

1 in 8 people suffer from migraine



The World Health Organisation has classified headache as a major health disorder and has rated migraine amongst the top 20 most disabling lifetime conditions. It affects over 6 million people in the UK and is more common than diabetes, epilepsy and asthma combined.

Migraine affects people from all age groups (even young children) and all social classes. It is a very individual condition and trigger factors and symptoms vary tremendously from person to person. A treatment which works well for one sufferer may be completely ineffective for another. There is no miracle cure for migraine but it is a condition that can, in most cases, be effectively managed.

By donating regularly to Migraine Action or leaving something to us in your will, you will be contributing towards the inspirational work of the UK's leading migraine related charity. We support thousands of migraineurs by providing them with information and advice on various aspects of migraine, ranging from practical tips on managing their migraine, to the different types of medication and treatment plans available.

All of this would not be possible without your generosity so please continue to show your support. To donate on a monthly, quarterly, half yearly or annual basis, please complete the form and return it to us at the address overleaf.

Migraine is more than just a headache

Instruction to your Bank or Building Society to donate by Direct Debit

Please complete this form in **BLACK INK** with capitals and return to:

Migraine Action, 4th Floor, 27 East Street, Leicester. LE1 6NB.

To the Manager of:

Branch Address:

Postcode:

Name(s) of Account Holder(s): Account No:

Sort Code:

Service User Number:

I would like to donate: £10 £20 £50

other (please specify) £

monthly quarterly half yearly annually

Instruction to your Bank/Building Society

Please pay Migraine Action Direct Debits from the account detailed in this instruction subject to the safeguards assured by the Direct Debit Guarantee. I understand this instruction may remain with Migraine Action and, if so, details may be passed electronically to my bank/building society.

Signature(s) Date

Office use:

Banks / Building Societies may not accept Direct Debit instructions for some types of accounts.

Gift aid declaration: I, who have given my name and address above and have ticked the following box, want Migraine Action to reclaim tax on the donation enclosed. I understand that I must pay an amount of income tax or capital gains tax at least equal to the tax reclaimed by Migraine Action on the donation. Please Gift Aid all my gifts from this date until I notify you otherwise.

The Direct Debit Guarantee



- This guarantee is offered by all Banks and Building Societies that take part in the Direct Debit Scheme. The efficiency and security of the Scheme is monitored and protected by your own Bank and Building Society.
- If the amounts to be paid or the payment dates change, Migraine Action will notify you 14 working days in advance of your account being debited, or as otherwise agreed.
- If an error is made by Migraine Action or your Bank or Building Society, you are guaranteed a full and immediate refund from your branch of the amount paid.
- You can cancel a Direct Debit at any time by writing to your Bank or Building Society. Please also send a copy of your letter to us.

4th Floor, 27 East Street, Leicester. LE1 6NB.

Email: info@migraine.org.uk Web: www.migraine.org.uk Helpline: 0116 275 8317

Registered Charity No. 207783