Migraine Awareness Week – Mindful of migraine workplaces

Meet-up for migraine

Bridget Frost explores the impact of migraine on her writing
I wanted to take the opportunity to write to you in this edition of Migraine News to say thank you for all your support. There have been several very important developments for migraine over the last year and you have made them possible.

Research funded by The Migraine Trust has made important discoveries, that you can read about on page 5, and our support services have been able to respond to a sharp rise in requests for support over the last year, which you can find out more about on page 15.

While a new study into the economic impact of migraine has raised awareness of the need for more to be done to help people who get migraine at work. We will be focusing on this for Migraine Awareness Week as we want to make workplaces more mindful of migraine. Read more about it and how you can take part on pages 6-7.

We are very grateful to Rebecca Chilcott and Bridget Frost for sharing their experiences of migraine with us. Both highlight the complex and very individual impact of migraine (pages 8-10).

Sharing our experience of migraine and how it impacts on our lives is key to working out how best to help treat and manage it. That is why we are undertaking research into the impact of migraine on children, that you can read about on page 5, and why our Volunteer Forum is so important to us. We have outlined what our forum does and how you can get involved on page 16.

We are in awe of our London Marathon and British 10k runners, and Chris Southgate who is running a race a month in support of us, who have all raised valuable funds to help those with migraine, and raised crucial awareness of the condition too.

As this is the last edition of Migraine News before the 17th Migraine Trust International Symposium that is taking place from 6-9 September, I look forward to meeting you if you are attending the public session on 9 September. It will be a chance to thank you for your support in enabling us to help reduce the misery of migraine. If you are not attending, thank you for your support. You provide a lifeline for those with migraine.

Wendy Thomas, Chief Executive
European Medicines Agency

The European Medicines Agency has granted a licence for the use of Aimovig (erenumab) for the prevention of migraine in adults who experience at least four migraine days per month.

Aimovig is the first and only approved preventative treatment designed specifically for migraine that blocks the calcitonin gene-related peptide (CGRP) receptor, thought to be involved in the transmission of the pain and other sensory signals, such as light sensitivity, associated with migraine.

Aimovig clinical trials in both episodic and chronic migraine populations have demonstrated significant reductions in mean monthly migraine days alongside a safety profile similar to placebo.

The Migraine Trust was closely associated with the development of erenumab through the recruitment of patients for trials and by supporting research in this area over many years, and warmly welcome this decision and hope that it becomes available to patients as soon as possible.

It is already available in the US following its approval by the Food and Drug Administration in May, and is currently going through a technology appraisal with the National Institute for Health and Care Excellence (NICE). NICE will then make recommendations on its use within the NHS.

New guidelines for treatment of migraine in Scotland published

The Scottish Intercollegiate Guidelines Network (SIGN), who work to improve the quality of health care for patients in Scotland by reducing variation in practice and outcome, produced a draft of the patient booklet for SIGN 155 Pharmacological management of migraine, which they consulted on over the Summer.

You can find out more about the booklet here: sign.ac.uk/sign-155-migraine.html

New restrictions on valproate use in pregnancy

The Medicines and Healthcare products Regulatory Agency issued a statement about new restrictions on the prescribing of valproate medicines in March.

It said that Valproate (Epilim, Depakote and other generic brands), a treatment for epilepsy and bipolar disorder that can sometimes be prescribed for migraine, must no longer be used by any woman or girl able to have children unless she has a pregnancy prevention programme in place.

This is because valproate is associated with a significant risk of birth defects and developmental disorders in children born to women who take valproate during pregnancy.

These new regulatory measures include a ban on the use of valproate for migraine during pregnancy.

New staff member joins The Migraine Trust

Una Farrell
Communications Manager

Una joined The Migraine Trust in April 2018. She joined us from poverty charity Turn2us, and has previously worked in communications roles at a range of charities including blood cancer charity DKMS, Victim Support and the League Against Cruel Sports.
A new report by workplace think tank, the Work Foundation, has revealed the scale of the impact of migraine on the UK economy.

The research, which was funded by Novartis, found that a total of 86 million workdays are lost every year through migraine-related work absenteeism and presenteeism, where people work while they are ill.

The report calls on government and national bodies to come together to develop a long-term strategy for improving migraine care across employment and health systems. It proposes this strategy aims at three key pillars:

- **Improving care:** Establish a clear and unambiguous patient pathway
- **Improving public understanding:** Educate on painful and debilitating nature of migraine
- **Improving outcomes in the workplace:** Empower employers to understand their employees’ needs

The report can be downloaded at www.theworkfoundation.com/wf-reports

Hannah Verghese, Head of Policy and Influencing at The Migraine Trust, speaking at the launch of the report

Migraine Action held an Extraordinary General Meeting on 2 June to vote on whether to close. The motion was passed and the charity is being wound up, and they are donating any remaining assets to us.

With the key priority being the welfare of people affected by migraine, The Migraine Trust has been liaising with Migraine Action. They gave us the opportunity to send a letter to their members reassuring them that there would still be help for those who needed it.

It is crucial that anyone who needs help with migraine knows that they can contact our support services – our Information Service on 020 7631 6975 and our Advocacy service on 020 7631 6973 – or online via www.migrainetrust.org/contact-us
Research funded by The Migraine Trust

Two research projects that started last year continue to make progress. Dr Philip Holland and Lauren Strother’s (PhD student) research project, ‘Circadian Biology of Migraine’, has confirmed that the abnormal protein (casein kinase 1-delta) impacts specifically on migraine-related features such as an experimental readout of migraine aura and head pain and does not result in generic pain, for example, sensitivity to touch and heat, thus highlighting that it is very likely to be migraine specific.

While Dr Anna Andreou and Joseph Lloyd’s (PhD student), research project, ‘Investigation of the causes of migraine attacks – neuromodulation in migraine and other headaches’, has shown that single-pulse transcranial magnetic stimulation (sTMS) in experimental settings blocks for up to two hours the production of cortical spreading depression (CSD), the phenomenon thought to be the basis of the visual disturbances known as migraine aura.

Children with headache and migraine survey

We are undertaking research into the impact of headache and migraine on children and invite parents/carers of children with headache and migraine, and children who get headache and migraine, to take part. We’ll use the results to inform the development of a framework for optimal care for children and young people living with headache or migraine.

You can do the parent/carer survey and the children’s survey at: www.migrainetrust.org/children-headache-migraine-survey

MTIS – come along to public session

The 17th Migraine Trust International Symposium (MTIS) takes place in London this month – from 6-9 September.

MTIS brings together the world’s leading experts on migraine and headache to share the latest research findings and to discuss current trends in treatment and prevention. It is the world’s longest established headache conference and aims to enhance international researchers’ scientific knowledge and promote a better understanding of migraine through debate and exchange of ideas.

On the final day of the conference, Sunday 9 September, we invite members of the public to learn about the latest migraine research, therapies and developments from internationally recognised leaders in the field.

The public session runs from 12.30-5pm, and its programme includes Professor Peter Goadsby, Professor of Neurology at King’s College London, and Trustee of The Migraine Trust, speaking about the latest developments in migraine treatment, and Dr. Richard Lipton, Director of Montefiore Headache Center, talking about migraine co-morbidities. Attendees will also get a chance to ask the panel questions.

If you would like to attend, you can purchase tickets by calling 020 7631 6973 or at www.migrainetrust.org. Standard tickets are £18 and concession are £12.
Migraine Awareness Week

Mindful of migraine workplaces

To build on the success of last year’s Migraine Awareness Week that focused on migraine in the workplace, we have decided to focus on this important issue again as we feel there is still much to be done in this area.
By mindful of migraine we mean for employers:

1. to be aware of the high numbers of people who get migraine, that it is very common and that there is a strong possibility that someone they employ might get migraine

2. to have an understanding that it is a complex neurological condition and that people can experience migraine very differently

3. to make reasonable adjustments once they become aware that they have an employee who gets migraine, such as considering flexible working practices and looking at how their physical environment can be adjusted to help prevent the triggering of a migraine

Workplaces being mindful of migraine won’t mean that people with migraine never struggle at work again or that they won’t encounter issues at work because of migraine, but we believe it is an important step in helping people work with migraine.

Promoting understanding of ‘Mindful of migraine’ workplaces

As well as promoting the concept and importance of workplaces that are mindful of migraine in the media, we are also contacting large employers, business organisations, trade unions, and those working in occupational therapy and human resources.

You too can help raise awareness of the scale of people in the UK workforce who are living and working with migraine and what employers can do to be more mindful of migraine.

If you would like to promote how workplaces can be mindful of migraine, you can download our Migraine: Help at work toolkit (www.migrainetrust.org/help-at-work) and share it with your employer.

It provides general information for people with migraine, their colleagues, managers, trade unions, human resource departments and occupational health professionals about ways to manage migraine in the workplace.

Facts and figures

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<th>25m days</th>
<th>£2.25bn</th>
<th>47%</th>
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<td>lost from work or school each year in the UK because of migraine</td>
<td>The cost of absenteeism from migraine alone</td>
<td>Migraine/chronic headache was found to be the second most frequently identified cause of short-term absence for non-manual employees</td>
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Meet-up for migraine!

We are also launching our migraine meet-ups this Migraine Awareness Week. You can find out more about them on page 13.
Rebecca Chilcott shares her experience of what it is like to live with vestibular migraine

I started suffering episodic migraine with aura at the age of 15 years old. I would lose part of my vision and experience flashing lights that are typical of migraine with aura. This would be followed by a headache and vomiting.

The attacks were frightening, but in between I was fine. However, at 29 years old I woke up one morning and the room was constantly moving around me. Life would never be the same again.

I trialled many different medications over the last six years with varying degrees of success. There is no magic cure available but a new combination of medications that I started taking over a year ago have improved my symptoms dramatically (venlafaxine and clonidine).

After being diagnosed, I vowed that if my condition was stabilised by prophylactic medications then one day I would run the Cardiff half marathon, a challenge for someone even with a normal balance system!

During periods over the last few years when my condition was somewhat stable I was able to build up from running for a few minutes to completing 5k and 10K events. I finally felt well enough to enter the Cardiff half marathon in 2017. I didn’t run for charity because I was unsure as to whether my brain would tolerate the long training runs let alone complete the 13.1 miles. I ran with my husband and completed the race without stopping. This year I am hoping to complete the Cardiff half marathon for a second time and raise money for The Migraine Trust.

I wanted to run for The Migraine Trust because it is a research driven charity. Research is needed to further identify the exact pathophysiology of migraine and help develop new more effective treatments for all types of migraine including vestibular migraine.

I also hope to raise awareness of vestibular migraine amongst the medical profession and general population.

You can support Rebecca by donating at www.justgiving.com/fundraising/rebecca-chilcott
Bridget Frost considers the impact of migraine on a writer’s work

I was diagnosed with episodic migraine in 2013, following two years of devastating headaches.

‘Devastating’ sounds melodramatic, but not if you’re a migraine sufferer.

Virginia Woolf said famously in her essay ‘On Being Ill’ that the moment you try to describe a headache “language at once runs dry”*. Certainly that’s my own experience.

I’m a writer and editor by profession but any attempt to pin this particular devil to the ground with words has failed. In fact, maybe this is why I’ve not really written about migraine before.

Or have I? A recent sifting through some old scribblings had me wondering whether perhaps I have been writing about migraine after all, without realising it.

First though, who would want to? For starters, it’s deeply depressing.

Here’s Woolf again, this time in a letter to Vita Sackville-West, in 1929, describing what happens to her during a headache: “I see my own worthlessness and failure so clearly; and lie gazing into the depths of the misery of human life”.

All too familiar.

And in another letter, this time to E. M. Forster, in 1922, she brilliantly puts her finger on it when she says: “I should like to growl to you about all this damned lying in bed and doing nothing, and getting up and writing half a page and going to bed again. I’ve wasted 5 whole years (I count) doing it; so you must call me 35 – not 40 – and expect rather less from me”.

How all migraine sufferers must identify with that!

Our life is a never-ending process of negotiation as we try to claw back as much of our time as possible. It’s for this reason, I think, that I have never written about migraine: it’s taken too much of my life already.

And yet – I find a poem from 2000, 13 years before my diagnosis, 11 before I realised that migraine could exist without a headache, describing a strange sensation that came over me one evening at a picnic.

Continues >
“On Parliament Hill my heart went down, lay flat. / How to react? / The picnic bared its teeth and glared, / I couldn’t eat, despaired, / became un-stable and lost tack. / Sound fell, falling in reels. / And Kenwood’s Summer Concert failed / to catch the tenor of its sadness when it crashed.”

I remember that evening: the sudden bleakness, the sense of my environment becoming hostile, the scrambling of senses. Isn’t that the prodrome? The stage that comes before the migraine, before the aura even.

The poem continues: “What way back? / Transport now suspended, / language ended, / nothing going in the cold; / and security was slack”.

And there’s the loss of speech, the sense of insecurity, the fear. I feel sorry now for the young woman who suffered that experience (there were similar occasions) not knowing what was happening to her.

In another unfinished piece, written in 2009, I find a character who is visited by a bird in her head: “Whoosh, there it is, shaking itself out inside me, its face in my face, its eyes in my eyes, its beak in my nose; it fills the hollows of cheeks entirely. I can’t breathe”.

Now, that seems instantly recognisable as the sinus symptoms of migraine.

“My reflections have been useful. They’ve helped me remember that migraine is a disease; that it’s not just with us when we think it is.”

Maybe I’m projecting this retrospectively. Who knows? But my reflections have been useful. They’ve helped me remember that migraine is a disease; that it’s not just with us when we think it is, it’s with us all of the time. In many cases, it has been with us for much longer than we realised.

Woolf, in her letter to E. M. Forster, bemoaning the years lost to migraine, continues: “Not that I haven’t picked up something from my insanities”.

Well, let’s hope we all have! But I won’t rush to thank it. But maybe, just maybe, I’ll think about forgiving it a teeny bit.

Radhika Tanna on finding out what matters most to people with headache and migraine

Radhika, who is a fourth year medical student at St George’s University of London, worked with The Migraine Trust on our What Matters Most? research into the priorities for people living with headache and migraine. Her project supervisor was Anne-Marie Logan, Headache Practitioner at St George’s Headache Service.

What were the aims of the What Matters Most project?
The Migraine Trust and the Headache Service at St George’s University Hospitals NHS Trust collaborated in a project to explore the views of patients attending a headache clinic appointment in order to gain a better insight into what matters most when living with headache and migraine.

How did you undertake the research?
This project built on work initiated by The Migraine Trust and National Voices in order to improve person-centred care for people with headache and migraine. “I statements” (“I understand how to prevent attacks”, “My condition is understood by others” and “I have the opportunity to be involved in research”) were used to reflect what good person-centred and co-ordinated care should feel like. The 19 “I statements” were turned into questions, where patients had to rate how important each statement was to them on a scale of 0-10, 0 being not important at all and 10 being very important. The questionnaire was filled in by the researcher and the questionnaire was used as a basis for discussion, with all comments being recorded.

What did you find?
116 patients participated in the project with the results showing two main themes – Understanding and Access.

Patients wanted to be able to understand their condition through education, in particular how to prevent attacks and which treatments to take. The majority of patients also wanted other people to understand or acknowledge their condition. They mentioned that there are “never any leaflets on migraines” and it would help to give information to their family/friends about their condition. They also thought leaflets should be made available in public places to raise awareness of headaches and migraine. Some patients felt that GPs lack specific knowledge about headache and there was a need for better headache education and support for GPs.

Patients’ comments on access related to access of services, resources, specific treatments and research. Access for patients to helplines and migraine sufferer groups as well as quick access to appointments were key findings. Patients also felt that it would be beneficial to them to have someone to talk to who was going through similar problems.

How will these findings be used?
This work forms part of efforts to improve the range of support for people with headache and migraine on a local and national level. The Migraine Trust is working with the UK Headache Network and both the themes of Understanding and Access will be part of those efforts. St George’s Headache Service currently has a community education service for patients with migraine and is looking at ways of broadening their education and information.

“Access for patients to helplines and migraine sufferer groups as well as quick access to appointments were key findings.”
Fundraising

Thank you for your support!

We are so grateful for the commitment and generosity of all our supporters. We couldn’t provide our support services or fund ground-breaking research into migraine treatments without you.

Louise Bullen, Kate Connis, Joseph Lloyd (left to right) and Chris Southgate below

London Marathon 2018

We were delighted to have our biggest team ever running in the London marathon this year. Huge congratulations to Kate Atkin, Joseph Lloyd, Kate Connis, Sam Quarshie, Becca Garner, Louise Bullen, Alice Swinsco and Elidh Jeavons for completing the course in gruelling temperatures. Together they raised the incredible amount of £17,450 in support of The Migraine Trust. Thank you to all of you and Well Done!

Chris Southgate

Chris Southgate is undertaking a mammoth year of running events to raise funds for The Migraine Trust. We're in awe of his tenacity and fitness!

“I am not running for me, but for my wife Cheryl, and the 1 in 7 people in the UK who suffer with migraine. The impact of this condition particularly over the last 3 years has been challenging for Cheryl and I. Whilst the current level of understanding of this condition and the pace at which the NHS moves may leave a sense of helplessness, we can take some control. Raising money for The Migraine Trust, for research and to support sufferers across the UK, has great significance for me”.

To support and encourage Chris with his running challenges please visit his JustGiving page at justgiving.com/fundraising/chrissouthgate2018
Christmas is on its way

After selling out of Christmas cards completely last year we have now restocked and have four fresh designs for you to choose from. Woodland creatures, Days of Christmas, O Holy Night and Christmas penguins. Cards cost £4.50 per pack and come in packs of 10 each with a seasonal message printed inside.

To have a closer look at the designs on offer please visit our website at migraine-trust.org/christmas-cards. To place an order please email fundraising@migrainetrust.org.

Harriet and Emily Doyle

Sisters Harriet and Emily ran the British 10K together to raise funds for The Migraine Trust, in support of their dad who has lived with migraine since he was 17. He can have up to three severe migraines each month which leave him unable to get out of bed for up to 48 hours.

“Our dad has unfortunately missed family occasions, evenings on holidays and Christmas dinners because he has been stuck in bed with a migraine. When we reminisce about memories if he doesn’t remember it he says “I was probably in bed with a migraine”. We are supporting The Migraine Trust in the hope that the money we raise can help fund research into finding a cure or some way of subsiding the effects of migraines.”

Harriet and Emily have raised more than £440, a fantastic amount! Thank you so much for running for The Migraine Trust.

Meet up for migraine – Get together to beat migraine

We are working on producing a set of resources to make it easy for you to organise a brunch, lunch or tea to get your friends and family together, have fun and raise awareness of migraine at the same time. We will provide poster templates, bunting, recipe suggestions and decoration ideas to make your event a huge success. If you would like to receive a pack please email fundraising@migrainetrust.org.

Events calendar

London Landmarks Half Marathon – 24th March 2019

We have 10 places for this new running challenge, a half marathon which takes in the sights and landmarks of central London and has a lot of fun interactive opportunities along the way.

From cultural landmarks to the city’s quirky and hidden secrets, runners get to explore the capital on a route like no other. The event sold out very quickly in 2018 so if you are interested in joining our team and helping to raise funds for The Migraine Trust please request an application form by emailing fundraising@migrainetrust.org.

London Marathon 2019

Unfortunately we don’t have any spare places to offer in the London Marathon for 2019. If you’ve been lucky enough to secure a place through the public ballot please consider asking your family and friends to support you in your training by sponsoring you in support of The Migraine Trust. We can provide you with a running vest and lots of fundraising advice and motivational support! Please email fundraising@migrainetrust.org.
Frequently asked questions

We are frequently asked questions about benefit entitlements and if migraine can be classed as a disability. Here are the answers to some of the most frequently asked, and you can also download our toolkit, Help with welfare benefits rights at www.migrainetrust.org/accessing-welfare-benefits

My employer has dismissed me from work due to my migraine, can I apply for benefit?

If you have been dismissed by your employer due to issues arising from your migraine condition, you may be able to apply for benefit. If the reason for the dismissal is because your ability to work is limited, you may be able to apply for Employment and Support Allowance (ESA). If you are dismissed by your employer due to your migraine but you are able to return to work, you may be able to claim Jobseeker’s Allowance (JSA) instead.

Is migraine considered to be a disability?

Migraine may be considered a disability under the Equality Act 2010. This depends on the severity and frequency of the attacks and the impact the condition has on the person. The Act defines disability as: a physical or mental impairment which has a substantial and long-term adverse effect on your ability to carry out normal day-to-day activities. To fall within the Act, you need to show that your condition demonstrates this.

- Substantial means more than minor or trivial
- Long-term means that the impairment has lasted or is likely to last for at least 12 months or the rest of your life
- Normal day-to-day activities are activities that people do on a regular or daily basis such as shopping, reading and writing, holding a conversation, using the telephone, watching TV, carrying out household tasks, walking and travelling by various forms of transport and taking part in social activities. This can also include general work-related activities such as interacting with colleagues, following instructions, using a computer, driving, carrying out interviews, preparing written documents, and keeping to a timetable or shift pattern

A doctor or headache nurse may be able to advise an individual whether their migraine is likely to be covered under the Act.

What help is available for self-employed people who are affected by migraine?

Self-employed people can become unemployed, or unable to work their full hours due to their migraine condition. If this is your situation, you will not be able to claim Statutory Sick Pay (SSP) but could be eligible for ESA.

If you have to work a reduced number of hours, which benefit you can claim will depend on the number of hours you are now working. If you are working at least 30 hours a week and are aged 25 or over (or working at least 16 hours a week if you are getting Disability Living Allowance (DLA) or Personal Independence Payment (PIP)), you may be able to claim Working Tax Credit. In some areas of the country, Working Tax Credit is being replaced by a new benefit: Universal Credit. To find out if you are eligible to claim Universal Credit in your area (based on your postcode and circumstances), go to: www.gov.uk/universal-credit/eligibility

If you are working for less than 16 hours a week, you may still be eligible for ESA if the work is accepted by the Department of Work and Pensions as permitted work. In both of the above cases, Housing Benefit may also be available towards any rent you are paying. Contact your local authority for details.
Spotlight on our support services

We have had a rise in people seeking our help since the closure of Migraine Action with many not knowing that we have two free support services, an Information Service and an Advocacy Service. We therefore thought that it would be a good time to shine a light on the work of each service and how we support people affected by migraine.

Information Service

Our Information Service responds to enquiries about migraine, other disabling headaches and their management. The information we provide utilises the best available research evidence as well as the clinical experience of leading neurologists.

Susan runs the service and you can contact her by calling 020 7631 6975 or sending a message via our website.

Advocacy Service

Advocacy is the process whereby an individual or group is supported to have their opinions, needs and wishes heard regarding the decisions that affect their lives. The aim of our Advocacy Service is to:

• Empower you to take greater control of the decisions that affect you
• Provide you with information to ensure that you can make informed decisions, assert your rights, and claim your entitlements
• Support you to advocate for yourself or another migraine sufferer
• Support you at meetings, where appropriate or feasible or write letters on your behalf or speak for you where you do not feel like doing so
• Promote equality of opportunity and prevent discrimination and social exclusion

We provide information to people with migraine on their rights in employment, education and access to healthcare. We support them to get help in work, education and accessing treatment in the NHS.

Helen runs the service and you can contact her by calling 020 7631 6973 or sending a message via our website.

There has been a sharp rise in demand for our support over the last year.

We have responded to a 72% increase in calls/emails to our Information Service and 64% increase to our Advocacy Service.

Our support services also run public ‘Managing your migraine’ events and have created a range of toolkits to help manage migraine at work, in school and further and higher education, and a guide on welfare benefit rights.
Get involved

Join our Volunteer Forum!

Input from people who get migraine is essential to our work. As migraine can be experienced in many different ways and its impact can vary from one person to another, it is important that we work with a range of people who get migraine.

That is why we created our Volunteer Forum, a group of committed volunteers who give their time and skills to support our work.

Members of the forum are a resource pool and critical friend to us by keeping us informed of the views and needs of people with migraine.

What membership of the Volunteer Forum involves

Members of the forum:

- Inform The Migraine Trust of their needs as people with migraine and the challenges they experience
- Provide input, views and opinions to support The Migraine Trust’s work
- Provide local and regional information to help The Migraine Trust assess local need

This activity takes place via online communications between staff and forum members, as well as through forum meetings and other local/regional meetings. It can involve scrutinising and reviewing publications, and responding to consultations.

The Volunteer Forum meets several times a year in The Migraine Trust office in London.

Meetings take place on a Saturday and are facilitated by The Migraine Trust staff. Reasonable out of pocket travel expenses can be reimbursed.

Who can join the Volunteer Forum?

The Volunteer Forum is open to anyone with migraine or a carer of someone with migraine. Each member is expected to act in the best interests of The Migraine Trust.

Membership is for three years but after a three year term members can apply to be readmitted to the forum if they wish to continue.
GDPR

Data security

You will have heard about the new General Data Protection Regulations which came into effect in May 2018. At The Migraine Trust we take our responsibility to protect your personal data very seriously.

We record only the data we need to respond to your request or process your donation. We will send you updates about our work either by mail or by email and you can choose to opt out of receiving communications from us at any time. We will never sell or swap your details without your awareness and consent.

You can read more about how we keep your details secure in our Privacy Policy which is available on our website or you can request a copy by email: ufarrell@migrainetrust.org.

“Volunteering for The Migraine Trust has been a fun and enriching experience for me. I was able to meet new people, exchange experiences and feel a bit less alone with my illness. I feel like I could help make a difference to other people’s lives by supporting The Migraine Trust. As members of the forum we help The Migraine Trust reach decisions on new campaigns, how to best reach out to people and find out where their support is most needed. With only a handful of meetings per year the time effort is absolutely manageable. Plus, everyone is always friendly and welcoming.”

Maria, member of the Volunteer Forum

Apply to join our Volunteer Forum

We’d love to hear from you if you have migraine or are a carer of someone with migraine, live in the UK and are interested in supporting the work of The Migraine Trust as a member of our Volunteer Forum. You can apply at www.migrainetrust.org/volunteer-forum/apply or we can post an application to you if you email hbalami@migrainetrust.org.
The Migraine Trust is the largest charity dedicated to leading the fight against migraine in the UK. We exist to transform the lives of people who suffer from migraine. We do this by funding and promoting research, providing support and information, and campaigning for people affected by migraine. Visit our website to subscribe to email updates and news, access migraine information and to learn more about The Migraine Trust including our support services, research and events.

**Trustees**
- Ian Watmore (Chairman)
- Jenny Mills (Hon Treasurer)
- Professor Peter J Goadsby BMedSc MB BS PhD DSc FRACP FRCP
- Dr Brendan Davies BSc MB BS MD FRCP
- Dr Fayyaz Ahmed MD FRCP MBA
- Dr Shazia Afridi MCRP PhD
- David Cubitt
- Sir Denis O’Connor
- Sir Nicholas Stadlen

**Chief Executive**
Wendy Thomas
Together we can beat migraine
Please support us and help improve the lives of people living with migraine.

Your details
Title:  First name:  Surname:
Address:

Postcode:
Email:  Telephone:

Your donation
I wish to make a single gift of
☑ £48 – to cover the cost of responding to an enquiry made to our support services
☐ My chosen amount of £_________
☐ I enclose a cheque/CAF voucher made payable to The Migraine Trust OR
☐ Please debit my credit/debit card Complete details below
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Card holder’s name:  
Card number:  □□□□□□□□□□□□□□□□□□□□
Valid from:  /  Expiry date:  /  Security number:  □□□□□
Issue number (Maestro cards):  □□
Signature:  Date:  

I wish to make a regular gift of £_________ a month/a year  Please delete as necessary.
(Please note that to receive our journal Migraine News we request a minimum Direct Debit donation of £30 a year, £2.50 a month, to help cover costs.)

Instruction to your bank or building society to pay by Direct Debit

Service User Number: 838322
Please pay The Migraine Trust Direct Debits from the account detailed in this instruction subject to the safeguards assured by the Direct Debit Guarantee. I understand that this instruction will remain with The Migraine Trust and details will be passed electronically to my bank/building society.
Bank/Building Society name:  
Bank/Building Society address:  
Name of account holder(s):  
Account number:  Account Sort Code:  
Signature(s):  Date:  
☐ I would prefer not to receive an acknowledgment for my donation today  

The Migraine Trust is a registered charity in England and Wales (1081300) and Scotland (SC042911)
Please complete the form below to Gift Aid your donation

Gift Aid Declaration
Boost your donation by 25p of Gift Aid for every £1 you donate.

- I want to Gift Aid my donation today and any donations I make in the future or have made in the past 4 years.
- I am a UK taxpayer and understand that if I pay less Income Tax and/or Capital Gains Tax than the amount of Gift Aid claimed on all my donations in that tax year it is my responsibility to pay any difference.

Signature(s): ___________________________ Date: ___________________________

Please notify us if you wish to cancel this declaration, you have changed your name or home address or you no longer pay sufficient tax on your income and/or capital gains.

Staying in touch
We will securely record the information you have provided to process your donation and to keep you updated with developments in migraine research and treatment. Please select from the options below how you would like to hear from us.

- Monthly e-bulletins Email address: ______________________________________
- Twice-yearly updates by mail (including details of our Managing Your Migraine events)
- Biannual journal Migraine News (minimum annual Direct Debit donation of £30 required)
- Please do not contact me by email
- Please do not contact me by mail

We will process your personal information for specific purposes which may include collecting your donation, sending you information you have requested, and ensuring we are working efficiently as a charity that supports people living with migraine. We will never sell or swap your personal information with a third party without your consent. Examples of how we may process your data can be found in our Privacy Policy, which you can access on our website at migrainetrust.org/privacy-policy or alternatively you can request a copy by emailing ufarrell@migrainetrust.org.

You have the ability at any time to request that we no longer process your personal information by emailing info@migrainetrust.org. If you do opt out please bear in mind that this will limit our ability to carry out tasks for your benefit.

To find out more about The Migraine Trust, and to support our work, visit www.migrainetrust.org/support-us.

Please return this form to: Freepost RSRB-ZYSK-GGCC, The Migraine Trust, 52-53 Russell Square, London WC1B 4HP.