Application Form

I would like to join the Migraine Action Association.
I enclose a cheque for £5.00 for my first annual subscription.
I enclose a donation of £
Name: Mr/Mrs/Miss

Address

Postcode

Tel. No (daytime) (evening)

I suffer from:
Cluster headache*
Hormonal migraine*
Migraine with aura (classical migraine)*
Migraine without aura (common migraine)*
I have a child aged .... who suffers from migraine*

* please circle as applicable

Please return this form with your cheque to:
Migraine Action Association
178a, High Road, Byfleet, Surrey, KT14 7ED

Registered Charity No. 207783

Leaflets available to Association members include:

Migraine - We can Help - an introductory booklet.

Managing your Migraine - a straightforward guide to managing your condition.

Do-it Yourself - suggestions to help you to find your own trigger factors.

What kind of headache do you have?

Pain and painkillers

Migraine and Food

Relaxation and Migraine

Feverfew for the long term prevention of migraine

Children with Migraine

Hormonal Aspects of Migraine in Women.

Cluster headache (Migrainous neuralgia)

Plus many more on specific aspects of migraine and its treatment.

Leaflets in Bengali, Hindi, Gujarati Punjabi and Urdu are also available

Do you suffer from migraine?

We can help

Are you uncertain what type of headache you have?
We can provide information to help you to decide whether you have migraine with or without aura, tension headache, cluster headache or chronic headache.

Are you confused by the various terms applied to different types of migraine?
We have numerous leaflets available on all aspects of migraine and its treatment.

Do you feel alone with your migraine?
A sympathetic ear, reassurance, encouragement and support are only a telephone call away.

Do you suffer in silence because you believe that nothing can be done to help your migraine?
We can help you to manage your migraine. There are various treatments now available, some of which can bring significant relief in less than 2 hours.

Are you afraid to make plans because you never know when your next migraine will strike?
We can help you to control your condition instead of it controlling you.
Are you fed up with the myths of migraine?
We can give you facts which will help you to understand your migraine and help you to develop an effective management plan suited to your individual needs.

Would you like to try to find the cause of your migraine rather than just treating the symptoms?
We can help you to identify your trigger factors.

Would you like to talk to other migraine sufferers?
The Association has several local groups which meet regularly. There is also a Contacts page in our quarterly newsletter where you can invite other members to get in touch with you.

Do you find the wealth of information that is now available on migraine overwhelming?
We have a well organised website. The second level, which is open to members only, contains reliable unbiased information with a search facility to enable you to quickly target the information you are seeking.

Do you think that your doctor won't take you seriously?
We can give you information on the way doctors usually approach the treatment of migraine and provide a scoring system which measures the impact your migraine has on your quality of life to help your doctor decide on the best way to treat you.

Do you feel that your doctor does not understand?
We can help you to prepare beforehand to get the maximum benefit from a consultation with your G.P.

Are you fed up treatments which don't work or that you are not happy with?
We can give you up to date, independent information on all the available treatments to enable you to make an informed choice.

Are you concerned that you don't understand the drugs that have been prescribed, how they work or if they may react with other treatments?
We can give you information on efficacy, side effects and the most appropriate ways to take your medication for maximum effect.

Are you unhappy taking drugs and would like to explore other options?
We can provide information on sensible self-help measures and unbiased information on all forms of treatment, both conventional and alternative/complementary.

Do you need specialist help?
We can provide information on migraine clinics throughout the U.K.

Would you like to know what progress is being made on research into migraine?
Our quarterly newsletter keeps you up to date with developments.

Would you like to participate in research and/or treatment trials?
The Association encourages and supports migraine research and members are often asked to help with various projects. You could help with a major breakthrough or be one of the first to try a new drug.

Do you wish that there was a better understanding of migraine amongst the general public?
The Association is active in awareness raising including an Annual Migraine Awareness Week, liaison with all forms of media and an information centre which visits venues throughout the U.K.

Are you concerned by the lack of communication between patients and healthcare professionals?
The Association maintains regular channels of communication with healthcare professionals at all levels and provides a bridge between them and the migraine sufferer.

Would you like to see migraine given a higher priority on the national and international agenda?
The Association is in contact with M.P.s and government departments, is a member of the Long Term Medical Conditions Alliance and has been involved in working groups discussing the future of the NHS. As a member of the World Headache Alliance the Association is able to contribute to global perceptions and activity.

What is the Migraine Action Association?
The Migraine Action Association was formed in 1958 as the British Migraine Association by the late Peter Wilson MBE who was concerned that migraine sufferers were not receiving the support and treatment that they needed. The Association is now a registered charity with over 17,000 members throughout the U.K.

The Association has 3 main aims:
1. To encourage and support research into migraine, its causes, diagnosis, prevention and treatment.
2. To gather and disseminate information about treatments for the control and relief of migraine.
3. To provide friendly, positive reassurance, understanding and encouragement to migraine sufferers and their families.

Association members receive:
* Our 28 page newsletter 4 times a year which brings them up to date with the latest developments in migraine and keeps them in touch with other members.
* Access to our telephone helpline and postal information service.
* A variety of information leaflets (see overleaf).
* The opportunity to support and participate in migraine research.
* Access to the second level of our website