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## The City of London Migraine Clinic Newsletter

# FEBRUARY 2011

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### Staff Welcome and Farewell

We would like to welcome, (although somewhat belated) two new members of staff, Dr Maria-Christina Scoto, who started before Christmas and Dr. Ulrike Sauer, who started seeing patients in January. We hope that they are settling in well and beginning to feel at home here.

We also say a fond farewell to Dr. Melanie Brothers who left at Christmas due to exciting new developments at her GP surgery which mean that regrettably she won't have time for sessions at the Clinic. We wish her all the best for the future.

### 'Can't Take it With You'

You may have been watching the thought-provoking Friday night series on BBC2 "Can't take it with you" in which presenter Gerry Robinson helps two families decide on how to split their estate in their Will. Episode one (which can be found on iplayer) explores the subject of leaving to a charity in your Will.

The wives of each couple had a desire to leave their half of the estate to charity. Both couples had avoided the subject for a long time and so the resulting discussions are fraught, however easy solutions are found to make both partners happy. It's not surprising that it took a TV show to get them talking, a massive 70% of us will die without a will.



Many of us think of family first when it comes to writing Wills, and there is nothing wrong with that, but it is always worth giving a thought to charities close to your heart, that have made a difference during your lifetime. Therefore leaving a legacy can act as a lasting expression of you as an individual.

The examples in the BBC show are relatively extreme as those involved wanted to leave everything to charity but if everyone left just a small gift in their will to a charity it would make a huge difference. This is also a good way of reducing the amount of inheritance tax due on your estate as Gifts left to charity are exempt from inheritance tax.

If you are interested in leaving a gift, however big or small, to the City of London Migraine Clinic, see the legacy section on our website for more information or to download a Codicil form, which can be added to your existing Will. This is something new to the Clinic and we would like to thank all those who gave us their thoughts on our new legacy leaflet. This can be found on our website, the art work is still work in progress!

## **RESEARCH**

### **Taking Part in Research**

A big thank you to everyone who has been in touch with Alison Frith, our Clinical Research Sister to have their names added to our research list. You will be first to know when new research projects begin, hopefully later in the year.

We can now contact people much more quickly than in the past. This is important as sometimes the recruitment phase for a study is only a few weeks or months. However, you will always be given enough time to decide whether taking part is right for you. The research team will provide information for your consideration and answer your questions. There is never any obligation and you can change your mind at any time.

All research projects are different and not all involve drugs. Sometimes it is just filling in a form or like our genetics and menstrual migraine study below, simply providing a saliva sample and completing a questionnaire. There are usually criteria for taking part and we will talk to you about these as they vary considerably between studies. If you meet our criteria, you will be offered a place on the trial. Benefits of taking part are not guaranteed but,

By working closely with us you may have more access to our medical team.

- You play an active role in your own care
- You can gain access to new treatments before they are widely available

- You may get a free health "MOT"
- You help yourself and others.

Do consider joining our research list! You can get in touch with Alison Frith via email at [research@migraineclinic.org.uk](mailto:research@migraineclinic.org.uk) or telephone Alison's direct line on 020 7251 8094. Alternatively complete the form in the research section of our website at [www.migraineclinic.org.uk/research](http://www.migraineclinic.org.uk/research)

### **Menstrual migraine and genetics study**

Our exciting genetics research is ongoing. We are still looking for women who have menstrual migraine and also women who are lucky enough not to have migraine at all. The purpose of the study is to compare the genetic profile of the two groups.

Contact Alison Frith by email at [research@migraineclinic.org.uk](mailto:research@migraineclinic.org.uk) if you think you can help. Menstrual migraine needs to be confirmed with at least three months worth of headache diaries so that we can see the link between migraines and menstrual periods. This is a simple study which only involves visiting the Clinic to complete a questionnaire and provide a saliva sample. We can help with travel expenses if required.

## **FUNDRAISING**

### **Company Charity Schemes**

Many companies offer employees funding for a charity of their choice. It is always worth finding out what your employer offers. Some for example may match any funds that you raise from a sponsored walk, so that double the amount raised goes to your charity.

Credit Suisse - Offers £500 per employee per calendar year for their chosen charity. To qualify you must have volunteered for 8 hours or more that year or raised £500 for that charity that year. They also have 'Charity of the year' where employees can nominate their favourite charity for this title. The winning charity receives substantial financial support through their charitable work as well as the recognition that goes with it.

Waitrose and Santander both have schemes for customers to vote for their local charity. If you come across any such funding projects, please get in touch and we can use our mailing list to get the word out to all supporters of the clinic.

### **Heating Appeal**

Recent visitors to the clinic may have noticed our very cold building. We have had temperamental heating since November, but in the last month, it has packed up altogether and left patients and staff very chilly. We are currently relying upon a couple of portable heaters that are moved from room to room as and when required. These are obviously not effective in such a large building and are costly to run, however we have no other options. We feel that it is unprofessional to see patients in these cold conditions, however we need to keep the clinic running, and the donations coming in, in order to stay afloat.

Despite numerous attempts by specialists to fix the problem, they have come to the conclusion that a new boiler and system service is required. The cheapest quote we have received is £5,141. With the added cost of redecoration in the patient toilets where the work is to be done and the related contingency costs, this takes the total required to £6,000.

We appreciate your co-operation at this time and ask if anyone can possibly help us with a donation towards the cost of the boiler, we would be incredibly thankful. Our financial situation is steady, we were planning to break even, after we have repaid some historic debt over this year. However this large unexpected sum was not expected and as we are still moving towards self-sufficiency following almost having to close in May 2009, we still are not in the position of holding any reserves. Any donation however small would be gratefully received.

We appreciate your co-operation at this time and ask if anyone can possibly help us with a donation towards the cost of the boiler, we would be incredibly thankful. Our financial situation is steady and we are comfortably breaking even, however this large unexpected sum is not something that we have sufficient reserves for and any donation however small would be gratefully received.

### **It'Snow Wonder We Have No Money**

January and December of last year hit the clinic hard financially, our wonderful staff managed to keep the clinics running and worked hard to keep patients informed of this. However many patients were unable to attend appointments due to the adverse weather conditions. This resulted in 46% of all appointment slots were wasted, due to late cancelations and 'no-shows' and this means that our income was dramatically reduced. It is really important that at times like these, patients give as generously as possible, or we may find ourselves hit even harder by further bouts of bad weather and the possibility of losing the Clinic altogether. Your health and well-being is priceless and deserves your investment.



### **Cartridge & Phone Recycling**

Staff at the Clinic raised £21.78 this month just by recycling 25 used laser printer cartridges. Recycle4Charity.co.uk enable you to donate your empty inkjets & laser cartridges and old mobile phones to help raise money for a charity of your choice. Why not pick up your own freepost envelope at the Clinic or visit the website to find out more? A big thank you to those who have already sent in their old mobile phones and used printer cartridges to help our funds. Every little helps so keep up the good work!

