

FINANCIAL REVIEW AND RESULTS FOR THE YEAR ENDED 31st MARCH 2007

	2007	2006
	£	£
Income		
Donations and Similar Income	118,683	102,188
Subscriptions	95,039	95,316
Legacies	12,981	53,294
Merchandise	4,686	13,143
Investment Income	11,425	14,114
Bank Interest	29	9
Other	12,103	11,173
	<u>254,946</u>	<u>289,237</u>
Expenditure		
Cost of Generating Funds		
Merchandise Costs	(3,393)	-
Investment Management Costs	(2,588)	(2,663)
Fundraising	(11,497)	(1,715)
	<u>(17,478)</u>	<u>(4,378)</u>
Charitable Expenditure		
Projects	(78,797)	(79,751)
Grants	(27,142)	(48,643)
Information & Support	(114,879)	(122,443)
Awareness Raising	(56,726)	(45,256)
Support Costs	(22,857)	(15,247)
Governance Costs	(10,433)	(13,139)
	<u>(310,834)</u>	<u>(324,479)</u>
Net Outgoing Resources	(73,366)	(39,620)
Gains on Investment Assets	12,917	51,741
Net movement in funds	<u>(60,449)</u>	<u>12,121</u>
Balance Sheet at 31st March 2007		
Fixed Assets		
Tangible	56,129	61,314
Investments	379,537	369,208
Current Assets		
Debtors	6,315	3,820
Cash at Bank & In Hand	69,487	88,845
	<u>511,468</u>	<u>523,187</u>
Less: Current Liabilities - Creditors	<u>(53,430)</u>	<u>(4,700)</u>
	<u>458,038</u>	<u>518,487</u>
Funds:		
Restricted Funds	15,525	15,525
Unrestricted Funds	442,513	502,962
	<u>458,038</u>	<u>518,487</u>

No part of the Association's core funding is provided by any part of the pharmaceutical industry, and the Association has no continuing relationship with any pharmaceutical company. However, sponsorship for various projects is obtained from pharmaceutical companies on an ad hoc basis.

Review of the Year 2006/7 and Summary of Accounts



OBJECTIVES AND ACTIVITIES

The objects of the Association are principally:

1. The relief of sickness by the promotion of scientific research on the subject of migraine and other headache disorders.
2. The advancement of public education on the subject of migraine.

Mission Statement: "to relieve the burden of headache by facilitating informed awareness and encouraging research".

The Association aims to achieve these objectives by working in the following areas:

- providing information and support to anyone affected by migraine and other headache disorders;
- promoting education at all levels to disseminate the latest developments and best practice on management options;
- raising awareness of the condition, its impact on the quality of lives of sufferers, society and the economy;
- encouraging and supporting research;
- ensuring that all migraine and headache patients have access to effective treatment and care at the appropriate level;
- developing good working relationships with a wide variety of partners with whom the Association shares similar aims and objectives.

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 Website: www.migraine.org.uk www.migraine4kids.org.uk

Report of the Committee of Trustees

The Association held extensive talks with the Migraine Trust with a view to investigating a possible merger between the two charities, which would better serve the interests of all migraine sufferers in the UK. Ultimately these talks proved unsuccessful.

After ten years of service Ann Turner resigned as Director in February 2007. Ann has made a significant contribution to the success of the Association and her support has helped many of its members for which the Committee would like to express its appreciation. The Committee of Trustees engaged Paul Jansen as Interim Director with the specific assignment to aid the association in a strategic review, before a new, permanent director is recruited.

REVIEW OF ACHIEVEMENTS AND PERFORMANCE

Providing information and support to anyone affected by migraine and other headache disorders

The Association believes that well-informed patients are more likely to manage their condition effectively and use health care services and resources appropriately and cost effectively. The Association provides information and support to anyone affected by migraine or other headaches. Additional services are available to members only.

During the year, the Association received 3,748 calls to the information line (down 29%), 7,437 email enquiries (down 51%) and 580 postal enquiries (up 59%).

The wide range of leaflets available on many aspects of migraine and its management are regularly reviewed and updated to include the latest developments in treatments and research: 4 additional reports and 3 additional leaflets (Botox, basilar artery migraine and Topamax) were produced during the year.

Members receive a 28-page, A5 size quarterly newsletter, Migraine Action News, which includes research reports, opportunities to participate in new research, developments in treatment, both allopathic and complementary, information about the Association's activities and news and views from members. Migraine Action News is the most valued membership benefit for the majority of members.

The Association has two websites both of which have - mostly - free of charge open access. The Association's main website www.migraine.org.uk contains a wealth of information on many different aspects of migraine and its management; it has additional restricted access areas for "enhanced" members of the Association only, which include a message board and the ability to download leaflets and newsletters. The website received an average of around 42,600 visits per month (up 7%), with a peak of 51,329 visits during October 2006. It consistently appears amongst the top 3 headache and migraine sites on all of the major search engines and reviews and patient feedback have been favourable. The areas open to members only are very well received with 12 different forums on the message board attracting around 6 messages each day. Between 8 and 30 detailed and complex questions are posted on the Ask the Expert page each month, a facility for Enhanced Members only.



Our dedicated website for children www.migraine4kids.org.uk is the only specialist migraine website designed for under 18s. It received an average of 2,361 visits per month (up 28%) with a peak of 3,714 visits in March 2007.

Other expenditure is very similar to last year. All expenditure is carefully controlled and goes directly towards meeting the objectives of the charity.

The Association has a reserve policy whereby the organisation holds reserves sufficient to meet between 6 and 9 months of expenditure during an unforeseen period of difficulty. The Committee of Trustees reviews the reserve policy on an annual basis.

Notes to the summarised accounts:

1. The summarised accounts overleaf may not contain sufficient information to allow for a full understanding of the financial affairs of the charity. For further information, the full accounts, the auditor's report on those accounts and the Trustees' Annual Report should be consulted. Copies may be obtained from the Migraine Action Association, 6 Oakley Hay Lodge Business Park, Great Folds Road, Great Oakley, Northants NN18 9AS.
2. The Annual Report and Financial Statements were approved on 21st June 2007 and will be submitted to the Charity Commission in due course.
3. The full Annual Accounts have been audited. The auditors, HLB Vantis Audit plc, Stoughton House, Harborough Road, Oadby, Leicester LE2 4LP, gave an unqualified report.

Independent Auditor's statement to the Committee of Trustees of MAA

We have examined the summarised financial statements of Migraine Action Association which comprise a summary trustee report, summary statement of financial activities and the summary balance sheet.

Retrospective responsibilities of the Committee of Trustees and Auditors:

The Committee of Trustees are responsible for preparing the summarised financial statements in accordance with the preparation recommendations of the Charities Statement of Recommended Practice.

Our responsibility is to report to you our opinion on the consistency of the summarised financial statements with the full financial statements and Committee of Trustees' Annual Report. We also read the other information contained in the summarised annual report and consider the implications for our report if we become aware of any apparent misstatements or material inconsistencies with the summarised financial statements.

Basis of opinion:

We conducted our work in accordance with Bulletin 1999/6 "The auditors' statement on the summary financial statement" issued by the Auditing Practices Board for use in the United Kingdom.

Opinion:

In our opinion the summarised financial statements are consistent with the full financial statements and the Committee of Trustees' Annual Report of Migraine Action Association for the year ended 31st March 2007.

HLB Vantis Audit plc

Registered Auditor
4th July 2007

Stoughton House, Harborough Road
Oadby, Leicester LE2 4LP

MAA also participated in the steering group exploring the possibility of forming a European Headache Alliance. This was formally launched at a conference of the European Headache Federation in Valencia in April 2006.

The Association continues to develop links with the Organisation for the Understanding of Cluster Headache (OUCH UK) and the British Association for the Study of Headache (BASH).

The Association has retained its membership of the Long Term Medical Conditions Alliance, the Patients' Association and the Allergy Alliance and works with them on matters of common interest. It is also a member of the National Council for Voluntary Organisations and has participated in several of its initiatives.

The wide-ranging activities of the Association and its involvement in a variety of projects in collaboration with many different partners illustrate the respect in which it is held both nationally and internationally.

Treasurer's Report

The Summary Financial Statements for the year ended 31st March 2007 are shown on the back page and reflect the numerous activities described in this review.

The Association has continued its outsourcing arrangement with Charity Business for the accounting and financial management activities. This has improved the quality of the financial and management information for both management and Board of Trustees and also helps to keep administration costs down.

During the year, the Association's total income decreased by 11.8% to £254,946 (£289,237 in 2006). This was largely down to a large legacy and growth in subscription income in 2006. Although 669 new members were recruited during the year, overall membership fell by 1,023. Legacy income of £12,981 was received this year compared with £53,294 in 2006.

Legacies and donations are invested in a portfolio, which is managed by Rathbones, our investment managers under the guidance of the Trustees, until the money is required. This year saw an increase in the value of the portfolio of £12,917, plus £11,425 of investment income.

Over the year the Association's assets have decreased by £60,449. Operating losses have increased to £73,366 (from £39,620 in 2005/6). The Balance Sheet remains healthy with net assets of £458,038.

A grant of £45,000 was received from the Department of Health for the Specialist Patient Programme. This was supplemented with £14,314 from the Association's own resources.

The cost of performing activities throughout the year was supported by income received and a portion of investment income received. Overall expenditure on charitable activities decreased by 4.2% in 2007 to £310,834 (£324,479 in 2006) through the effort of staff and management in the control of costs.

Governance costs recognised in the year stand at £10,433 (£13,139 in 2006). This is largely down to the level of Trustee input and support throughout the year as well as additional work performed throughout the period of infrastructure change.

2006-2007 was the final year of the 3-year Specialist Patient Programme. This programme delivered 36 one-day, migraine specific courses to groups of 20 migraine sufferers throughout England and Wales. The courses aim to empower participants to manage their own migraine more effectively and encourage them to share their knowledge with others. As a result there are now 222 accredited 'Specialist Patients' in different parts of the country who provide support to others and raise awareness of the condition in a variety of ways. Funding from a Section 64 Grant from the Department of Health covered the majority of cost of the Programme; the remainder came from Association funds. The Association is now designing ways to build on the foundation laid by this extensive programme, and allow the network of Specialist Patients to thrive.

Promoting education at all levels to disseminate the latest developments and best practice on management options

The annual National Conference, incorporating the AGM, was held in London on 2nd September. Presentations included "Migraine and the Heart: what do the results of the MIST I study mean for me" by Dr Andrew Dowson from Kings College Hospital and lead investigator on the trial; "Getting the most from your appointment with a Headache Specialist" by Dr Anne MacGregor, Director of Clinical Research at the City of London Migraine Clinic; "Migraine in the Workplace" by Ann Turner; and "Migraine and Food" by Margaret Moss, Director of the Nutrition and Allergy Clinic.

In conjunction with the Migraine Trust a 'Tackling Migraine Together' meeting was held in Colchester on 14th October 2006. The day consisted of a combination of formal presentations and workshops. The meeting was well attended with 80.

The Association has 19 local groups. Some meet regularly for mutual support while others have organised open meetings, with a variety of speakers including doctors and complementary therapists, and are active in awareness raising. The support for these groups is waning. As part of the Strategic Review the Association is considering whether and how to revive the local group activities.

Raising awareness of the condition, its impact on the quality of lives of sufferers, society and the economy

Migraine Awareness Week (MAW), 3rd - 9th September, took the theme 'The Invisible Illness' to raise awareness of migraine as a condition that often goes unnoticed, even by people in the direct surroundings of a migraineur. The campaign attracted good coverage across the media and posters and leaflets were displayed throughout the UK.



A Migraine Action Team participated in the Hydro Active 5 km Women's Challenge on 3rd September combining awareness raising with fundraising. £500 was raised as a result, for the Children's Project. Other members participated in various sporting activities or held events to raise both funds and awareness.

Two local initiatives were held in the lead up to MAW: MAA took over a local charity shop in Corby town centre to act as a "drop in" centre for migraine sufferers. The second event was a balloon race, held to launch MAW on the Sunday 3rd September. September 12th 2006 marked the European Migraine Day of Action. The European Headache Alliance was launched to the European political community in Brussels. MAA supported this event by inviting members to take action and approach their

migraine management differently. 11 volunteers were selected to write a daily weblog for three months on their personal experiences. The blogs were very 'action-orientated' and included starting a new preventative treatment to trying shiatsu, having their PFO (hole in the heart) closed, balancing blood sugars, improved lifestyle and so on. This initiative was funded by an educational grant from Janssen Cilag.

Work was also started on Migraine Awareness Week 2007. A grant from Ask About Medicines enabled an extensive questionnaire to be developed to investigate migraineurs experience in the use of drugs to manage their condition.

Association representatives attended a variety of health fairs and events and have been invited by HR staff to give presentations, talk to staff and distribute literature at several large companies (Royal Bank of Scotland, Morgan Stanley and OFWAT, for example). There are numerous links to the Association's website from respected healthcare sources and well-publicised sources such as BBC Online.

The Association is a recognized and respected source of information for the media and journalists frequently request information, case studies and comment. The Director also wrote articles for magazines and journals.

Encouraging and supporting research

Although the grants awarded to research projects has been somewhat low this year due to a modest number of suitable applications, the Association has been very active in supporting research in other ways, often in collaboration with partners or sponsors:

- Continued collaboration with the Migraine Trust and the British Heart Foundation to support a research project, led at Wythenshawe Hospital, Manchester but involving several headache centres, to investigate various ways in which blood circulation may be implicated in migraine.
- Members have participated in a variety of research projects at the City of London Migraine Clinic, the National Hospital for Neurology and Neurosurgery, Queen Square, London and the North Staffs Headache Clinic.
- Members have completed questionnaires on a variety of topics from the medical and scientific community, both mainstream and complementary, to inform our understanding of the ways in which migraine affects the quality of life of those around them and the ways in which they manage it.
- Other studies: visual processing study from Birkbeck college and the Migraine and Depression study from the City of London Migraine Clinic.
- The Director contributed to several research protocols to ensure that the needs of the patients are recognised and incorporated.

MAA acted as an intermediary for researchers and interested members of the Association, who are often willing to participate in studies that might improve the management and treatment methods available. Topics included: a study of the benefits of physiotherapy at the University of Manchester and a study of illness perceptions and quality of life in individuals with migraine at the University of Central Lancashire.

The Association has continued its work on and support of the City of London Migraine Clinic's study to investigate the effects of exercise on migraine. The protocol has been revised and improved for submission to the Wellcome Trust in Autumn 2007.

Ensuring that all migraine and headache patients have access to effective treatment and care at the appropriate level

For most patients this will be at primary care level and the Association has a strong working relationship with Migraine in Primary Care Advisers (MiPCA) on education for GPs, practice nurses and pharmacists. The two charities are committed to individualised care for headache patients and better education at all levels. The Association has been represented on the working groups for all MiPCA projects during the year. MAA and MiPCA have collaborated with the University of Central Lancashire on the development of two modular qualifications in headache which will be available from September 2007, for the continuing development of health professionals.

Some migraineurs will require referral to secondary care and MAA is committed to the encouragement and maintenance of specialist headache clinics throughout the UK; centres of excellence employing a range of health professionals providing the highest standards of individually tailored, patient centred care, implementing the latest developments in evidence based treatment and at the cutting edge of research.

The Association is proud of its long-standing relationship with the City of London Migraine Clinic, (COLMC) which provides a unique charitable service to headache patients. The Association has for many years been one of its major donors, and has awarded grants totalling £47,950 over the past two years. MAA's policy with regards to the Clinic has changed to reflect our commitment to our members to award grants carefully. Funding was therefore restricted to £12,000 for the purpose of clinical capacity, but specific (co-)funding for the Clinic's development plans for offering headache clinic services to the NHS and additional one-off co-funding was granted in to the total amount of £12,950. With one of our Trustees now on the Board of COLMC the co-operation between the two organisations has been made better and more transparent than ever.

The Association contributed to the Medicines and Healthcare Products Regulatory Agency consultation regarding the proposed change in licensing of one or more of the triptan drugs from prescription only (PoM) to purchase in pharmacies (P). The Association supported the switch, subject to introduction of strict protocols. The licence for sumatriptan 50 mg tablets was changed on these terms in May 2006.

Developing good working relationships with a wide variety of partners with whom the Association shares similar aims and objectives

As a founder member of Headache UK, an umbrella group of the five national charities working in headache in the UK, the Association has been proud to contribute to its progress over the past year. For the majority of the financial year, the Association's Director, Ann Turner, continued as its chairman and the Association provided most of the administration for the group. This has now come to an end. Headache UK has continued to work closely with the All Party Parliamentary Group on Primary Headache Disorders (APPG).

The Association continues to be a member of the World Headache Alliance (WHA), an umbrella group of 40 headache patient organisations in 30 countries and supports its collaboration with the World Health Organisation and the International Headache Society on a global campaign to reduce the impact of headache, *Lifting the Burden*.