



Bulletin

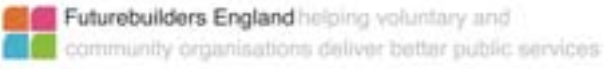
Winter 2006
Issue 11

News and views from the British Liver Trust

Building for the future

The Trust has recently secured an investment of £130,000 from Futurebuilders – a £125 million government initiative designed to help the voluntary and community sector deliver better public services.

The fund provides a combination of grants and loans for organisations that deliver public services and earn revenue by forming contracts with public sector agencies. The investment is made up of a £30,000 capacity building grant, which, if it delivers successful results, will trigger a further loan of £100,000.



The money received will go towards improved marketing of the British Liver Trust's information service. We hope that this will allow us to build a sustainable income stream, which will mean that we are not wholly reliant on donations and grants for our future funding and stability.



Meet the Trust's new Chairman

The Trust is delighted to announce that Martin Manning has agreed to be its new Chairman. Martin joined the British Liver Trust as a Trustee in 2004 and has played an active and supportive role. A transplant recipient himself, Martin easily relates to the needs of liver patients and is keen to see all aspects of the British Liver Trust move forward.

Martin graduated from Cambridge University in 1968 and has lived all over the world in countries ranging from Zambia to Hong Kong. He now resides in London with his wife and son. He is a Director of consulting engineering firm Ove Arup & Partners.

In a store near you!

If you visit a Lloydspharmacy store in January next year, look out for this poster. The British Liver Trust has been chosen by Lloydspharmacy for an in-store collection-box campaign from January 17th until February 6th 2007.

The British Liver Trust is among one of the 15 national charities chosen by Lloydspharmacy to benefit from their Charitable Fund. The Charitable Fund was launched in 2001 to help raise money for national and community charities relating to health, wellbeing, children and community projects. Lloydspharmacy has 1,500 outlets throughout the UK.



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Inside



Hep B campaign
- page 2



Climb a mountain
- page 3



Alcohol and health issues
- pages 4 & 5



Open day donation
- page 8

B-Fore You Go...

Our hepatitis B campaign is to be launched at Christmas to highlight the importance of vaccinating against the disease in good time before visiting high-risk holiday destinations.

With the slogan 'Think B-Fore You Go' and aimed at those who will be jet-setting off next year, the campaign coincides with the traditional concentration of holiday advertising on TV and in newspapers.

In the UK, hepatitis B infection rates are likely to rise with increases in foreign travel – 67 per cent of travellers now take long-haul holidays, and 50 per cent of the public are unaware that hepatitis B can be prevented by vaccination (according to a recent survey by YouGov).

Hepatitis B is one of the world's most common and serious infectious diseases, now affecting two billion people. It can lead to liver cancer which is described by the World Health Organisation as the first cancer that can be prevented by vaccine. The Department of Health estimates that there are 180,000 people with the virus in the UK, with almost 8,000 cases of long-term hepatitis B imported each year.

The British Liver Trust hopes to raise awareness of hepatitis B generally through the campaign which will commence this month and run through to January 2007. It would also like to thank GlaxoSmithKline for its support through an unrestricted educational grant.

Trinity hosts BASL

This year's meeting of the British Association for the Study of the Liver took place at Trinity College, Dublin in September. Featuring a diverse range of papers, posters and presentations, the two-day event also included the second meeting of the BASL Nurses Forum (formerly the Hepatitis Nurses Forum).

The Trust had the opportunity to set up a stand and to meet the delegates – thanks to Dr Ken Simpson, BASL Secretary, for making it possible.

Next year's meeting will be held on 13th and 14th September at Imperial College in London. A list of abstracts from the 2006 meeting can be viewed on our website.



Join the campaign

The British Liver Trust would like to invite support groups to help in the Think B-Fore You Go campaign this winter.

'It's a great opportunity to maximise the publicity drive and help create better awareness of liver disease,' says Support Group co-ordinator Sara Cole. 'Regional campaign activity can really drive the message home to local people. It does not have to be a specific group relating to hepatitis B, it can be any support group or individual who would like to help tackle the increase in liver disease.'

If you are a member of a support group who would like to see their group in the local press using our campaign materials to promote vaccination before embarking on a holiday, please contact Sara on 0870 770 8028 or email her at sara.cole@britishlivertrust.org.uk



NICE one!

The National Institute for Health and Clinical Excellence (NICE) has recommended that peginterferon alfa and ribavirin should be offered to those with mild hepatitis C if they are found to be suitable for the individual.

This decision was made in response to evidence that treating people with hepatitis C in its earlier stages when symptoms are milder can be effective in suppressing the virus and delaying disease progression.

Chief Executive of the Trust Alison Rogers said: "We would encourage everyone with hepatitis C who is not currently being treated to request a review of their disease progression and the possibility of them now being treated."

Despite official estimates of approximately 200,000 people being infected with hepatitis C in the UK, other sources have indicated that the figure could be anything up to 900,000. Of the 200,000 people infected, only 19 per cent of those have been detected with only 5 per cent being treated.

For more details please visit <http://www.nice.org.uk/>

Hep B in depth

In November the Trust will be launching a new hepatitis B publication.

'The booklet, *'A professional's guide to hepatitis B'*, will provide an up to date overview of hepatitis B, with a guide to diagnosis, current treatments and prevention strategies for the disease,' explains our Publications Officer, Daniel McCabe. 'Aimed at a broad range of healthcare professionals and medical practitioners who are not hepatologists, it is designed to provide them with accurate and accessible advice on hepatitis B management in the UK today.'

The Trust would like to thank Professor Geoff Dusheiko, Honorary Consultant at the Centre for Hepatology at London's Royal Free Hospital for his assistance in formulating the guide.

If you would like to order copies please call the Trust on 0870 770 8028 or email info@britishlivertrust.org.uk

Realise an ambition...or two?

Dealing with liver disease is often like climbing an emotional mountain. Would you like to climb a real one?



The British Liver Trust has recently teamed up with Charity Challenge – an activity organisation which arranges adventures across the globe to enable supporters to raise money for the work of the Trust and realise an ambition at the same time.



Trips range from trekking the Inca Trail and walking the length of the Great Wall of China to climbing Mount Kilimanjaro. An exciting and fulfilling way to raise money, a Charity Challenge expedition offers the chance to meet new people and sample different cultures in every corner of the world.

Charity Challenge offers an extensive range of flexible options, incorporating seven different types of activity with three grades of difficulty, a wide range of durations and more than 100 departure dates annually to 25 countries.

To fund the trip you pay a deposit when you book the expedition and pledge to raise the minimum amount of sponsorship. The amount depends on which trip you choose. Please contact the Fundraising department at the Trust on 0870 770 8028 or email fundraising@britishlivertrust.org.uk

Keane's boots score for the Trust

Roy Keane's football boots helped raise a total of £1,600 for the Trust following an online auction on eBay for charity in August this year. A range of football memorabilia was donated to the Trust by legendary stars following a football match held in memory of Jason Kaminsky – a former Nottingham Forest player – who sadly died from liver disease last year.

Keane's boots sold for £1,000, while a signed Celtic shirt – donated by former Leicester City and Celtic player Dion

Dublin – achieved £300 for the Trust. An England shirt worn by Nigel Clough raised £206 and a signed England shirt from Michael Owen sold for £82.



The British Liver Trust would like to thank all those footballers who donated items for the online auction as a tribute to Jason, as well as Jason's family and friends who made it possible.

Friends and Relations



friendsandrelations.com

The British Liver Trust has teamed up with friendsandrelations.com – a website allowing personal photos and memories of loved ones to be shared with others.

The dedicated pages are being made available free for a year and provide web-space for family members and friends to celebrate a person's life. It also gives contributors and visitors the opportunity to make a donation to the British Liver Trust. Half the £15 fee for the use of a photograph will also be donated to the Trust.

Founders of the site Jonathan Haward and Hugh Hastings explained that their website has proved very popular. 'Sharing memories helps people grieve and appreciate all the good times spent with that person.' says Jonathan.

The British Liver Trust would like to thank Friends and Relations for setting up the website pages. 'In memoriam donations have become an important part of our fundraising,' says Development Director Caroline Dewfall. Contact fundraising@britishlivertrust.org.uk for more information or visit our website

Thank you!

- Jon Ashby and Julian Goodwin, both from Congleton, Cheshire who took part in the 2006 Flora London Marathon. Jon achieved a time of 4 hours 59 minutes and raised £742. Julian finished in 3 hours 20 minutes, raising £438 along the way.
- Wendy Shapland from Warmingham, Surrey, who undertook a parachute jump raising £619 for the Trust. Her support for the British Liver Trust came after her mother-in-law passed away earlier this year soon after being diagnosed with cirrhosis. Wendy, jumping in her memory, described the experience as 'exhilarating.'
- Salli Woodall who ran the Shakespeare Marathon in Stratford-upon-Avon in May this year. Salli, from Exeter, had a liver transplant eight years ago after being born with partial biliary atresia. She finished the race in 4 hours 58 seconds, raising £651 for the Trust.
- Mick and Lyn Benson who lost their 23 year old son to liver cancer six years ago. After holding a charity fundraiser for Lyn's 50th birthday at The Duke of Sussex pub in Waterloo, London, they raised an amazing £1,230.
- After losing their mother to liver failure earlier this year Laura Lightfoot and Rob Dent accompanied by friends raised a staggering £1,768 after completing the half marathon in Leeds earlier this year.
- Hamish Hodder completed his walk from John O'Groats to Lands End in July this year in a total of 33 days. Hamish lost his father through liver disease and has raised a total of £1,815 for the Trust.



Joining forces

The British Liver Trust has long expressed the view that everyone (not just binge drinkers) should be made aware of the increased health risks associated with excessive drinking

A new group bringing together hepatologists, gastroenterologists and liver patients has now been established to raise the level of activity around this issue. The Trust along with the British Association for the Study of the Liver (BASL), the British Society of Gastroenterologists (BSG) and the Royal College of Physicians' (RCP) Joint Committee for Gastroenterology & Hepatology, will be bringing together its expertise and lobbying capacities in one voice, Alcohol Liver Action (ALA). The group will aim to complement the broader and wide-ranging work being commenced by the RCP's Alcohol Alliance.

Chief Executive Alison Rogers says: 'The evidence of alcohol-related health harms in the UK is growing all the time. As cirrhosis and cancer take years to develop, flattening the curve and actually reducing health harms will be like turning the Titanic around. This group will present a concerted voice representing liver patients' and doctors' views on alcohol.'

'There is much to be done,' adds Alison. 'The Trust is concerned that in the last few weeks, Health Secretary Patricia Hewitt has written to the Chancellor Gordon Brown proposing a considerable increase in taxation, particularly on alcopops, but met with a rebuff. We are also disappointed that the new labelling recommendations, perhaps the most immediate point of reference for the consumer, have so far only been a subject for discussion between the drinks industry and the Department of Health. We have also expressed disappointment that the key website backing the recent binge drinking campaign has been provided by the drinks-industry funded Drinkaware Trust.'

The Trust would welcome your opinions and suggestions relating to alcohol harm. Call Sarah Matthews on 0870 770 8028 or email sarah.matthews@britishlivertrust.org.uk

Know Your Limits!



The Department of Health and the Home Office have launched a joint £4 million advertising campaign designed to show young adults the possible tragic consequences of excessive drinking.

The 'Know Your Limits' campaign highlights the dangers of drinking too heavily through a series of 'superhero' scenarios – falling off scaffolding, getting into fights and other accidents. 'The Trust welcomes the Government's

'Know Your Limits' advertising campaign, highlighting the vulnerability of young binge-drinkers,' said Alison Rogers, Chief Executive of the British Liver Trust. 'However, in the future we would like to see far more concentration on the impact alcohol can have on the nation's health as a whole. We have to recognise that it is not just an issue for binge-drinkers and alcoholics, it is important for anyone who regularly drinks more than the sensible limits'.

Truth about booze

The British Liver Trust has launched its revised "Alcohol and Liver Disease" leaflet. The leaflet contains advice for those who want to know more about the effects that alcohol can have on the liver and what they can do to prevent damage. Its publication comes as alarming statistics highlight the continuing rise in alcohol-related liver disease. Up to 22,000 premature deaths per year are associated in some way with alcohol misuse with treatment costing the NHS £1.7 billion.

This extract from the leaflet shows how to total up your units.

An accurate way of calculating how many units you are drinking is to multiply the alcohol by volume (abv) figure by the size of your drink in millilitres (ml) and divide by 1,000.

E.g: A typical can of beer is 440ml, at 5% abv strength.

$$440 \times 5 = 2,200$$

$$2,200 \div 1000 = 2.2$$

So, the can of beer contains 2.2 units of alcohol.

Current Government guidelines for people who drink are

Women

- A maximum of 2 to 3 units of alcohol in a single day (no more than 14 units in a week).

Men

- A maximum of 3 to 4 units of alcohol in a single day (no more than 21 units in a week).

The Trust also recommends that there should be a minimum of two days a week without any alcohol.

The Trust would like to thank Professor Chris Day of Newcastle University Medical School and Dr Jamie Barbour of Newcastle-upon-Tyne Hospital for their invaluable assistance with the leaflet. Copies of the leaflet are available from the Trust on 0870 770 8028 or it can be viewed on the website www.britishlivertrust.org.uk

Judith's story

A stressful job in the NHS as a Practice Manager for 14 years and difficult relations with her colleagues led Judith to drinking regularly at home in the evenings, bringing her a whisker away from needing a liver transplant.

Her health had deteriorated and she was physically sick every day at the thought of having to go to work. She ate little and had sleepless nights, even taking Diazepam. Yet Judith had no symptoms of problems with her liver and didn't even notice that she had jaundice.

Dismissed following a one year suspension for being drunk at work and

encephalopathy, ascites and blood clotting problems.

Back home in her husband's care but three stone lighter, on water tablets and a restricted fluid intake, Judith slowly began to recover. By June 2005 she was able to stop taking the water tablets and in

'I never realised how easily you could become ill in a short period of drinking too much.'

forbidden contact with staff, Judith finally went to her GP. She was admitted as an emergency to the liver unit at City Hospital, Dudley Road, Birmingham where she remained for four weeks following a complete liver failure,

January 2006 her diet restrictions were lifted. Her liver had regenerated so well and her condition rapidly improved that she had avoided the need for a liver transplant. Judith says she found the Trust's website and Helpline particularly



Judith recently held a car boot sale and raised £130.82 for the Trust.

valuable. 'It helped me understand exactly what was happening to me and how the liver works.'

Judith and her husband recently held a car boot sale and raised £130.82 for the Trust. Thank you for your support, Judith and for sharing your story.

If Judith has inspired you to share your story, please do contact Sarah Matthews at the Trust by email sarah.matthews@britishlivertrust.org.uk or by telephone 0870 770 8028.

On the level

In a report released in August 2006 by The Centre for Public Health at Liverpool John Moores University and the North West Public Health Observatory it was found that 18.2 per cent of adults binge drink more than double the daily recommended limit at least once a week. The report also revealed significant regional variation in consumption levels. In Newcastle, Liverpool and Durham it was found that 27 per cent of adults admitted binge drinking at least once a week whereas in Dorset the figure dropped to below 10 per cent.

Professor John Ashton, the then NW Regional Director of Public Health said: 'Too often health priorities seem to be determined retrospectively like a car driver looking in the rear view mirror... alcohol is racing ahead as one of the biggest threats to public health not least in some of the most disadvantaged parts of the country...'

'We can stand by and reap the toll of mental and physical wreckage or decide as a society that enough is enough and so solicit a willingness to roll back the tide of alcohol that is washing over us.'



Share your story

Would you like to share your story with others? If you have experienced any form of liver disease – from receiving a liver transplant to supporting a loved one who has had to cope with liver disease, we would like to hear from you.

Case studies provide an invaluable human angle to medical explanations and many people find it so much easier to relate to those who have been through similar circumstances.

If you would like to share your story, help support others and raise awareness of those living with liver disease, please contact Sarah Matthews at the Trust on 0870 770 8028 or by email at sarah.matthews@britishlivertrust.org.uk.

Supporting role

Sara Cole took up her new role as Support Group Co-ordinator in June this year and continues to be very busy catching up with support groups around the country.

Sara says: 'I am delighted with the positive feedback to the survey that I sent out to the support groups and would like to thank those of you who have already responded'.

'I am really looking forward to working with you to improve services for liver patients. It would be great to hear from anyone with an interest in starting a new patient support group as I am regularly receiving queries from liver patients seeking support groups in their area,' said Sara.

You can get in touch with Sara by telephone on 0870 770 8028 or by email sara.cole@britishlivertrust.org.uk



Sara Cole - supporting support groups

Need to talk about hep B?

The British Liver Trust has set up a UK support group for people who have been affected by hepatitis B – online.

The dedicated forum has been established to link those with the virus, to help anyone who needs advice. Find out more at the British Liver Trust website at www.britishlivertrust.org.uk and follow the link on the home page.

Hepatitis B is believed to be 100 times more infectious than HIV. An estimated 350 million people are chronic carriers of the virus worldwide.

The UK is one of the few developed countries which has not implemented a universal vaccination programme and even targeted programmes for those at most risk are often poorly implemented.

Lynn Jennison, who has had chronic hepatitis B for six years emphasises how little support there is for those that have been infected and live in the UK. "Nobody seemed to know a lot about hepatitis B

when I was first diagnosed, and there was definitely no support available."

To read more about the Trust's hepatitis B campaigns and the issues surrounding them, see page 2.

Transplant support

Have you ever had a liver transplant or are you waiting for one? There is an opportunity to share your thoughts and experiences and to gain knowledge from others who have experienced a liver transplant at the website of Liver Transplant Support www.livertransplantsupport.com.

The site, set up by George Bailey-Haigh, includes member's own stories, frequently asked questions, relevant news and an opportunity to contribute your own experiences. The site also has trained mentors who offer their support.

Do you have PSC?

'We call it PSC because it's a big mouthful - Primary sclerosing cholangitis,' writes Ivor Sweigler, Chairman of PSC-Support. 'It is a disease of the bile ducts which become inflamed and leak toxic bile into the liver, damaging liver cells. It is a neglected disease because it is uncommon and there may only be 10,000 of us in the whole country. It's similar in some ways to PBC - Primary Biliary Cirrhosis - but that's a complaint mostly suffered by women. The cause is unclear and therefore there isn't a cure apart from having a liver transplant.'

'Our support group is 12 years old and we have 450 members. We really need more, so if you're a patient please consider joining us. We help PSC-ers with information and advice and we're also very busy raising funds for PSC research. Without research there's no progress. The annual sub is £10. You'll get a quarterly newsletter, "PSC-News," which is packed with information. We cover international PSC meetings and related liver meetings in the US, Europe and the UK.'

Contact Ivor at PSC-Support, 39 Belvoir Road, London SE22 0QY
Tel/Fax 020 8693 8789
Email: pscsupport@aol.com
or visit their website www.psc-support.demon.co.uk

News from Newcastle

LIVERNORTH, the Newcastle-based support group, has a busy time ahead. There's a fund-raising dinner at St. James' Park, home of Newcastle United Football Club, an Annual Carol Service on 3rd December and a Christmas Dinner on 13th December at the Freeman Restaurant, 6.30 p.m. Tickets £9.00.

Contact LIVERNORTH by telephone or fax on 0191 370296, post LIVERNORTH, FREEPOST NEA2762, Stanley, Co. Durham DH9 0BR or email info@livernorth.org.uk. You can also visit their website at www.livernorth.org.uk

Opinion

Professor Christopher Day calls for urgent action on obesity.

Non Alcoholic Fatty Liver Disease (NAFLD) is now considered to be the most common liver problem in the Western world with around 20 to 30 per cent of the population affected, according to recent North American and European studies

The prevalence of NAFLD in individuals with central obesity, hypertension, diabetes and dyslipidaemia (a concentration of lipids in the blood) may be as high as 80 to 90 per cent.

Of particular concern is that probably around 1 to 2 per cent of patients with NAFLD will develop cirrhosis over 15 to 20 years with a higher proportion, (somewhere between 10 and 20 per cent) developing steatohepatitis and fibrosis. As with many other causes of cirrhosis, once cirrhosis develops, patients with NAFLD are at high risk of developing hepatic decompensation (liver failure) and dying from a liver-related cause, including liver cancer (HCC). As a result, patients with NAFLD-related cirrhosis are placing an increasing burden on the liver units of the UK and taking up an increasing proportion of places on the liver transplant waiting list.

'An increasing burden on the liver units of the UK'

As well as a risk factor for progression of other liver diseases including alcoholic liver disease and hepatitis C (in patients with hepatitis C, obesity and the associated insulin resistance may also impair response to anti-viral treatment), NAFLD may also contribute to the cause and consequences of diabetes and cardiovascular disease.

Clearly with these considerations urgent action is required. Recent initiatives based on reducing the growing obesity epidemic are likely, in time, to reduce the incidence of NAFLD. From the clinician's point of view, obesity, diabetes and dyslipidaemia should be seen as a risk factor for progression of most types of liver disease. We should be encouraging patients to lose weight by diet and exercise and, where necessary, offering pharmacological therapies and obesity surgery. Importantly, the provision of obesity surgery in the UK lags behind the rest of the Western world and needs to be urgently addressed. Only by a combined effort of individuals, the health service and the government can we hope to tackle the wide variety of conditions associated with obesity, including NAFLD.

Professor Day is Head of the School of Clinical Medical Sciences at the University of Newcastle. His research interests are focused largely on fatty liver disease relating to obesity and alcohol.

So close to a transplant

Heather Eves lost an incredible amount of weight and reversed the pressure on her liver.

Weighing 17 stone and only 5'3" Heather was feeling constantly exhausted and falling asleep by 9pm on the sofa every night. Her doctor classed her as obese and diagnosed non-insulin dependent diabetes – a condition which her doctor attributed to her weight.

Following a series of blood tests she was referred to South Hants Hospital in Southampton where her Consultant and member of the British Liver Trust Medical Advisory Committee, Professor William Rosenberg diagnosed non-alcoholic steatohepatitis (NASH). Heather's liver was enlarged and unable to function properly which explained her extreme fatigue and exhaustion.

Professor Rosenberg prescribed a form of steroid to treat the liver. However Heather was aware that one of the main implications of steroids was weight gain. Determined Heather joined Weightwatchers, a gym and spinning classes. After a month she had lost 10lb and felt ready to begin the course of steroids. Professor Rosenberg, however, had further bad news. More tests had revealed that Heather was actually suffering from cirrhosis of the liver, not NASH. Her liver was so badly scarred that it was recommended she should be put on the transplant list for a new liver.

Heather was distraught and it made her more determined to lose more weight. She cut alcohol from her diet



'Heather Eves - Seven stone lighter and a healthy liver to match'

completely; although not a heavy drinker she enjoyed three or four glasses a week. Visits to the gym increased and within three months Heather had already lost four stone. Within six months she was down to 11 stone, and when Heather's boyfriend Graham proposed she was even more determined. In total, Heather lost more than seven stone. Two weeks before she was due to get married Heather visited Professor Rosenberg again. The news was good – her dramatic weight loss had taken all the pressure off her liver and it had regenerated itself to such a degree that Heather was removed from the transplant list.

If you would like more information about NASH or cirrhosis of the liver please call **0870 770 8028** or visit the British Liver Trust website at www.britishlivertrust.org.uk. If you would like to share your story and help others, please contact Sarah Matthews on the number above or email her at: sarah.matthews@britishlivertrust.org.uk

Supporting us



Liver disease is increasing alarmingly. Can you make a difference? For the British Liver Trust to raise awareness, provide information and fund research we need your help. The charity relies heavily on the support of individuals, companies, organisations and charitable trusts. If you would like more information or can help us in any way, please fill in the form below – or call us on **0870 770 8028**.

(please tick)

- I am interested in donating on a regular basis by standing order
- I am interested in organising a fundraising event
- I am planning to take part in an event and seek sponsorship
- I would like to become a 'Friend' (minimum donation £15 p.a.)
- I would like to get my workplace involved
- Please send me information on payroll giving
- Please send me information on leaving a legacy
- Please send me a list of all publications

Payment

- I enclose a cheque/postal order made payable to the British Liver Trust.

I wish to pay by

- Credit card MasterCard Visa CAF Charity card

Please debit my card with the sum of £

Card no.

Expiry date

Name.....

Address.....

Postcode..... Phone no.....

Your Email.....

Signature..... Date.....

- giftaid it* I am a tax payer and authorise the Charity to reclaim tax on my donation* (Gift Aid allows us to increase your contribution by 28p for each £1 you donate)

* You must pay an amount of income tax and/or capital gains tax equal to the amount the British Liver Trust will reclaim on your donation: equal to 28p for every £1 you donate.

GET IN TOUCH!

British Liver Trust FREEPOST RLZS-RJXB-BYLX
2 Southampton Road Ringwood BH24 1HY
Tel: 0870 770 8028 Fax: 01425 481335
Email: fundraising@britishlivertrust.org.uk

Your name and address will be added to our secure computer database ensuring you are sent the latest information as appropriate. All personal details are treated as strictly confidential.

- Only tick this box if you DO NOT want to receive any further information, including *Bulletin*

Settling in...

After the official opening of the Trust held in July, we have all settled in and the work continues to build up the Trust for bigger and better things.



The day went without a hitch and the sun shone benevolently! The Trust welcomed its new Chairman, Martin Manning (far right), who assisted the Mayor of Ringwood, Danny Cracknell (centre) in opening the offices at 2 Southampton Road. We were also delighted to have the support of Trustee Ruth Perfit (third from right), Vice-Chairman Mr David Butler (second left). Also pictured from left Alison Rogers, Chief Executive of the Trust, and the Mayor's wife, Diane Cracknell. Medical Director Dr Paul Smith (not pictured) also joined us for the day.



Local businesses, community organisations, volunteers and local shoppers supported the all day event, and £248 was raised through a street collection. The Trust's first donation was made by Laura Dewey, aged three, who is pictured above, with (right) volunteer Ellie Jones.

Could you be our Treasurer?

The British Liver Trust is looking for a new Trustee to take on the role of Treasurer for the charity. The role would involve overseeing the financial management of the Trust's activities and helping the Trust to assess the risk and cost/benefits in relation to current and proposed projects. The ideal candidate would come from the accountancy profession but does not need specific liver knowledge. Appropriate induction and introductions to the Trust and its work will be offered.

If you would like to chat through the role please contact Alison Rogers on 0870 770 8028 or alison.rogers@britishlivertrust.org.uk.