

## Summary of Financial Statements for the Year Ended 31<sup>st</sup> March 2005

	2005	2004
Income	£	£
Donations, Gifts & Grants	110,613	74,403
Subscriptions	88,090	97,888
Legacies	10,017	219,868
Generated Funds	26,407	25,310
Other	11,005	16,725
	<u>246,132</u>	<u>434,194</u>

### Expenditure

#### Cost of Generating Funds

Merchandise Costs	(6,824)	(5,597)
Investment Management Fees	(3,860)	(2,265)
Fundraising	(1,784)	
	<u>(12,468)</u>	<u>(7,862)</u>

#### Charitable Expenditure

Grants & Projects	(132,199)	(64,049)
Information & Support	(58,042)	(83,217)
Newsletter	(46,032)	(43,890)
Awareness Raising	(50,111)	(27,372)
Management & Administration	(57,115)	(74,010)
	<u>(355,967)</u>	<u>(300,400)</u>

Net (outgoing) / incoming resources	(109,835)	133,794
Gains / (losses) on investment assets	<u>£27,950</u>	<u>29,931</u>
<b>Net movement in funds</b>	<b><u>(81,885)</u></b>	<b><u>163,725</u></b>

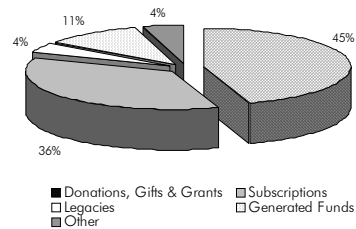
### Balance Sheet at 31<sup>st</sup> March 2005

Fixed Assets	66,848	69,149
Investments	345,030	319,541
Debtors	7,198	13,544
Cash at Bank & In Hand	<u>92,175</u>	<u>192,640</u>
	511,251	594,874
Less: Current Liabilities - Creditors	<u>(4,885)</u>	<u>(6,623)</u>
	<u>506,366</u>	<u>588,251</u>

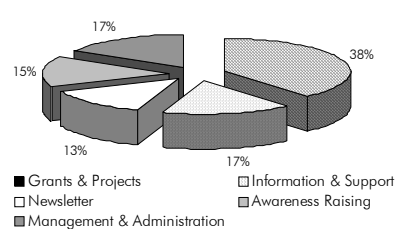
#### Funds:

Restricted Fund	15,525	15,000
Designated Fund	337,355	363,314
General Fund	<u>153,486</u>	<u>209,937</u>
	<u>506,366</u>	<u>588,251</u>

Income 2005



Charitable Expenditure 2005



## Review of the Year 2004/5 and Summary of Accounts



Lifting the burden of headache across the UK

### MIGRAINE ACTION ASSOCIATION

6 Oakley Hay Lodge Business Park, Great Folds Road, Great Oakley, Northants. NN18 9AS

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Registered Charity No. 207783

## Review of the Year

Over the year the Association has consolidated its position and expanded its activities in line with the aims and objectives contained in its Constitution, the changing needs of its constituency and developments in UK healthcare policies. The expansion was made possible by the legacies received during the previous year. The Trustees are pleased with the progress that has been achieved over the year and look forward to building on this for the future.

**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.



**Commitment:** *fully integrated workforce*

The Trustees have pursued a more proactive policy in instigating and encouraging new projects. With the expansion of the Association's interests and activities, some of the workload of the Committee is now devolved to sub-committees. The Association has an excellent, committed staff team working from the Association's office in Northamptonshire with a supporting network of volunteers. The Trustees are committed to on-going training and development throughout the organisation and have encouraged staff to meet the new challenges and opportunities afforded by the increased activity and extend their areas of interest and responsibility.

**Information and support:** *you are not alone*

- Migraine Action News, the quarterly newsletter, remains the flagship of the Association and continues to be the most popular service provided. It is distributed to members, health professionals and the media.
- The Association's website has been redesigned to be more user friendly and provide more information. The website is an ever-growing asset as the Association's "shop window", and consistently appears in the top 5 sites for headache and migraine on all major search engines. Visitors to the site can order or download publications; join the Association online (59% of the year's 1,100 new members were recruited this way); make a donation; members can also renew their subscription online. The new website has facilitated the change in membership structure introduced in January 2005, offering a range of web services for the enhanced subscription rate.
- The Association's telephone helpline and postal information services continue to receive a steady stream of enquiries but the majority (77%) are now received by email. The Association is a recognised and well-established source of reliable, unbiased information, and enquiries come from a variety of sources.

and equipment. The investment portfolio has been left to grow. The main movement in the net asset value is that the net expenditure in the year has been funded by a significant fall in cash reserves.

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.

The Association looks forward to your continued support.

**Jackie Bonella**

### 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 8<sup>th</sup> June 2005 and will be submitted to the Charity Commission in due course.
3. The full Annual Accounts have been audited. The auditors, HLB AV Audit plc, 66 Wigmore Street, London W1H 0HQ, gave an unqualified report.

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

We have examined the summarised financial statements of MAA.

#### 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 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 Trustee's 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 Practice 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 31<sup>st</sup> March 2005.

**HLB AV AUDIT plc**  
Registered Auditor  
25<sup>th</sup> August 2005

66 Wigmore Street  
London W1U 2HQ

### Grants: *encouraging research and supporting specialist clinics*

City of London Migraine Clinic	35,000
Migraine Clinic at the Western General Hospital, Edinburgh	9,564
St. Thomas Medical Group - patient-led research project	3,000
Birkbeck College - Light Frequency Study	9,000
<b>TOTAL</b>	<b>£56,564</b>

### Legacies received: *your gift to the future*

Sheila M Orrock	615
Madeleine Brash-Grant	1,418
Miss Hockney	100
Edmund Orrock	7,884
<b>TOTAL</b>	<b>£10,017</b>

### Treasurer's Report

The Summary Financial Statements for the year ended 31<sup>st</sup> March 2005 are shown on the back page and reflect the numerous activities described in this review. In total last year, the Association spent £82,000 more than it received. This was enabled by the generous legacies of £220,000 received in the previous year and the build up of a cash portfolio over a number of years. The Balance Sheet remains healthy with net assets of £500,000.

Legacy income of £10,000 was received this year compared to £220,000 last year. Excluding legacies, income for this financial year was reduced slightly from the previous year. Subscription rates were changed from 1<sup>st</sup> January 2005, and the effect of the higher rates should be shown next year, especially as many members are choosing the new enhanced level of membership. A steady level of basic income, excluding legacies, is necessary for the daily operation of the Association.

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 portfolio of £28,000, plus £15,000 of investment income.

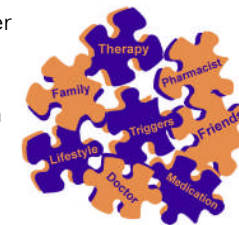
The Association continues to support specialist clinics and research projects. The increased resources have also enabled us to initiate our own projects such as the Specialist Patient Programme. As a result, expenditure on grants and projects is £55,000 higher than last year and represents the way the Association is choosing to utilise its resources.

Other expenditure is very similar to last year. All expenditure is carefully controlled and goes directly towards meeting the objectives of the charity. We are continually trying to improve our financial accounting and this year costs have been directly allocated to projects and activities, where possible. The largest cost to the Association, and its greatest asset, is its staff, as without this knowledgeable, experienced and dedicated team the Association would not be able to fulfil its objectives.

The Balance Sheet is similar to last year. Fixed assets represent the office and its fixtures

### Education and awareness raising: *it's more than just a headache*

- Migraine Awareness Week 2004 ran from 5<sup>th</sup> to 11<sup>th</sup> September and formed part of the globally recognised Headache Awareness Month. The theme was "Fitting the pieces, together" and this campaign outlined the complex nature of the condition and the variety of treatment options available to bring it under control. Media interest was again good with coverage across television, radio, health and news websites, local and national newspapers and magazines. The Association is grateful to GlaxoSmithKline for an educational grant for the production of 100,000 leaflets and 6,000 posters that were distributed nationally.
- For the third time, the Association had a small team participating in the Flora Light Challenge for Women in September 2004. Other members have also participated in a range of fundraising and awareness raising activities through the year, and the Association encourages more members to participate in similar activities in the future.
- The Annual General Meeting and Conference was held on 4<sup>th</sup> September 2004 in London. This was a full day event with presentations on a variety of topics plus an exhibition of migraine related products and treatments.
- Local meetings have been held at various locations during the year including Newcastle, Newbury, Guildford, Stoke on Trent and Liverpool. The Association also has a network of local groups.
- The Migraine in Children Project continues to be well received and the children's website is kept up to date with information and activities, receiving an average of 65 hits per day.
- The Association continued its programme of education and awareness raising in the workplace. Representatives from the Association have made presentations, manned stands and attended health fairs at various locations throughout the UK.
- The Association's Director has been invited to speak at meetings and conferences, nationally and internationally, to audiences of both health professionals and patients, has contributed articles to a range of publications and participated in numerous radio interviews.



### Research: *developing a better understanding*

- As part of its strong commitment to research the Association has contributed to the development of and recruitment for several projects including an investigation of the possible connection between migraine and a minor heart defect, patent foramen ovale.
- Members have also taken part in treatment trials and completed questionnaires - details of some of these projects are included elsewhere in this report.



2004					2005			
MAY	JULY	AUGUST	SEPTEMBER	OCTOBER	NOVEMBER	JANUARY	FEBRUARY	MARCH
1 2 3 4 <b>5</b> 6 7 8 9 10 11 12 <b>13 14</b> 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31	1 2 <b>3</b> 4 <b>5</b> 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 <b>25</b> 26 27 28 29 30 31	1 2 <b>3</b> 4 <b>5</b> 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31	1 2 3 <b>4 5 6 7 8</b> <b>9 10 11</b> 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 <b>27</b> 28 29 30	1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 <b>16</b> 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31	1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 <b>17 18</b> 19 20 21 22 23 <b>24</b> 25 26 27 28 29 30	1 2 3 4 5 6 7 8 9 10 11 <b>12</b> 13 14 15 16 <b>17</b> 18 19 20 21 22 23 24 25 26 27 28 29 30 31	1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 <b>16</b> 17 18 19 20 21 22 23 <b>24</b> 25 26 27 28	1 <b>2</b> 3 4 5 6 7 8 <b>9</b> 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31

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|--------------------------|--|-------------------------------|--|----------------------------|---|
| 5 <sup>th</sup> May:     | Local meeting in Sheffield               | 4 <sup>th</sup> September:    | National Conference and AGM              | 18 <sup>th</sup> November: | Local meeting in Newbury                |
| 13-14 <sup>th</sup> May: | Local meeting in Guildford               | 5 <sup>th</sup> September:    | Flora Light Challenge for Women          | 24 <sup>th</sup> November: | Specialist Patient course in Manchester |
| 25 <sup>th</sup> July:   | Event in Northamptonshire                | 5-11 <sup>th</sup> September: | Migraine Awareness Week                  | 16 <sup>th</sup> February: | Specialist Patient course in Cambridge  |
| 3 <sup>rd</sup> August:  | Presentations to Avon, Northamptonshire  | 27 <sup>th</sup> September:   | House parliamentary magazine             | 24 <sup>th</sup> February: | Specialist Patient course in Sheffield  |
| 5 <sup>th</sup> August:  | Presentations to Allied Bakeries, London | 16 <sup>th</sup> October:     | Local meeting in Newcastle               | 2 <sup>nd</sup> March:     | Specialist Patient course in Luton      |
| 12 <sup>th</sup> August: | Presentations to Jaguar, Coventry        | 17 <sup>th</sup> November:    | Specialist Patient course in Northampton | 9 <sup>th</sup> March:     | Specialist Patient course in Coventry   |

**Specialist Patient Programme: *empowering people with migraine***

The Association received funding from the Department of Health to develop a migraine specific Specialist Patient Programme to complement the government sponsored generic Expert Patient Programme. This is the first time that the Association has received any government funding and the Trustees feel that, in addition to the financial aspect, this signifies recognition for the condition and its impact on society. The 3-year project commenced in April 2004 and will deliver 36 courses throughout England and Wales to groups of 20 migraine sufferers. The course aims to empower sufferers attending to manage their own migraine more effectively and to encourage them to become "specialist patients" offering information, support and advocacy to other sufferers in their area. The six courses delivered during the first year were very well received.

**Working with other organisations: *tackling migraine together***

- As a founder member of Headache UK, an umbrella group representing the 5 national charities working in headache. MAA has been proud to contribute to its progress over the past year. The Association's Director, Ann Turner, has continued as its chairman and the Association provides most of the administration for the group. Headache UK successfully campaigned for amendments to the proposals for new arrangements for the supply of domiciliary oxygen supplies so that account is taken of the particular needs of cluster headache patients.
- Headache UK has worked closely with the All Party Parliamentary Group on Primary Headache Disorders (APPG).
- The Association's Chairman participated in the House of Commons consultation meetings on volunteering.
- The Association has a strong working relationship with Migraine in Primary Care Advisers (MiPCA), sharing a commitment 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, including research into food sensitivities and migraine and the evaluation of tinted spectacle lenses to

alleviate light sensitivity. MAA and MiPCA have completed several joint projects during the year including the development of a new migraine diary, designed to be a permanent patient held record, a symptoms checklist to ensure that patients seek timely medical advice at an appropriate level and receive a prompt and accurate diagnosis, and a patient version of the MiPCA Migraine Management Guidelines.

- The Association has worked more closely with the Migraine Trust including a joint meeting for patients in Newcastle in October.
- The Association has good working relationships with the Organisation for the Understanding of Cluster Headache (OUCH UK) and the British Association for the Study of Headache (BASH).
- 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 burden of headache, entitled *Lifting the Burden*.
- The Director has participated in discussions to explore the possibility of forming a European Headache Alliance.
- 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.

**Projects: *investment for future generations***

Specialist Patient Project	44,804
Migraine in Children Project	3,148
Website Redevelopment Project	4,935
Local Meetings	7,528
Perfume Study	745
PFO Project	14,475
<b>TOTAL</b>	<b>£75,635</b>