

LIVERNORTH Charity
Annual Report 2021

1. **The financial year to which this report relates:** Start: 1st April 2020 End: 31st March 2021
2. **Brief summary of the main activities and achievements of the charity during the year in relation to the charity's objects:**
 - a) Offering support, advice and information to all those who suffer from liver disease.
 - 1] Free support newsletter 'LIVERNEWS'. 2500 copies were distributed quarterly at a cost to the charity of £11,389.61 A PDF copy of each newsletter was placed on the LIVERNORTH website, on our ISSUU publishing platform site and sent electronically to 265 members by email.
 - 2] Meetings of the main group have been limited due to COVID restrictions. Previously held approximately every six weeks at the Freeman Hospital they have of necessity been fewer, held online during the period via Zoom and only when speakers have been available. Each meeting was addressed by a qualified speaker who talked about some aspect of liver disease and each talk was followed by an interactive Q&A session. The talks were recorded and are available to view on our YouTube channel.

2020	April	Environmental Chemicals and PBC
	July	The Burden of Liver Disease
	Sept	The ENHANCE Study
	Nov	NAFLD
	Dec	PBC - Where We Are in 2020?
2021	Mar	What's New in AIH?
 - 3] Operation of the telephone helpline continued with seven trained listeners and one bereavement counsellor. The helpline coordinator is Revd. Nigel Goodfellow M.A., (a governor of the charity).
 - 4] The charity currently has thirteen notice boards/leaflet dispensers: In three wards (7, 16 & 38) and three in the outpatients' clinics (B, D & Phlebotomy) at the Freeman Hospital, Newcastle upon Tyne. One board is located at the RVI, Newcastle upon Tyne, One board has been maintained at James Cook Hospital, Teesside (ward 8), a leaflet dispenser is located at the Cresta Clinic Newcastle upon Tyne and two boards with leaflet dispensers are located in the Queen Elizabeth Hospital, Gateshead (one in main OP and one on Ward 11). A board has also been provided for the Royal Hospital at Sunderland and a leaflet dispenser provided for North Cumbria University Hospital. All information leaflets provided free of charge to patients - very few were distributed during the period due to infection control measures at all NHS sites. The group now publishes 25 leaflets covering a wide variety of information for liver patients, carers and family members. Two new leaflets were introduced during the period. 1) In collaboration with the PSC Support Charity we published a 'LIVER PATIENT COVID-19 Personal Record and Self Help Toolkit' which was produced to assist liver patients and clinicians who were unable to have face to face consultations during the lock down period. 2) Hepatic Encephalopathy. Two leaflets in booklet form which were much in demand during the period were our 'Liver Cirrhosis Self Management Toolkit (No 20 for distribution only via healthcare professionals)' and our 'Non Alcoholic Lifestyle Guide (No 11)' both of which were printed with an anti-bacterial coating.
 - 5] The group newsletter 'LIVERNEWS' was available to read online and all advice leaflets were made available to download online via the website.
 - 6] All publications have been made available to read online without downloading via the ISSUU online publishing service.
 - 7] Our patient & carer accommodation provided within Beechwood House in the grounds of the Freeman Hospital was in use almost every day until the first lockdown at which time we permitted the Freeman Hospital to use it as accommodation for visiting clinicians who were providing COVID related assistance to the NHS in the region.
 - 8] One governor (a barrister) has continued to give free consultations to members with respect to disability allowances and other legal matters of relevance to liver patients.
 - 9] The group has continued to distribute copies of a DVD describing Primary Biliary Cholangitis (PBC) both in the UK and abroad (a USA versions has been produced).
 - 10] The contents of the PBC DVD above and several of the lectures given to the group have been made available to watch via YouTube.
 - b) Offering support, advice and information to all formal and informal carers of liver disease sufferers.
 - 1] Formal and Informal Carers attend online meetings where possible. Regular email updates and the LIVERNEWS provides helpful information for carers.

- 2] The accommodation mentioned in item 2 a) 7] above has been used by clinicians and carers during the period.
 - 3] Many of the calls to the helpline are from carers.
 - 4] Carers are supplied with free information leaflets on request and can avail themselves of the information displayed on the notice boards in the Freeman Hospital Ward 7 day room, Ward 16, Ward 38, the clinics and elsewhere. The website has several leaflets on liver diseases to download free of charge. Carers are encouraged to refer patients to the charity as a pathway to further support.
 - 5] No Educational Grants were made during the period.
- c) Assisting in the funding of research into the causes of, treatments for, and prevention of all forms of liver disease.
- 1] No Research Grants were made during the period.
 - 2] The charity is an officially designated NIHR non-commercial partner for one funding stream.
- e) Assisting with the provision of amenities, equipment and funding for the care of liver patients, their carers and families providing that such provision shall be for the general benefit of a liver patient or liver patients.
- 1] Christmas gifts to the value of £284.00 were distributed to inpatients on 24th Dec 2020.
 - 2] No medical equipment was purchased during the period.
- f) Advancing the public awareness of liver disease, the treatment of liver disease and the prevention of liver disease.
- 1] Several articles and interviews initiated by the charity regarding liver transplants, alcoholism and organ donation initiatives were published/broadcast by the media.
 - 2] The Charity website www.livernorth.org.uk continues to receive several thousand hits each year with information leaflets and the newsletter (LIVERNEWS) available for download.
 - 3] The charity makes full use of social media and regularly issues tweets using twitter and posts using facebook with the hashtag #livernorth and @livernorth.

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

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

5. **The principal address of the charity:** freepost LIVERNORTH

6. **The document which regulates the purposes and administration of the charity:**

- a) The objects of the charity dated 30 May 2001 regulates the purposes of the charity.
- b) The constitution of the charity adopted on 18th October 2000 as amended on 30 May 2001 and accepted by the members at the annual general meeting of 4th July 2001 regulates the administration of the charity.

7. **Description of the objects of the charity:**

The relief of persons suffering from liver disease and those persons caring for sufferers, in particular but not exclusively, by;

- a) Offering support, advice and information to all those who suffer from liver disease.
- b) Offering support, advice and information to all formal and informal carers of liver disease sufferers.
- c) Assisting in the funding of research into the causes of, treatments for, and prevention of all forms of liver disease.
- e) Assisting with the provision of amenities, equipment and funding for the care of liver patients, their carers and families providing that such provision shall be for the general benefit of a liver patient or liver patients.

- f) Advancing the public awareness of liver disease, the treatment of liver disease and the prevention of liver disease.

8. **The name and address of the charity's banker is:**

National Westminster Bank PLC
2 Tavern Street
Ipswich
Suffolk IP1 3BD

9. **The name and address of the charity's independent examiner is:**

Mrs. Julie Elizabeth Diamond ACA BSc
39 Nenthead Close
Great Lumley
Chester le Street
County Durham
DH3 4SP

10. **The names of any person or body of persons entitled by the trusts of the charity to appoint one or more charity trustees and the method provided for such appointments:**

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

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

John Edward Bedlington	Joan Bedlington	Alf Bennett
Mr. Jeremy French	Rev. Nigel Goodfellow	Marian Godwin-Clifford
Yvonne Gray	Fiona Hale	Debbie Anne Lovell
Sarah Murphy	Siân O'Dea	Peggy Oliver
Alan Rochelle	Linda Turnbull	

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

- a) A working relationship with the Freeman Hospital and has ex-gratia use of some facilities (meeting rooms, lecture theatres, seminar rooms, parking and access permits).
- b) The charity actively pursues liaison with many community health care groups and health care information sources, all of which have the charity listed as a resource. The charity is also listed on several community care web sites.
- c) The charity has a medical advisory committee (MAC) to assist in assessing the merit of appeals received from the medical community. All members of the medical advisory council with two exceptions are liver disease specialists (clinicians & surgeons) from the region. The exceptions are one scientist from the University of Newcastle and one governor of the charity. Recommendations from the MAC are considered by the management committee (governors) before any decision is made to give financial support to appeals of this nature.
- d) Members and Governors of the charity represent the views of liver patients, their carers and relatives on various forums and networks both social and professional.
- e) The charity has continued to function as an NIHR Non-Commercial Partner during the period.

13. **This report has been dated and signed by:**

the chairman of the management committee (governors of the charity), who has been authorised to do so by said management committee.

Signature
John Edward Bedlington, Chairman

Dated 11th December 2021

