries about the future until she gets a husband.
- A man never worries about the future until he gets a wife.

### SUCCESS

- A successful man is one who makes more money than his wife can spend.
- A successful woman is one who can find such a man.

### MARRIAGE

- A woman marries a man expecting he will change, but he doesn't.
- A man marries a woman expecting that she won't change, but she does.

### DRESSING UP

- A woman will dress up to go shopping, water the plants, empty the trash, answer the phone, read a book, and get the mail.
- A man will dress up for weddings and funerals.

### NATURAL

- Men wake up as good-looking as they went to bed.
- Women somehow deteriorate during the night.

### OFFSPRING

- Ah, children. A woman knows all about her children. She knows about dentist appointments and romances, best friends, favourite foods, secret fears and hopes and dreams.
- A man is vaguely aware of some short people living in the house.

# Flookburgh man: Transplant gave me a chance of life

**Reproduced from the  
Westmoreland Gazette  
Thursday 3rd June 2010**

RETIRED farmer Tony Hornby, 66, of Flookburgh, had a life-saving liver transplant three years ago after suffering from deteriorating health.

About 10 to 15 years ago I started having health problems.

My doctor picked up that my liver was working twice as hard as it should be because it had shrunk so much.

It was so small it was almost non-existent and I just felt tired all the time, I couldn't eat and had no motivation for life.

When your liver deteriorates your blood becomes toxic and it makes you feel awful.

At one stage my liver function tests came back with a count of a certain chemical at 180 – a normal person's should be 18.

Eventually my doctor referred me to St James's Hospital in Leeds which has a specialist liver transplant unit for tests.

I was diagnosed with cryptogenic liver disease and I was told my chances of surviving the next year were poor.

I was put on the waiting list for a liver transplant in February 2007. Hearing that news felt like the end of the world.

For the next eight months we were just living on tenterhooks waiting for the call to go to Leeds. We had our bags packed and on us at all times because if we got the call that a donor organ was available we would have to be there in two hours.

But I was getting sicker and sicker and my family decided they wanted to investigate being 'live donors'. You can give up to half of your liver to someone else, and you can still survive. In only a few weeks the liver – in both the donor and recipient – will have grown back to normal size.

My wife and daughters really wanted to find out if they could do this for me, but I said no, I just couldn't let them risk their lives. Eventually my wife went down to the hospital to fill out the 'live donor' forms in October 2007 but the same evening we got a call from the hospital to say a liver was available.

It was like all our Christmases and birthdays come at once, just wonderful news.

In the time we had been waiting our lives had changed so much. We had to give up the shop we used to run, my wife had depression, it was just a terrible time.

I went for the operation and 24 hours later I felt better. The staff were all fantastic and my symptoms disappeared because having a new liver cleans your blood.

We wrote to the donor family to say thank you, because we appreciated so much what they had done for us.

Even though they were suffering the loss of their relative they had been kind enough to donate their liver and give a complete stranger a chance at life.



HEALTHY: Tony and Lynne with the card from the donor's family

We got a card back from them and it is one of the dearest and most treasured things we have. Words can't describe how grateful we are to them.

It's been nearly three years since I had the operation and I feel as good as new.

The doctors have said there's no reason why I can't live another 20 years and my family say

that I am like a different person.

I am so much healthier and happier. I think the Gift of Life campaign is so important and me and my wife would like as many people as possible to sign up.

If you want to sign up to donate your organs, go to [www.organdonation.nhs.uk](http://www.organdonation.nhs.uk) or telephone 0300 1232323.



John and Pat Harrison at our daughter's wedding 7th August 2009 in Taunton — scrubbed up in our best

# A Year to Remember!



Hi Janet

I have written a short piece about our 40th Wedding anniversary holiday. I hope you think it is ok as not everybody is interested in other people's holiday. Perhaps it may encourage those who have recently undergone a transplant to look to the future with optimism. I will write a short piece on the fund raising activities later. I have also attached a couple of photos of the holiday.

*Regards Tony*

Last year proved to be a very good year for me as it was my second year without any problems related to my liver transplants, thanks to the great work of my surgeon Mr Steve Pollard. He rebuilt my bile duct after undergoing many problems after having 2 liver transplants.

Last year was also our 40th wedding anniversary and we booked a cruise around the Mediterranean to celebrate the anniversary.

The cruise was also a great confidence boost as I had not travelled abroad on this type of holiday since well before my transplant in April 2004 so it made it that more special.

We visited Gibraltar, Alicante, Barcelona, Cannes for Monte Carlo and Monaco, Florence, Rome, Alghero (Sardinia), Cadiz for Seville and then sailed back to Southampton.

We sailed on the Grand Princess, but sailing in August meant that the ship was full to capacity and the temperatures were very high. Nevertheless, we had a wonderful holiday and I withstood everything that was thrown at me, including the tour bus ride around Barcelona when the front tyre of the bus had a blow out and we ended up walking for over an hour in 40 degrees plus. That's another story!

We decided to take the free bus to Southampton, to avoid driving, and I met up with an old school friend of mine who I hadn't seen since we were at school together. His wife and mine got on very well and we shared much of our holiday together. Since then have met up for meals on a regular basis.

We had been on several cruises before and we liked that kind of lifestyle as there is plenty to do and you can escape people if necessary. The food and service is of a very high standard and the

entertainment is usually very good which caters for a wide range of interests.

One of the advantages of taking a cruise is that you are able to visit many different places and get an incite into the resorts and places you visit, therefore helping you to decide if you would like to spend more time there in future.

We particularly enjoyed Monte Carlo and Monaco set in very beautiful scenery. Some places have a certain magic for us such as Rome and Florence having a wealth of history. Many places we visited have tour buses that provide you with a running commentary detailing the history and famous landmarks saving all the leg work. The trips are very expensive but there is always the option of making your own way to and from the docking points on route. There is a risk attached to making your own way around, which is if you are unable to return to the ship on time it will sail without you. The ship will wait for organised trips however.

The visit to Seville proved very interesting as we met up with a man who is a member of the Shadows web site and lives in Seville. I got to know him through our common interest in Shadows music. He met my wife and I when we arrived in Seville and very kindly spent the day showing us around the city. During that time we visited various tapas bars on our sightseeing route around the very beautiful city, educating us in the very Spanish ways and sharing good food and a pleasant drink together. The bars were frequented by Spanish residents only so you got a real flavour of the atmosphere.

We also stopped to speak to a classical guitarist performing on the streets in the Dewish quarters, his playing very reminiscent of the famous classical guitarist Segovia. My friend told the guitarist that we both played the guitar and liked the Shadows. To my amazement he stopped playing and told us he also liked the Shadows! All the conversation was carried out in Spanish ofcourse, which my friend translated for us.

I have attached one or two photos of our trip. The holiday will live in our memory for a long time and the mere fact that I had come through this type of quite a demanding holiday with no problems reassured me for future holidays.

# Thousands unaware they have hepatitis

## News from the British Liver Trust

An estimated 12,000 to 14,000 people in Wales are chronically infected with hepatitis C, the majority of whom are unaware of their infection.

The risk of catching hepatitis B and C increases if people partake in high-risk behaviours, such as injecting drugs or having unprotected sex.

Now Health Minister Edwina Hart has approved a plan to tackle blood-borne hepatitis developed by Public Health Wales. A total of £1.37 million of Welsh Assembly Government funding has been allocated to deliver the plan. The plan aims to identify people at risk of blood-borne viral hepatitis and prevent further transmission of the virus and, to improve care for people living with hepatitis B and C. These viruses spread from person to person, predominately by contact with infected blood and affect the liver. The infections can cause serious diseases and even death, but can be prevented and are treatable.

The plan provides a clear timeframe for the planning and provision of key services in Wales that will:

- Reduce the transmission of blood borne hepatitis infection in Wales;
- Reduce the pool of undiagnosed infection;
- Improve the provision of treatment and support to infected individuals; and,
- Monitor and evaluate treatment and prevention programmes.

Dr Marion Lyons, Head of the Public Health Wales Blood-Borne Virus Programme, said: "Transmission of blood-borne viruses can be prevented but is common amongst high-risk groups in Wales. If prevention measures are not implemented, the number of people infected by hepatitis B and C will rise and this adds to the disease burden in Wales. "The new action plan sets out how we can make a real difference in Wales, by reducing the transmission of hepatitis infection, reducing the pool of undiagnosed infection and improving the treatment and support available to those who are infected."

Mrs Hart said: "Hepatitis has major health implications for the individual and, if undiagnosed, for others. "The challenge is to reduce ongoing transmission and reduce the prevalence of hepatitis which is compounded by issues of social exclusion and marginalisation amongst some of the groups at highest risk of infection in Wales. "By early diagnosis and intervention as well as greater awareness, we will hopefully see a reduction in hepatitis in Wales over the coming years."

The blood-borne viral hepatitis action plan is available on the Welsh Assembly Government's website here.

<http://wales.gov.uk/docs/phhs/publications/100226actionplanen.pdf>

# Bridegroom, Graham,

Please find enclosed the photograph and newspaper cuttings as promised.

I've put a poster up at work to encourage some of my work colleagues to sign up for the donor register. It's surprised me how many are actually already registered.

They've still took a form for someone else they knew which is good.

Graham has had another stay in hospital with cellulitis again only over night this time thank goodness. He just needed some high powered IV anit-biotics for 24 hours. He's ok 'ish but quite tired. Suspended from the list again but hopefully not for long



Graham and Sarah on their wedding day.



## Transplant wait bridegroom Graham's thank you fund-raiser for life-saving support group

A BURNLEY man who is waiting for a liver transplant has presented a cheque for £700 to a hospital support group at a party to celebrate his forthcoming wedding.

Mr Graham Brownbill (50), of Brunshaw Road, gave the cash, raised through various events in Burnley and Colne, to Liada Atherton, secretary of the Liver Transplant Support Group based at St James's Hospital in Leeds.

Mr Brownbill will marry his partner of five years Miss Sara Dacey (51) in a civil ceremony on Friday, but his debilitating illness means a ceremony, reception and evening reception would leave him too exhausted.

Instead the couple decided to hold a joint stag and hen party, a week before the wedding at Rescove Unity Working Men's Club, so they could invite all the people who have supported them since Mr Brownbill became ill.

Miss Dacey, who works at Lower Ridge Care Home in Belvedere Road, said: "Although Graham hasn't had the transplant yet, he felt like he wanted to pay the support group back and the people who helped us raise the money.

"They've been fantastic with us and he wanted to help with the fund raising.

"Because of Graham's condition, he couldn't cope with everything on the same day, as he has to rest quite a lot."

Mr Brownbill, who was forced to give up work as a self-employed joiner in December, first started feeling unwell two years ago and after a series of tests, doctors found he had suffered from the condition haemochromatosis since birth.

The disease means the body cannot cope with dietary iron and deposits it in the organs.

Further tests revealed the majority of



**THANK YOU CHEQUE:** Graham Brownbill (left) presents the cheque to Janet Atherton, of the St James's Leeds Liver Transplant Support Group, watched by Emily, Sara and Wendy and Roman Korol. (clockwise)

iron in Mr Brownbill's body was in his liver, where it had caused extensive damage.

He is now on the waiting list for a transplant, but his rare blood group means the task of finding a donor is a difficult one.

The couple received news of a possible donor last week, but their hopes were dashed when the liver turned out to be incompatible.

Miss Dacey said: "It's a shame that

Graham isn't as well as he could be. It means there's a black cloud hanging over us.

"We know at any time the phone could go and we would have to go to Leeds.

"We're both feeling a mixture of emotions. We feel we've come so far and with that phone call last week we were so close.

"It's stressful for Graham because you know it all hinges on one phone call and in

between he's very poorly and is on constant medication."

The couple will marry in a small ceremony at Burnley Register Office in front of family and close friends before having a meal at the Alexander Hotel.

"Graham has made such a difference to my life. I feel I owe him big style and I'm trying to repay him by being there for him," added Miss Dacey.

# gets a second chance

LANCASHIRE TELEGRAPH Wednesday, February 17, 2010

## Second chance of life 'amazing'

By JON LIVESEY

THE wife of a transplant patient has thanked the 'amazing' doctors for giving her husband a second chance of life.

Last summer doctors told Graham Brownbill he would only survive for another six to 12 months unless he had a liver transplant.

But the 51-year-old of Burnley is now recovering in hospital after undergoing the life-saving operation just more than two weeks ago.

His wife Sara, 52, said Graham was already displaying glimpses of the sense of

The surgeons who operated are wonderful  
WIFE SARA BROWNBILL

humour which has made him such a popular figure locally.

She thanked the surgeons who operated on her husband at St James's Hospital, in Leeds, describing them as 'wonderful'.

Graham, of Brunshaw Road, was told he needed a new liver after going to the doctors more than two years ago for a check-up. He was diagnosed as having advanced liver failure as a result of hemochromatosis – an inherited disease in which too much iron builds up in blood – in December 2006.

The hunt for a suitable match was made more difficult because of his rare blood group. After a few 'near misses' when doctors thought they had found a match, he received a call inviting him to hospital last month.

According to Sara, the operation on February 1 has left him in a state of confusion, but he has also shown signs of his old self.

She said: "Twenty-four hours after the operation the doctor came to see Graham to ask him if he knew what his name was.

"Graham looked at him like he was daft and said: 'Fred Flintstone'.

"It was complete Graham, that's his sense of humour."



TRANSPLANT JOY: Sara with her husband, Graham Brownbill, who is now recovering in hospital after undergoing a life-saving liver transplant

Graham and Sara married in an emotional ceremony in June last year. Sara said: "I can't put into words how I feel about the two surgeons who operated on him.

"They are just amazing and have given him a second chance of life."

Over the past 10 months Graham, a joiner, has endured repeated bouts of illness as a result of his condition.

Last year his friends on the Northern Soul and Motown scene held an event at Colne Muni, in aid of St James's Liver

Transplant Support Group. Sara, who plans to apply to appear on the BBC's Cash in the Attic programme to raise more money for the cause, said: "Our circle of friends have been fantastic and all the support we have had has been brilliant."

If all goes well, Graham could be back home with Sara and her son, Thomas, 18, in the next six weeks. According to Sara, he cannot wait to spend time with his three-year-old granddaughter.

jon.livesey@northandnews.co.uk

I apologise for the delay but Graham was rushed into hospital last Thursday teatime with another bout of cellulitis. This is the third time he has had it and by far the worst. He had antibiotics intravenously till Monday when he was allowed home. Now he has another 7 days on high strength tablets to make sure it clears up. He's much better now – especially after Burnleys win over Reading last night!!

With regard to the certificate for the fund-raising we wondered if it would be possible to have one for two special people who helped us raise the £700 by allowing us to fund-raise at their soul events. Without them it would have been so much harder as they have plenty of experience in the fund-raising field having raised considerable amounts for their own special charity – Bowel Cancer UK. They are Roman and Wendy Karol.

Everything is on track for our 2 special occasions next month. The Soul do on 12th June (Please find invitation for you and a friend enclosed) and our wedding on the 19th June!

All being well – unless a liver turns up – things will work out as planned. We will be sure to keep you informed should anything change.

If you need any more information my number is 07739 103405, Grahams number is 07941 532070 and our home number is 01282 411495.

Hope you're keeping well (and Trev and Ollie!)

Love Sara & Graham



# Leena Writes

## Hi Everyone

Yes it's little ol me!!! Auntie Leena

When I volunteered to do a regular page in the newsletter little did I know how difficult it was going to be, thinking of things to write about. This is where I take my hat off to you Janet, How do you do it?

Anyway as it was my first, I thought I might do a piece on road safety, to be more specific Driver Safety.

National research indicated that 80% of accidents are attributed to some form of driver distraction and these were some that were identified:

- Chatting to friends/passengers
- Cell phone use texting/emailing
- Playing DJ/adjusting audio controls
- Eating/Drinking
- Grooming on the road
- Reading
- Driver fatigue
- Attention to children in vehicle
- Pets on drivers lap
- Feeling the music (moving with the beat)
- Lost, looking for directions

Driving is one of the most demanding tasks we do yet a lot of drivers treat it as a secondary activity.



### Why do we drive distracted?

- We have too many things to do
- If we don't multi task we can't keep up
- We feel that driving time is a great time to catch up on calls.

### Do you know when you are 'Driving Distracted'?

- Has a passenger screamed or been alarmed because of something you did or did not do?
- Have you slammed your brakes on because you didn't see the car in front stop?
- Have you missed traffic lights/important road sign unintentionally?

### These are the signs that you are distracted

You may not have had an accident for years, but if any of these pointers have an element of reality to you, it may be down to good fortune rather than good driving – Consider and review your own driving habits . . . before it's too late!!!

## Quiz for fun

1. What would you do with a wandering sailor?
2. What can be ribbon, rocket, streak or sheet?
3. Who performed the "Dance of the 7 veils"?
4. What is the more usual name for a Polygraph?
5. What film included the song "The wandering star"?
6. Colonel Tom Parker was manager for which famous star?
7. If cows are lying down in a field, what weather does this traditionally foretell?
8. How many wisdom teeth does the average adult have?
9. What was truck name the "Tin Lizzie"?
10. What drink is made up of "Vodk & Tomato Juice"?

- |                     |                  |
|---------------------|------------------|
| 1. Plant it         | 6. Elvis Presley |
| 2. Lightening       | 7. Rain          |
| 3. Salome           | 8. 4             |
| 4. Lie Detector     | 9. Model T Ford  |
| 5. Paint your Wagon | 10. Bloody Mary  |

### Answers

## Recipe of the Month – Low fat Carrot Cake

Prep – 1hr 15 mins  
Oven – 40 – 45 mins  
Oven – 160 c Fan assisted oven  
180c Conventional oven

### Ingredients

- 175g Light muscovado sugar
- 175ml sunflower oil
- 3 Large Eggs (lightly beaten)
- 140g grated carrot (3 medium)
- 100g raisins
- Grated zest of one orange
- 175g Self raising flour
- 1tsp bicarbonate of soda
- 1tsp ground cinnamon
- 1/2tsp grated nutmeg

### Cake

1. Preheat Oven to 160c (fan assist) or 180c (conv) Oven.
2. Oil & line tins (18cm) square tin with parchment, double later on bottom.
3. Tip sugar into a large mixing bowl, pour in oil and add the eggs. Lightly mix with wooden spoon.
4. Stir in grated carrots, raisins and orange rind.
5. Lightly mix all ingredients – when everything is evenly amalgamated – stop mixing. The mixture will be fairly soft and almost runny.
6. Pour the mixture into the prepared tin and bake for 40-45 minutes, until it feels and springy when you press it in the centre.

7. Cool in the tin for 5 minutes, then turn it out, peel off the paper and cool on a wire rack. (You can freeze at this point)

### Frosting

- 8 ozs cream cheese
- 1tsp vanilla
- 2cups powdered sugar (icing)
- ¼ cup butter

### Frosting

1. Beating together all the ingredients and cover the top of the cake.

## Here are some Christmas Superstitions

1. Sneezing on Christmas Day is "Lucky" "ACHOO" "ACHOO"
2. Bathing on Christmas Day will secure freedom from fevers & toothaches
3. A "Cricket" Chirping on Christmas Day is a sign of "Good Luck" for the year.
4. For real "Good Luck" kiss the "oldest" person in the house on Christmas Day and the youngest on "New Year Day".

## More Dad jokes

I told my girlfriend I had a job in a bowling alley. She said 'Tenpin?' I said, 'No, permanent.'

I went in to a pet shop. I said, 'Can I buy a goldfish?' The guy said, 'Do you want an aquarium?' I said, 'I don't care what star sign it is.'

I went to the local video shop and I said, 'Can I take out The Elephant Man?' He said, 'He's not your type.' I said, 'Can I borrow Batman Forever?' He said, 'No, you'll have to bring it back tomorrow.'

I went to buy a watch, and the man in the shop said, 'Analogue.' I said, 'No, just a watch.'

I went into a shop and I said, 'Can someone sell me a kettle.' The bloke said, 'Kenwood?' I said, 'Where is he then?'

I met this bloke with a didgeridoo and he was playing Dancing Queen on it. I thought: 'That's Aboriginal.'

I bought some Armageddon cheese today, and it said on the packet. 'Best Before End'