

MINUTES

Meeting:	Board Meeting in public
Date:	10 th September 2024
Time:	18.00 to 19.30
Venue:	The Warrenfield Room, The Rufus Centre, Flitwick, MK45 1AH

ATTENDEES:

First Name	Surname	Initials	Role
Diana	Blackmun	DB	CEO
Gill	Hiscox	GH	Chair, Director
Linda	Grant	LG	Director
Joanna	Zaworska	JZ	Administrator - Minute Taker

APOLOGIES:

Louise	Cole	LC	Director
Carol	Carter	CC	Director
Vanessa	Filmer	VF	Director

Also present:

- Guest Speakers – Rebecca Pandolfino, Outreach Development Officer, British Liver Trust .

	ITEM	ACTION
1.	Welcome and apologies	
	CC, LC, VF sent apologies. Meeting started at 6pm	

2.	Matters Arising/ Director Update	
	Matters arising <ul style="list-style-type: none"> ▪ Format of meeting changed, as agreed by Chair, as absence of Directors meant we were not quorate. 	
3.	Mins of previous Board Meeting in public – 13.09.23	
	<ul style="list-style-type: none"> ▪ All actions identified from the minutes were completed. 	
4.	<p>Guest Speaker: Rebecca Pandolfino, Outreach Development Officer at the British Liver Trust, gave a presentation on how the British Liver Trust’s comprehensive efforts aim to improve liver health, detect disease early, and support affected patients through research, advocacy, and public engagement. Further information given as follows:</p> <ul style="list-style-type: none"> ▪ Liver Disease Crisis: Liver disease death rates have quadrupled since 1970. Over 40 people die daily from liver disease in the UK. More than 100 different types of liver disease exist. ▪ British Liver Trust: Merged with the Children's Liver Disease Foundation, it is the largest UK charity focused on liver conditions. It provides information, support, and advocacy for liver health, reaching over a million people annually. 	

	<ul style="list-style-type: none">▪ Types of Liver Disease: Conditions include Alcohol-Related Liver Disease (ARLD), Metabolic Associated Steatosis (MASLD), Hepatitis, and autoimmune forms. These can lead to cirrhosis, which has a life expectancy of 2-12 years. ▪ Liver Cancer: Liver cancer is the fastest rising cause of cancer deaths in the UK. Incidence rates have increased by 45% in the last decade, with survival rates beyond five years being only 13%. Cirrhosis is common in 80-90% of liver cancer cases. ▪ Campaigns & Support: The British Liver Trust runs campaigns like "Love Your Liver Roadshow," promoting early detection and awareness. Projects include improving early liver disease diagnosis, developing patient pathways, and supporting hepatitis B research. ▪ Ongoing Projects: The Trust also supports initiatives for better liver disease management, partnerships with healthcare professionals, and promoting early screening through routine health checks. ▪ Resources: Services include a nurse-led helpline, free resources, support groups, and the online health screener. They are also involved in research, working with clinicians on projects like CirrohCare, which aims to improve hepatitis B care.	
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Information Online:

<https://britishlivertrust.org.uk/>

Make Early Diagnosis:

<https://britishlivertrust.org.uk/soundthealarm/improving-early-diagnosis-of-liver-disease/>

Hepatitis B support:

<https://britishlivertrust.org.uk/hepatitis-b-breaking-the-silence/>

Love your Liver Roadshow (YouTube link)

<https://www.youtube.com/watch?v=3wyRfPFuAC0>

Social media:

- Twitter: @livertrust
- Instagram: british_liver_trust
- Facebook: British Liver Trust

Talk to the nurse: 08006 527330.

Followed by a Q&A session:

Q: LG asked if there will be a liver scanner at the Men's Health Event.

A: Unfortunately, not at this event. The scanner is provided only at allocated events, which are listed on British Liver Trust website. A liver scan costs £400 per patient, but since it's funded by the ICB, it is free for the public.

Q: Will a routine blood test flag up liver problems?

A: It's best to do a liver profile blood test.

	<p>Q: How can I prevent liver disease?</p> <p>A: Cut down on alcohol, maintain a healthy diet, and exercise regularly.</p> <p>Q: What may cause liver disease?</p> <p>A: Smoking, vaping, alcohol, fizzy drinks, and excessive sugar intake.</p> <p>GH thanked Rebecca for a very informative presentation.</p>	
5.	Any Other Business	
	<ul style="list-style-type: none"> ▪ No further business as meeting not quorate. 	
6.	Close	
	<ul style="list-style-type: none"> ▪ The Meeting closed at 18:55 	
	<ul style="list-style-type: none"> ▪ Date of next Working Board Meeting: 15th October 2024 at Capability House, 16.00 - 18.00. ▪ Date of next AGM meeting 19th November 2024 at Warrenfield Room, Rufus Centre, Steppingley Road, Flitwick, MK45 1AH 	