

To whom it may concern

Re: Supporting people with migraine

The Migraine Trust is the health and medical research charity for migraine in the UK. We fund research, provide evidence-based information, campaign for and support people affected by migraine.

Migraine is a complex neurological condition with a wide variety of symptoms. It is highly prevalent and can be extremely disabling. Migraine is ranked globally as the seventh most disabling disease among all diseases (responsible for 2.9 per cent of all years of life lost to disability/YLDs) and the leading cause of disability among all neurological disorders (Steiner TJ et al JHP 2013). There are approximately nine million migraine sufferers in the UK and an estimated 190,000 migraine attacks every day.

Migraine may be considered as a disability under The Equality Act 2010. A person will be considered disabled for the purposes of the Act if they meet the following criteria:

1. They have a physical or mental impairment .
2. The impairment has a substantial and long term-adverse effect on their ability to perform normal day-to-day activities.

To be covered under the Act, it is necessary for an individual to establish that the condition has a substantial and long term adverse effect on their ability to carry out normal day-to-day activities. An individual's health professional will be able to provide information and advice based on the individual's circumstances, and regarding their ability to work with the condition.

More information is available from our website at www.migrainetrust.org. If we can be of any further support to you or your staff please contact us on 020 3951 0150 or email advocacy@migrainetrust.org.

Yours faithfully,

Helen Balami
Advocacy Officer