



Love Your Liver Wellbeing Events

Enhance your staff wellbeing by hosting a British Liver Trust Love Your Liver Information and Awareness Event



Up to one in three of your employees may be at risk of liver disease, which often shows no symptoms in its early stages. Early detection is crucial and can save lives.

Led by specialist staff, Love Your Liver Wellbeing Events are designed to raise awareness of preventable liver disease in an engaging and supportive environment and provide information and advice on lifestyle changes to help your teams love their liver back to health.

Visit www.loveyourliver.org.uk or email loveyourliver@britishlivertrust.org.uk

How it works

Liver Health Wellbeing Event – online or in person

In advance: Attendees will be invited to complete the British Liver Trust's Online Health Screener, which asks about lifestyle habits and assesses the main risk factors for preventable liver damage – diet and exercise, alcohol and viral hepatitis.

On the day: A member of the Trust's Outreach team will lead the session, guiding participants through liver disease risk factors and lifestyle-based solutions, answering questions and promoting an engaging and informative discussion. Attendees will also receive information on the Trust's online and in-person resources and support services, for any follow up.



Love Your Liver Screening and Scanning Event – with scan equipment



The British Liver Trust has a fully kitted out mobile screening and scanning unit, with two confidential scanning rooms, which can be booked to screen and scan an estimated 100-120 colleagues per day. If your outside premises are not large enough to accommodate our mobile unit, we can discuss alternative arrangements. We will arrange the logistics with you in advance.

On the day, your teams complete our Online Health Screener to assess their level of risk, then receive a non-invasive liver scan and discuss their results with our specialist team. Attendees will also receive educational materials and information on the Trust's resources and support services for any required follow up.

Liver wellbeing support and advice

The charity provides a wide range of support services, including free, downloadable online information, a nurse-led helpline and online or face to face support groups. We can brief your Occupational Health/HR teams to equip them for any follow-up enquiries.

We also have a wide range of materials, such as posters, wristbands and tips sheets, available to support your event.

Get in touch today to discuss your needs, and we'll work with you to create an amazing experience for you and your employees – tailored to suit your budget.

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