

FINANCIAL REVIEW AND RESULTS FOR THE YEAR ENDED 31st MARCH 2006

	2006	2005
	£	£
Income		
Donations and Similar Income	102,188	110,613
Subscriptions	95,316	88,090
Legacies	53,294	10,017
Merchandise	13,143	8,771
Investment Income	14,114	15,672
Bank Interest	9	1,964
Other	11,173	11,005
	<u>289,237</u>	<u>246,132</u>
Expenditure		
Cost of Generating Funds		
Merchandise Costs	-	(6,824)
Investment Management Costs	(2,663)	(3,860)
Fundraising	(1,715)	(1,784)
	<u>(4,378)</u>	<u>(12,468)</u>
Charitable Expenditure		
Projects	(79,751)	(75,635)
Grants	(48,643)	(56,564)
Information & Support	(60,201)	(58,042)
Newsletter	(62,242)	(46,032)
Awareness Raising	(45,256)	(50,111)
Support Costs	(15,247)	(50,300)
Governance Costs	(13,139)	(6,815)
	<u>(324,479)</u>	<u>(343,499)</u>
Net Outgoing Resources	(39,620)	(109,835)
Gains on Investment Assets	51,741	27,950
Net movement in funds	<u>12,121</u>	<u>(81,885)</u>
Balance Sheet at 31st March 2006		
Fixed Assets	61,314	66,848
Investments	369,208	345,030
Debtors	3,820	7,198
Cash at Bank & In Hand	88,845	92,175
	<u>523,187</u>	<u>511,251</u>
Less: Current Liabilities - Creditors	<u>(4,700)</u>	<u>(4,885)</u>
	<u>518,487</u>	<u>506,366</u>
Funds:		
Restricted Fund	15,525	15,525
Unrestricted Fund	502,962	490,841
	<u>518,487</u>	<u>506,366</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 2005/6 and Summary of Accounts



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

The Association aims to:

- provide information and friendly, positive reassurance, understanding and encouragement to migraine sufferers and their families;
- encourage and support research and investigation into migraine, its causes, diagnosis, prevention and treatment;
- gather and pass on information about treatments available for the control and relief of migraine and to facilitate the exchange of information on the subject;
- support specialist headache clinics.

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

Report of the Committee of Trustees

During the year the Association undertook a major review, including extensive staff consultation, of its administrative structure to ensure that resources, both financial and in terms of staff time and effort, were being used optimally and that the Association had the correct skill mix to take forward its aims, objectives and strategic plan.

The Association was approached by the Migraine Trust with a view to investigating a closer collaboration between the two charities which would better serve the interests of all migraine sufferers in the UK. MAA staff and trustees undertook an extensive "blue sky" exercise on the ideal migraine charity for the early 21st century, its aims, benefits and services. There have been early discussions with the Migraine Trust.

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. Additional services are available to members only.

During the year there were 5,300 calls to the Association's information helpline, 15,148 email enquiries and 365 postal enquiries.

The Association's range of leaflets is regularly reviewed and updated to include the latest developments in treatments and research. 5 new reports and 7 new information leaflets were added during the year.

Migraine Action News, the A5 28 page quarterly newsletter for members, continues to be highly valued. Anecdotal evidence indicates that members keep their copies as points of reference for several years. Members report taking newsletters and leaflets to consultations with health professionals with positive results.

The Association has two websites which have free of charge open access and contain a wealth of information on many different aspects of migraine and its management.

The Association's main website www.migraine.org.uk has additional restricted access areas for enhanced members of the Association only, which include a message board, Ask the Expert and the ability to download leaflets and newsletters. It received an average of around 40,000 visits per month, with a peak of 53,261 visits (861,341 hits) during March 2006 and consistently appears amongst the top 3 headache and migraine sites on all of the major search engines.

www.migraine4kids.org.uk is the only migraine website specifically designed for under 18s. It includes a variety of frequently changed competitions, surveys etc. plus stories, poems and pictures by the children themselves. It received an average of 1,840 visits per month with a peak of 32,351 hits in January 2006.

Specialist Patient Programme: This was the second year of the 3 year programme part funded by the Department of Health to deliver 36 one day, migraine specific courses to groups of 20 migraine sufferers throughout England and Wales. 17 courses were

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

The reserves of the Association comprise restricted funds, for example the grant from the Department of Health for the Specialist Patient Project, general funds and funds that have been designated by the Trustees for future grants and specific projects. This reflects the proactive development of the activities of the Association and the positive direction of the Trustees.

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 4th July 2006 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.

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 2006.

HLB Vantis Audit plc
Registered Auditor
4th July 2006

Stoughton House, Harborough Road
Oadby, Leicester LE2 4LP

Grants:

City of London Migraine Clinic	35,000
Migraine Clinic at the Western General Hospital, Edinburgh	3,564
Specialist Headache Nurse at Western General Hospital	6,000
MiPCA	1,000
TOTAL	£45,564

Legacies received:

Douglas Mainard	51,844
Mary Dorothy Sawdy	500
Patricia Street	500
Tom Richardson	200
Grace E J Varney	250
TOTAL	£53,294

Treasurer's Report

The Summary Financial Statements for the year ended 31st March 2006 are shown on the back page and reflect the numerous activities described in this review. There is a difference from previous years in the way the figures are presented due to new charity accounting requirements.

Over the year the Association's assets have increased by £12,000. Operating losses have been reduced to £39,620 (from £109,835 in 2004/5) and this was more than offset by the increase in the value of investments. The Balance Sheet remains healthy with net assets of £518,487.

Income for this financial year increased by £43,000. The increase in subscription income is due to the number of members opting for the higher rate enhanced membership introduced in January 2005. Although 766 new members were recruited during the year, overall membership fell by 10%. Legacy income of £53,000 was received this year.

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 £51,741, plus £14,114 of investment income.

The increase in newsletter costs is due to a billing anomaly which resulted in costs for 5 newsletters being included in these accounts instead of the normal 4. In fact newsletter costs have been reduced as a result of a change in printers and packers.

A grant of £45,000 was received from the Department of Health for the Specialist Patient Programme. This was supplemented with £9,632 from the Association's own resources.

Staff costs have fallen slightly due to the fact that some positions were not filled for the whole of the year. Although this remains the largest cost to the Association, without a knowledgeable, experienced and dedicated staff team the Association would not be able to fulfil its objectives. Staff costs are allocated to the relevant projects.

delivered during the year and were well received by participants. There are now 95 accredited Specialist Patients who provide support to others and raise awareness of the condition in a variety of different ways.

Children's Project: the Association has continued with education and awareness raising about migraine in children which still remains under recognized and often inappropriately treated.



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

Meetings for Patients: 124 members and friends attended the annual National Conference, and AGM in London on 3rd September. Presentations included updates on the latest research from Professor Peter Goadsby and Dr Andrew Dowson and migraine management ideas from Dr Trevor Rees and Mr Michael van Straten. There was also an exhibition of migraine related products and treatments.

Two further Tackling Migraine Together meetings in conjunction with the Migraine Trust were held in Bristol in October 2005 and Manchester in March 2006. Both were well attended (around 100 people at each) and feedback from participants was good.

The Association has 19 local groups. Some meet regularly for mutual support but others have organized open meetings, with a variety of speakers including doctors and complementary therapists, and are active in awareness raising.

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

Migraine remains widely misunderstood, under diagnosed and often inappropriately treated. The Association is committed to raising general awareness of the condition and is a recognised and respected source of information at all levels nationwide.

Migraine Awareness Week, 4-10th September took the theme *Striking the Right Balance* to raise awareness of migraine as a complex neurological condition and to make those affected by migraine aware of the wide range of effective treatments available. 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 5km Women's Challenge on 4th September combining awareness raising with fund raising. Other members participated in various sporting activities or held events to raise both funds and awareness.

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.

The Association's collection of migraine art, from competitions held in the 1980s has been invaluable in awareness raising. A new competition was run this year to bring new pictures into the collection. It attracted a high standard of entries and the pictures will be used in a variety of promotions, events and fund raising activities.



The Association is a recognized and respected source of information for the media. There are numerous links into the Association's website from other respected sources. The Director has also written articles for magazines and journals.

Encouraging and supporting research

Research is an important part of the Association's remit and grants, both monetary and in-kind support, are provided for a wide range of projects, principally those with a clear patient focus which are likely to have an impact on the management of the condition within a reasonably short time. The Association has been very active in supporting research, often in collaboration with a variety of partners or sponsors:

- MIST1 trial to investigate the possible connection between migraine and patent foramen ovale (a small hole in the heart) and assisted with recruitment of volunteers.
- Collaboration with MiPCA and York Test Laboratories on a pilot project investigating the usefulness of food sensitivity testing for migraine sufferers.
- 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.
- Collaboration with MiPCA and Medi-View to investigate the efficacy of a new spectacle lens.
- Members have participated in a variety of research projects at the City of London Migraine, the National Hospital for Neurology and Neurosurgery, Queen Square, London and the North Staffs Headache Clinic.
- Under the auspices of Headache UK MAA, Migraine Trust and OUCH UK conducted a survey on the impact of migraine in the workplace and disseminated the results.
- 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.
- The Director has been invited to contribute to or comment on several research protocols to ensure that the needs of the patients are recognised and incorporated.
- The Director is a reviewer for the scientific journal, Headache Care and has also been invited to review books and articles for other publications.

The Association has been working with Migraine in Primary Care Advisers to initiate a project to investigate the role of sensitivity to smells in migraine.

The Association has also worked with the Migraine Trust and the City of London Migraine Clinic to prepare a protocol for a study to investigate the effects of exercise on migraine. Unfortunately an application for Lottery funding was unsuccessful; alternative funding is now being sought.

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

The Association is committed to ensuring that all migraine sufferers have access to appropriate care from knowledgeable and supportive health professionals.

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). The two charities share a commitment to individualised care for headache patients and better education at all levels. 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 2006.

Some migraineurs will require referral to secondary care and the Association 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, and has for many years been one of its major donors, awarding grants totalling £35,000 in this financial year. One of the MAA trustees has now joined their Board.

The Association has provided funding to support a physiotherapist at the headache clinic at the Western General Hospital in Edinburgh.

The Trustees encourages the expansion of the role of specialist nurses in headache care and has allocated funds to support specialist nurses at the Western General Hospital in Edinburgh and the North Staffs Headache Clinic in Stoke on Trent.

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, the Association has been proud to contribute to its progress over the past year. The Association's Director, Ann Turner, continued as chairman.

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), and supports its collaboration with the World Health Organisation and the International Headache Society on the *Lifting the Burden* campaign to reduce the burden of headache worldwide.

The Director 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 and the Director is a Trustee.

The Association continues to develop links with the Organisation for the Understanding of Cluster Headache and the British Association for the Study of Headache.

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.