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Dear Colleague,

I have recently joined The Migraine Trust as Advocacy and Policy Manager and am writing to let you know about our new Advocacy Service which may be able to provide support to your patients.

The Migraine Trust Advocacy Service can provide advocacy for migraine sufferers, their families, carers and friends. Advocacy is the process whereby an individual or group is supported to have their opinions, needs and wishes heard regarding the decisions that affect their lives. The Migraine Trust is the health and medical research charity for migraine in the United Kingdom. We are committed to supporting people living with migraine by providing them and their families with evidence based information. We seek to raise migraine as a serious public health issue.

At the present time the service is able to accept referrals for individuals who need support to gain fair access to medical treatment, or are experiencing issues in employment or education in relation to their migraines. The Advocacy Service can support your patients in the following ways:

- By providing information to ensure that migraine sufferers can make informed decisions, assert their rights, and claim their entitlements.
- Supporting individuals to advocate for themselves or another migraine sufferer by providing "advocacy tools" such as template letters and forms to accompany self-advocacy guidance.
- Advocacy representation for individuals, this will typically take the form of letter writing and phone calls, although this will be reviewed on a case by case basis.

I hope that we can work together to provide support for migraine sufferers and that the Advocacy Service will be a beneficial resource to migraine and headache clinics throughout the UK. More information about the service is included on page 6 of this edition of Migraine News. If you, or your patient would like to make a referral please visit [www.migrainetrust.org/advocacy](http://www.migrainetrust.org/advocacy)

Yours sincerely,



Hannah Verghese  
Advocacy and Policy Manager