

migraine awareness week 4-10 september

The City of London Migraine Clinic Newsletter

SEPTEMBER 2011

As the Summer draws to an end, we have decided to give the doctors a break from writing us an article, but don't fret this informative feature will return next month!

We are pleased to announce the late arrival of Dr Pearson's baby boy in August. We wish her all the best and look forward to having her back with us after a year off being 'Mum'.

- 1. Staff Welcome**
- 2. Educational Lectures for Healthcare Professionals**
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- 6. Remember a Charity**

1. Staff Welcome

We would like to welcome two new interns who joined our team at the end of August. Alex Walters and Santina Granata are both recent graduates looking for experience to ease them into a career. Santina studied Italian at Bristol and Alex, Philosophy at Liverpool. We thank them for their keen attitude and hope that they reap great benefits from the experience

We would also like to welcome our new Consultant Neurologist and Medical Director Dr Giles Elrington MD whom we introduced in the last Newsletter, he begins seeing patients at the clinic this month.

2. Educational Lectures for Healthcare Professionals

Are you are a doctor, nurse or other healthcare professional, or maybe you know someone who is? If you are interested in learning more about Headache and Migraine, our educational events start this week.

2011 Series
Migraine Masterclasses

20 September 2011
Headache Symposium

We have 4 evening masterclasses planned between now and the end of November as well as a day symposium on 20 September. Topics include: 'How to perform a neurological examination in less than five minutes,' 'Headaches in children' and 'Hormones and headaches. Please contact Rebecca for more information: rebecca.sterry@migraineclinic.org.uk

3. Thank you!

Our thanks go out to Moira Fletcher for arranging and hosting a raffle fundraising event in which has raised around £300. From the sound of it she pestered every business on Uckfield High Street to collect 22 fantastic prizes! We visited Moira at the Grand Draw where she explained what a difference the Clinic has made to her life. She has gone from being dependent upon pain-killing injections which left her unable to function to being able to manage her condition so that it doesn't affect her daily life. She spoke of the 'hope' and 'confidence' that seeing our specialist gave her. We are very grateful that this prompted her to fundraise for the Clinic to secure its future. Next time she is planning a tea party, so watch this space!



4. Adidas Challenge

Our Chief Executive and 3 supporters are running this 5k event at Hyde Park next weekend. We wish them all the best with their last training push and hope that they make it safely to the finish line! If any of you have signed up for this event or any others please let us know by replying to this email.

If you wish to sponsor our runners please follow the link to their joint Virgin Money Giving [Page](#).

5. Great Big Small Charity Car Draw – you could be the proud owner of a new Fiat 500



This year we are taking part in The Great Big Small Charity Car Draw. Over the next two weeks we will be selling tickets to raise money for the clinic and for the chance to win a funky new Fiat 500 1.2 Pop.

For every £2 ticket sold, we receive £1.90 with the remainder going to the FSI, a charity that supports small organistaions and which regularly provides valuable free training to our staff.

The closing date to purchase tickets is the Friday the 16th of September and the draw will take place on Tuesday the 25th of October.

You can purchase tickets either at the clinic or by going online via this link:

www.smallcharitycardraw.co.uk/tickets.php?id=clmc or visit www.thefsi.org/2011/03/car-draw-home-page/ for more information.

6. Remember a Charity

Remember a Charity Week is taking place from the 12th to the 18th of September. This is an annual awareness week with the aim of promoting legacies and encouraging more people to consider leaving a gift to charity when writing a Will.

Last year we finalised the wording for our legacy leaflet and I would like to thank those that expressed their views. We apologise for the delay in its circulation but this is due to our long-awaited rebranding. I am pleased to announce that due to being awarded a grant for this, the majority of the work has now been completed. We plan to launch over the next 4 months.

Late last year, the Clinic received its first ever legacy, not from a patient but a migraine sufferer who found us via her solicitor. This has prompted us to join the organisation 'Remember a Charity' in the hope that we receive more in the future. Membership means that we are included in their database for solicitors. Along with this we receive support and training on promoting the subject to our supporters.

Leaving a gift in your Will is something everyone can do and this can be done in a way to suit your personal circumstances. Recent legislation means that it will now also help to further reduce your inheritance tax liability. Legacies are important for charities, with some getting as much as a third of their donations this way.



During this dedicated week we are encouraging our patients to get together to have a tea party to discuss the possibility of leaving a legacy in their Will and at the same time raise money for the clinic. We have numerous tea bags provided free by Remember a Charity and some book marks, if you fancied a book group tea. Please contact rebecca.sterry@migraineclinic.org.uk for a pack of goodies to help the event run smoothly.

For more detailed guidance on legacies including Codicil forms and a copy of our leaflet please see our website www.migraineclinic.org.uk or for more information on Remember a Charity Week please view the website www.rememberacharity.org.uk.
