

NATIONAL MIGRAINE CENTRE

England & Wales · Charity number 1115935

Details

Other names	THE CITY OF LONDON MIGRAINE CLINIC, NATIONAL MIGRAINE CENTRE
Status	Registered
Legal form	Charitable company
Company number	05846538
Registered	2006-08-29
Register	View on the Charity Commission register

Contact

Address	National Migraine Centre 999 Finchley Road London NW11 7HB
Phone	02072513322
Email	info@NationalMigraineCentre.org.uk
Website	www.NationalMigraineCentre.org.uk

Activities

Objects: (a) the provision of clinics offering diagnosis, treatment and support for patients suffering with migraine and primary headache;(b) the provision of information and signposting to alleviate the impact of such disorders and to grow awareness;(c) the promotion of research into the causes, treatment and alleviation of migraine and other forms of headache; and(d) the publication of the useful results of such research.

Activities: The promotion of research into the causes, treatment and alleviation of migraine and other headaches and the publication of useful results of such research and the treatment of patients suffering from such disorders

Classification

- **How:** Provides Services, Sponsors Or Undertakes Research
- **What:** The Advancement Of Health Or Saving Of Lives
- **Who:** The General Public/mankind

Geography

- **Area of benefit:** NOT DEFINED BY GI. IN PRACTICE, NATIONAL.
- Throughout England And Wales

Finances

Period end	Income	Expenditure	Assets	Employees
2025-03-31	£825,936	£647,918	£447,502	9
2024-03-31	£554,231	£471,447	£268,265	7
2023-03-31	£577,853	£427,739	£185,482	6
2022-03-31	£293,271	£317,600	-	-
2021-03-31	£399,719	£398,561	-	-

Trustees

Name	Role	Appointed
Anthony Hugh Stratton		2019-01-31
Balwindar Singh Athwal		2017-05-11
Julie Price		2022-10-28
Matthew Bray		2024-11-04
Simon James Kingsnorth		2019-01-31
Vishal Shah		2024-10-31

Accounts

National Migraine Centre

Report of the Trustees and Financial Statements
for the year ended 31 March 2025

Registered company no: 05846538 (England and Wales)
Registered charity no: 1115935

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Chair's Statement

As chair of the National Migraine Centre, it gives me great pleasure to present the annual report and accounts for the year ended 31 March 2025.

We were able to build on a very successful 2023/24 to deliver another record year in terms of clinical appointments and patients treated. There is ongoing strong demand for the range of anti-CGRP treatments now available and also the Botox and nerve block procedures we deliver.

As well as the income from our clinical appointments, we were again fortunate to receive generous financial support from a range of organisations, including Ouch (UK), PSG Equity, The Pacific Life Foundation, Pilkington General Charity, Cecil Pilkington Charitable Trust and The Gill Foundation.

In addition, thanks to Pfizer's financial contribution we were able to undertake development of a registry to gather real-world data to potentially support clinical research.

There were several changes on the board, with Penny Wilson leaving after her second three-year term. Penny's contribution has been invaluable as we have matured and professionalised as an organisation. We have two new board members: Matthew Bray, who comes with a strong finance background and industry knowledge, and Vishal Shah, who is a GP and also chief medical officer at a med-tech diagnostic company.

With solid financial foundations, a clear strategy and a strengthened leadership, the National Migraine Centre is well positioned to grow its provision of much-needed treatment for the migraine and headache community.

Anthony Stratton
Chair

TRUSTEES' REPORT

Introduction

The National Migraine Centre is the UK's only charity dedicated to providing diagnosis and treatment for the one in seven people who suffer with migraine. Over more than four decades, our committed team has provided over 70,000 appointments with world-class headache specialists for those impacted by migraine or other primary headache.

We receive no NHS or government funding; our work is largely funded by our patients. Since we provide consultations to all irrespective of their ability to pay, we rely on support from those trusts, foundations and corporate partners who share our belief that all those affected by migraine deserve access to effective treatment.

Migraine: more than 'just a headache'

Headache affects almost everyone at some point, but around 14 per cent of the population suffer migraine, a condition that can, at its worst, severely reduce quality of life and cause chronic, disabling pain.

More people suffer migraine than those living with asthma, diabetes and epilepsy combined, affecting three times as many women as men. Without effective treatment, migraine can undermine mental health, relationships and employment.

Migraine is the most common neurological condition in the developed world. The World Health Organization ranks migraine as the second highest cause of disability globally, following lower back pain.

Those affected by chronic symptoms (three to five per cent of people with migraine) endure severe and disabling symptoms on 15 or more days a month.

Migraine and work

A survey undertaken by the National Migraine Centre suggests more than 50 per cent of chronic migraine sufferers feel that their employer is not supportive of their condition. The research also showed:

- 25 per cent had to change careers because of migraine / headaches
- 16 per cent lost their job because of migraine / headaches
- 97 per cent of respondents worked while in pain caused by headache
- 54 per cent suffer financially due to migraine / headaches
- Chronic sufferers lose 16.8 days of work each year due to headache-related conditions

The impact of migraine and headaches on work is often unseen, underestimated and misunderstood by employers and can be underplayed by those affected in order to hold on to their jobs. Access to effective treatment can minimise the impact on the individual and benefit employers by improving staff wellbeing and boosting productivity.

The cost of migraine to society

According to research undertaken by The Work Foundation:

- Migraine is the biggest cause of years lived with disability among those aged 15 to 49 – a time when people are often at their most productive, furthering their careers and starting families, with a major impact on career development and the wider economy
- Across the UK, 43 million working days are lost each year at a cost of almost £4.4 billion
- An estimated additional £4.4 billion is lost to the economy each year due to reduced productivity as those with migraine continue working during attacks – many express concerns about the negative impact on their careers of taking extended or regular sick leave

In spite of its extraordinary cost to society, migraine is the least publicly funded of all neurological diseases relative to its economic impact.

Misunderstood, misdiagnosed, mistreated

Despite the prevalence of migraine and the cost to the individual and society, headache is rarely mentioned in NHS plans, while most GPs will have five or fewer hours training on the condition. Consequently, the quality of care inevitably varies greatly across the UK.

According to The Work Foundation's research, GPs '...do not know enough about [migraine] and appear to have little interest in it given the wide range of competing medical conditions.'

These weaknesses in primary care result in unnecessary referrals to already over-burdened secondary care, leading to extensive waiting lists and problems accessing services for those in greatest need.

Secondary care at NHS hospitals remains greatly under resourced to handle this scale of demand. Only 20 per cent of NHS Trusts responding a freedom of information request by The Migraine Trust said they had a specialist headache clinic. The UK has just 1.1 full-time equivalent neurologists per 100,000 people (compared to more than four in France and Germany).

As a result of these inadequacies and capacity issues across both primary and secondary care in the NHS, there are over 16,500 emergency admissions for headache every year – up 14 per cent in five years. Most of these would be avoidable with effective care.

These service gaps leave many people in great distress, and the National Migraine Centre is often their last resort.

A lifeline for people with headache

The National Migraine Centre was founded in 1980 to provide treatment to those affected by migraine and other primary headaches, to share skills and train professionals, to conduct and promote research, and to improve self-management.

Neither private nor within the NHS, we remain the only charity in the UK dedicated to delivering treatment for headache. Last year, we provided 2,833 consultations and treatments (up from 2,269 in 2023/24) to 1,832 people affected by migraine and primary headache.

Our charity brings together some of the UK's most renowned headache clinicians, including leading consultant neurologists and GP headache specialists, who support the charity in both governance and patient-facing roles.

National Migraine Centre clinicians are based around the UK, seeing patients affected by migraine and primary headache nationwide via remote online and telephone consultations. For those requiring face-to-face treatments, such as Botox or nerve block injections, doctors offer in-person appointments at special procedure clinics.

We also help those affected by migraine by improving self-management, with a range of tools, including our Heads Up podcast and online resources, providing essential, evidence-based guidance and information.

The National Migraine Centre is inspected and regulated by the Care Quality Commission (CQC). The most recent CQC report on our work found our clinic to be safe, effective, caring, responsive and well-led. Ongoing surveys and patient feedback continue to show extremely high patient satisfaction ratings.

All medical staff are fully qualified clinicians with a specialist interest and additional training in migraine and headache, registered with either the UK's General Medical Council or the Nursing and Midwifery Council. Our clinicians provide additional and overlapping expertise on various specialist areas, such as women's health, mental health and ophthalmology.

Clinicians are employed as contractors and devote one hour to each first appointment, giving every patient around 40 minutes with the doctor, far more time than they might receive in NHS or many private settings, to discuss their individual case. Our doctors will then liaise with patients' GPs to ensure ongoing appropriate care, recommending medication and care plans.

Our Vision

Our vision is for all those affected by migraine to have access to life-changing support and world class treatment. We empower people to take control of their headaches and lead better lives by providing expert patient care, facilitating research, improving professional skills and supporting better self-management.

Our Values

We are:

COMPASSIONATE. We are always patient focused, treating every individual with dignity and respect. We extend that care and consideration to our clinicians, staff, trustees, supporters and all those with whom we interact in the course of our work.

EXPERT. We bring together leading clinicians, policymakers and researchers in the field of headache treatment, continually striving to develop skills and expertise across our charity, the NHS and wherever those affected by migraine seek treatment and support.

PROFESSIONAL. We are dedicated to upholding the highest standards of professionalism and integrity. We are committed to delivering safe, high-quality and evidence-based care for every patient. We are always open, transparent and supportive.

COLLABORATIVE. We work together with our patients to deliver the best outcomes for every individual. We work with clinicians, charities, researchers and others to advance our vision.

DRIVEN. We are dedicated and passionate, single-minded in our commitment to improving the lives of all those affected by headache. We actively work to improve access and transform outcomes for everyone in need, always striving for equity in the provision of services and support.

Structure, Governance & Management

Organisational structure

Our governing body, the board of trustees (the board), is responsible for the overall governance of the charity. The trustees are volunteers and do not receive any remuneration for their services.

Strategic decision-making takes place at board level. Trustees make decisions having reviewed input from various sources, including performance indicators supplied by the executive, input from clinicians and patients, regular reports supplied by the executive, and additional reports arising from one-to-one meetings between board members with particular specialisms and senior members of the executive team.

The chief executive assists the board in setting strategy and implements that strategy through the management of a small administrative team and a world-class clinical team. Operational decision-making on a day-to-day basis rests with the chief executive, informed by scheduled meetings with senior administrative managers and regular discussions and formal meetings with the clinical team.

The chief executive and chair also discuss and agree decision-making processes during regular meetings scheduled ahead of board meetings.

Appointment of Trustees

Trustees are appointed in line with the charity's Equal Opportunities Policy, following open advertising of roles. Candidates are evaluated objectively against an agreed procedure designed to fill any skills and experience gaps that have been identified, or which may be a priority for the delivery of our strategic aims.

New trustees all undertake a structured programme on appointment, which includes meetings with key staff and trustees, an induction into the charity's full suite of policies and governance processes, and external training in the role of a charity trustee.

During the course of the year, three new trustees were appointed: Matthew Bray, Ajibola Michael and Vishal Shah. Ajibola Michael and Penny Wilson stood down during the year; the board wishes to express its thanks to both.

Staff remuneration

The charity has a Staff Pay Policy, which guides our approach to employee remuneration. Salaries are set and reviewed against the following principles:

- Competitiveness with similar roles in the voluntary sector
- The nature of the role, including its complexity and the particular skills required
- The ability of the charity to attract and retain capable and motivated people
- Performance over a sustained period of time which exceeds the reasonable expectations of the role
- The financial sustainability of the National Migraine Centre
- A fair approach to decision-making
- Our commitment to equity, diversity and inclusion, as outlined in other policies

Objectives and activities

The National Migraine Centre was founded in 1980 as a registered medical charity by Dr Blau and Dr Wilkinson, both consultant neurologists with a special interest in migraine. The original governing document is a trust deed dated 23 May 1980, later replaced by a set of Articles of Association.

The trustees confirm that they have referred to the Charity Commission's guidelines and that the National Migraine Centre's current aims and objectives are charitable and fall within our governing documents.

Our charitable objects, set out in our Articles of Association, are:

- the provision of clinics offering diagnosis, treatment and support for patients suffering with migraine or other primary headache
- the provision of information and signposting to alleviate the impact of such disorders and to grow awareness
- the promotion of research into the causes, treatment and alleviation of migraine and other forms of headache
- the publication of the useful results of such research

In order to achieve these objectives, the board oversees the development of a strategy, which it monitors and reviews at regular board meetings and at dedicated strategic review meetings.

During the past financial year, a new strategic plan was approved, following meetings of the board that took place in late 2023 and early 2024. The new plan covers the direction of the charity for the next five years.

We have adopted a social enterprise strategy in order to extend our charitable activities and benefit more people affected by migraine. Income from private appointments allows us to expand the number of treatments we are able to offer to those in clinical need who, for financial or other reasons, might not otherwise be able to access effective treatment for headache conditions.

Beyond the provision of treatment, our strategy encourages working with other organisations, including charities and professional bodies, and the NHS in particular, to provide and promote evidence-based information and signposting. We also engage actively in print, broadcast and social media communications to promote awareness and self-management options, training key members of our clinical team to act as media spokespersons.

Implementation of operational plans is delegated to the chief executive and the executive team.

Standard key performance indicators are agreed at board level, which are designed to show progress. The executive produces a report on these indicators ahead of each board meeting, which is then analysed and discussed as a standing item at every meeting.

We prioritise developing relationships with researchers within academia and the pharmaceutical industry in order to support new treatment options. The board reviews progress against research objectives with regular reports from the executive; the board always includes a senior clinician member with the relevant experience to ensure we have the skills to properly evaluate research and clinical activities.

During four decades as an independent medical charity, the National Migraine Centre has:

- Provided over 70,000 consultations and treatments for those affected by migraine or other primary headache
- Gained a reputation for clinical excellence, with high levels of patient satisfaction
- Supported research into treatments that have since become the recommended standard by the British Association for the Study of Headaches
- Delivered headache masterclasses for thousands of healthcare professionals, improving the quality of care across the NHS and beyond
- Distributed self-management information, and news on headache research or treatment options, online and through the media

The charity is supported by a small number of valued volunteers, who play a key role in providing administrative support. Our work with volunteers is guided by our Volunteer Policy, which commits the charity to:

- ensuring equal opportunities to all prospective volunteers
- matching the skills, experience, motivations and aspirations of volunteers with the most appropriate role
- providing a clear description of roles
- offering appropriate training and support where appropriate
- maintaining a healthy and safe working environment
- listening to and respecting volunteer feedback
- recognising the contribution of volunteers

Risk management

The board recognises its responsibility in the identification, management and mitigation of risks and works closely with the executive team to this end.

The board and senior management team review risks on a regular basis, ensuring financial, compliance, reputational and other risks are considered, with plans updated accordingly.

The board maintains a risk register, which is overseen and updated by a subcommittee of board members that meets regularly and reports back to full board meetings. Discussions around risk management are a standing item at all board meetings.

Financial review

The charity's income can fluctuate significantly, and the trustees have adopted the policy of aiming to keep a general reserve of at least six months' running costs. The charity currently holds sufficient reserves to meet this policy. The amount of restricted reserves at the end of financial year 2024/25 was £366 (2023/24: £nil).

The charity often holds restricted funds for the delivery of specific projects. During 2024/25, we deployed restricted funds received from the Postcode Innovation Trust to support our clinic expansion plans, and funds received from Pfizer to support our registry project (detailed below).

In recent years, the charity also took out an HSBC Bounce Back Loan and additional financing through the Postcode Innovation Trust in order to enable our transition towards a social enterprise model. This project

has proved extraordinarily successful, with the charity now able to help more people than ever before in its history while also increasing its clinical income to record levels. Our decision to adopt a social enterprise approach has driven a surge in income from private patients, which is in turn enabling the charity to expand its offering for routine patients (those who pay no fixed fee but may, if they wish, leave a voluntary donation towards the cost of their consultation).

Once again, the board has recognised that loss of clinical personnel remains a potential risk to income, while also noting that increasing patient demand offers opportunities to grow income. Further expansion of the clinical team took place during 2024/25, with plans for additional expansion in the year ahead.

Although the external economic environment remained challenging, demand for the charity's services has never been higher and income from private appointments reflects this.

The charity received grant income from various private and voluntary sector bodies during 2024/25, as detailed below in the Review of the Year. The board is grateful to these and all other organisations and individuals who have supported the National Migraine Centre over the course of the past year.

In addition to the funds held in two CAF Bank Ltd accounts, in August 2024 the board invested a total of £225,000 of reserves in three higher interest fixed-notice accounts, via the CAF/Flagstone IM investment platform. These products carry no capital risks but allow better returns than the charity's bank accounts.

Future plans

A further expansion of the clinical team is planned, which will enable the charity to reach many more of those in need of our services, addressing a sustained rise in demand.

In the year ahead and beyond, our plans for expansion and growth will be guided by the strategic pillars agreed during the year in our latest strategic plan, namely:

- TREAT – Extend the provision of new and effective treatments through our own clinic, particularly for those who cannot access help through NHS primary care.
- INFORM - Reach patients with effective, trusted, evidence-based information and tools to support improved self-management strategies. This will include factsheets, the Heads Up podcast, newsletters, news stories, social media communications and website information. Explore co-authored / co-distributed partnerships.
- UPSKILL - Support the development of NHS headache treatment by engaging in CPD events, providing resources for NHS clinicians, supporting the development of professional networks and working in partnership with other agencies to create training platforms aimed particular at improving foundational migraine knowledge among primary care clinicians.
- INFLUENCE - Influence primary care clinicians and those in a position to affect positive change in the delivery of care at both primary and second level in order to raise the profile of headache medicine and create a greater acceptance and understanding of the impact of uncontrolled headache conditions. Raise expectations for acceptable levels of care.
- RESILIENCE - Ensure the charity can attract and retain the people it needs to support this strategy.

Deliver sustainable income streams to support both the clinic and other strategic themes. Continually review the technological and other support functions required to enable the charity to deliver this strategy effectively and efficiently, in a rapidly evolving healthcare environment.

Governance and administration details

Registered office and principal address:

999 Finchley Road
London NW11 7HB

Contact details:

info@nationalmigrainecentre.org.uk
020 7251 3322

Registered company number:

05846538 (England and Wales)

Registered charity number:

1115935

Trustees:

Dr Bal Athwal
Mr Matthew Bray (appointed 4 November 2024)
Ms Katie Cotton
Mr Simon Kingsnorth
Ms Ajibola Michael (appointed 6 November 2024, resigned 17 February 2025)
Ms Julie Price
Dr Vishal Shah (appointed 31 October 2024)
Mr Anthony Stratton (chair)
Ms Penny Wilson (resigned 29 January 2025)

Senior management team:

Ms Charlotte Burr (operations director)
Ms Swati Raina (clinical & communications director)
Mr Daniel Tickle (chief executive)

Independent examiner:

Giles Thrush
Richardson Jones
Chartered Accountants

Bankers:

CAF Bank Limited
25 Kings Hill Avenue
Kings Hill
West Malling
Kent ME19 4TA

Accountant:

AJC Accountancy
Unit 40, Thrales End Business Centre
Thrales End Lane
Harpenden
Herts AL5 3NS

Review of the year

The National Migraine Centre is the UK's leading headache clinic, providing online appointments with specialist clinicians and access to treatment options. This model of care overcomes geographic gaps in headache services and reaches underserved populations across the four UK nations by providing patients the opportunity to access specialist care and prescribed treatment from their own homes. Additionally, regular face-to-face procedure clinics are also offered.

Since the move to remote consultations, there has been a rapid and sustained growth in demand. The charity has to this by expanding the size of its clinical team, a process which continued during 2024/25.

Additionally, the charity provides a clinical training programme for new clinicians, and engages with, and promotes, research to improve patient care and health outcomes, which was evidenced this year by our commitment to the development of a registry (see below).

Alongside the provision of treatment, the charity has always prioritised and supported evidence-based self-management, and this year developed additional online resources and a new series of the award-winning Heads Up podcast.

Clinical team

Supported by a generous grant and loan from the Postcode Innovation Trust, the executive and the senior clinicians have overseen an ambitious expansion of our clinical team over the past two years. This has enabled the charity to reach more patients than ever before, growing private income and thus enabling access for the growing number of people booking routine (no fee) appointments.

From a low point of three clinicians, the team expanded in 2023/24 and once again last year, reaching a total of 22 headache specialist GPs, neurologists and nurses.

During this expansion, the charity has remained committed to providing the very highest standards of care, which has been made possible thanks to the quality of training and mentoring offered to new clinicians, led by education fellows Dr Richard Wood and Dr Michael Long.

Seven clinicians were appointed in 2024/25 (six GP headache specialists and a headache specialist nurse).

During the course of the year, three clinicians were trained in delivering procedures to treat headache, including Botox and greater occipital nerve blocks.

In late 2024, training was provided for all members of the clinical team (as well as all administration staff) on neurodiversity, and Dr Lisa Rodolico was appointed as neurodiversity lead. National Migraine Centre clinicians must also complete additional mandatory neurodiversity training with an external provider.

Research and development

Thanks to generous funding from Pfizer, the charity developed an integrated registry, based on standards set by the Lifting the Burden Campaign, which provides real-world, real-time data collection for the monitoring of treatment outcomes, supporting improved patient management processes and pathways, and research to improve treatment options and the identification of areas of unmet need.

The charity also worked alongside research organisations to support important studies into new migraine treatments.

Dr Nazeli Manukyan represented the National Migraine Centre in a review by the Medicines and Healthcare Products Regulatory Agency of prescribing guidelines for topiramate.

Medications and procedures

Alongside continued prescribing of existing injectable and oral anti-CGRP treatments for headache, the charity worked with pharmaceutical partners to extend access to the novel eptinezumab treatment via a nationwide network of centres.

The clinical team also began prescribing of the latest oral anti-CGRP treatment, atogepant.

Patient information and self-management

Episodes from the fifth series of leading headache podcast Heads Up were released regularly throughout the year. The podcast has now been downloaded over 305,000 times. Episodes from the latest series featured topics including brain fog, ADHD and migraine, CSF leak, and the role of pharmacists in treating headache.

Our thanks

The National Migraine Centre is always extremely grateful to the many individual supporters who donated to the charity throughout the year, whether responding to appeals or making donations towards the cost of their appointments.

We are also grateful for those individuals who have raised funds, including the Rt Hon Dehenna Davison, who, having stepped down from government due to the impact of migraine, completed the London Marathon in 2024, raising almost £3,000 for the National Migraine Centre.

Finally, the board thanks those trusts, foundations, corporate supporters and academic institutions who have so generously provided financial support during the course of the year, including:

- Pfizer, for the sponsorship of registry project
- OUCH (UK), which continues to provide funding in recognition of the National Migraine Centre's support for those affected by cluster headache
- PSG Equity
- The Pacific Life Foundation
- Pilkington General Charity
- Cecil Pilkington Charitable Trust
- The Gill Foundation

Statement of Trustees' Responsibilities

The trustees (who are also the directors of the National Migraine Centre for the purposes of company law) are responsible for preparing the Report of the Trustees and the Financial Statements in accordance with applicable law and United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting Practice).

Company law requires the trustees to prepare financial statements for each financial year, which give a true and fair view of the state of affairs of the charitable company and of the incoming resources and application of resources, including the income and expenditure, of the charitable company for that period. In preparing those financial statements, the trustees are required to

- select suitable accounting policies and then apply them consistently;
- observe the methods and principles in the Charity SORP;
- make judgements and estimates that are reasonable and prudent;
- prepare the financial statements on the going concern basis unless it is inappropriate to presume that the charitable company will continue in business.

The trustees are responsible for keeping proper accounting records, which disclose with reasonable accuracy at any time the financial position of the charitable company and to enable them to ensure that the financial statements comply with the Companies Act 2006. They are also responsible for safeguarding the assets of the charitable company and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

The trustees are responsible for the maintenance and integrity of the corporate and financial information included on the charitable company's website.

This report has been prepared in accordance with the special provisions of Part 15 of the Companies Act 2006 relating to small companies.

On behalf of the Board:

..... Signed

..... Date

Anthony Stratton
Chair

INDEPENDENT EXAMINER'S REPORT TO THE TRUSTEES OF NATIONAL MIGRAINE CENTRE

I report on the accounts for the year ended 31 March 2025 set out on pages 18 to 30.

Respective responsibilities of trustees and examiner

The charity's trustees are responsible for the preparation of the accounts. The charity's trustees consider that an audit is not required for this year (under Section 144(2) of the Charities Act 2011 (the 2011 Act)) and that an independent examination is required.

Having satisfied myself that the charity is not subject to audit under company law and is eligible for independent examination, it is my responsibility to:

- examine the accounts under Section 145 of the 2011 Act;
- to follow the procedures laid down in the General Directions given by the Charity Commission under Section 145(5)(b) of the 2011 Act; and
- to state whether particular matters have come to my attention.

Basis of the independent examiner's report

My examination was carried out in accordance with the General Directions given by the Charity Commission. An examination includes a review of the accounting records kept by the charity and a comparison of the accounts presented with those records. It also includes consideration of any unusual items or disclosures in the accounts and seeking explanations from you as trustees concerning any such matters. The procedures undertaken do not provide all the evidence that would be required in an audit, and consequently no opinion is given as to whether the accounts present a 'true and fair view ' and the report is limited to those matters set out in the statements below.

Independent examiner's statement

In connection with my examination, no matter has come to my attention:

1. which gives me reasonable cause to believe that, in any material respect, the requirements
 - to keep accounting records in accordance with Section 386 of the Companies Act 2006; and
 - to prepare accounts which accord with the accounting records, comply with the accounting requirements of Section 396 of the Companies Act 2006 and with the methods and principles of the Statement of Recommended Practice: Accounting and Reporting by Charities

have not been met; or

2. to which, in my opinion, attention should be drawn in order to enable a proper understanding of the accounts to be reached.

Giles Thrush

Richardson Jones

Independent Examiner

Date: 4th November 2025

STATEMENT OF FINANCIAL ACTIVITIES**(Incorporating an income and expenditure account)**

For the year ended 31 March 2025

	Notes	Unrestricted funds £	Restricted funds £	2025 Total funds £	2024 Total funds £
INCOME					
Donations and legacies					
Donations	2	40,768	-	40,768	55,727
Legacies		-	-	-	-
		40,768	-	40,768	55,727
Other trading activities					
Fundraising		67,850	-	67,850	47,596
Fees		572,448	-	572,448	438,885
	3	640,298	-	640,298	486,481
Income from investments	4	15,225	-	15,225	9,085
Income from charitable activities					
Grants		10,807	118,838	129,645	1,184
Contract income		-	-	-	1,754
	5	10,807	118,838	129,645	2,938
Other income	6	-	-	-	-
Total income		707,098	118,838	825,936	554,231
Less: Expenditure on raising funds					
Marketing costs		(14,064)	-	(14,064)	(15,725)
Net income available for charitable activities		693,034	118,838	811,872	538,505
Expenditure on charitable activities					
Research and medical costs		218,392	93,811	312,203	179,053
Operating costs		295,222	24,661	319,883	273,222
	7	513,614	118,472	632,086	452,275
Governance costs	8	1,768	-	1,768	3,446
Total expenditure		515,382	118,472	633,854	455,721
NET INCOME / EXPENDITURE		177,652	366	178,018	82,786
Transfers between funds	17	-	-	-	-
RECONCILIATION OF FUNDS					
Total funds brought forward		268,265	-	268,265	185,482
TOTAL FUNDS CARRIED FORWARD		445,917	366	446,283	268,265

BALANCE SHEET

At 31 March 2025

	Notes	2025 £	2024 £
FIXED ASSETS			
Tangible assets	13	507	2,533
CURRENT ASSETS			
Debtors	14	37,718	2,702
Cash at bank		532,689	520,282
		<u>570,407</u>	<u>522,984</u>
CREDITORS			
Amounts falling due within one year	15	(45,021)	(142,310)
NET CURRENT ASSETS		525,386	380,674
TOTAL ASSETS LESS CURRENT LIABILITIES		525,892	383,207
CREDITORS			
Amounts falling due after one year	16		
Bank loans		(78,390)	(114,940)
NET ASSETS		447,502	268,268
FUNDS	17		
Unrestricted funds		447,136	268,268
Restricted funds		366	-
TOTAL FUNDS		447,502	268,268

The charitable company is entitled to exemption from audit under Section 477 of the Companies Act 2006 for the year ended 31 March 2025.

The members have not required the charitable company to obtain an audit of its financial statements for the year ended 31 March 2025 in accordance with Section 476 of the Companies Act 2006.

The directors / trustees acknowledge their responsibilities for:

- ensuring that the charitable company keeps accounting records that comply with Sections 386 and 387 of the Companies Act 2006, and
- preparing financial statements which give a true and fair view of the state of affairs of the charitable company at the end of each financial year and of its surplus or deficit for each financial year in accordance with the requirements of Sections 394 and 395 and which otherwise comply with the requirements of the Companies Act 2006 relating to financial statements, so far as applicable to the charitable company.

These financial statements have been prepared in accordance with the special provisions of Part 15 of the Companies Act 2006 relating to small charitable companies.

The financial statements were approved by the Board of Trustees and were signed on its behalf by:

..... Signature

4th November 2025..... Date

Anthony Stratton
Chair

STATEMENT OF CASHFLOWS

For the year ended 31 March 2025

Analysis of cash and cash equivalents

	2025	2024
	£	£
Bank balance	532,689	520,282

Reconciliation of net income to net cashflow

	2025	2024
	£	£
Net income (SOFA)	178,018	82,786
Adjustment: Depreciation	2,027	1,654
Interest received	-15,225	-9,085
(Inc) / Dec Debtors	-35,016	2,119
Inc / (Dec) Creditors	-85,864	77,900
Net cash provided by / (used in) activities	43,940	155,374

Statement of Cashflows

	2025	2024
	£	£
Cash flows from operating activities	43,940	155,374
Cash flows from investing activities:		
Interest received	15,225	9,085
Purchase of equipment	-	-4,053
Cash flows from financial activities:		
Repayment of borrowings	-46,759	-12,823
Change in cash in year	12,407	147,583
Cash brought forward	520,282	372,699
Cash carried forward	532,689	520,282

NOTES TO THE FINANCIAL STATEMENTS

For the year ended 31 March 2025

1. Accounting Policies

Basis of accounting

The financial statements of the charitable company, which is a public benefit entity under FRS 102, have been prepared in accordance with the Charities SORP (FRS 102) 'Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2019)', Financial Reporting Standard 102 'The Financial Reporting Standard applicable in the UK and Republic of Ireland' and the Companies Act 2006.

The Charity meets the definition of a public benefit entity under FRS 102.

Accounting convention

These financial statements have been prepared under the historic cost convention and the accounting policies set out therein.

Incoming resources

All incoming resources are included on the Statement of Financial Activities when the charity is legally entitled to the income and the amount can be quantified with reasonable accuracy.

Resources expended

Expenditure is accounted for on an accruals basis and has been classified under headings that aggregate all cost related to the category. Where costs cannot be directly attributed to a particular heading, they have been allocated to activities on a basis consistent with the use of resources.

Direct charitable expenditure includes costs directly incurred in carrying out charitable objectives.

Governance costs are costs associated with the governance arrangements of the charity, which relate to the general running of the charity.

Tangible fixed assets

Depreciation is provided at the following annual rates in order to write off each asset over its estimated useful life. Items over £1,000 are capitalised.

- Fixtures and fittings: 33% on cost
- Computer equipment: 33% on cost
- Leasehold premises: over 5 years

Stocks

Stocks are valued at the lower of cost and net realisable value, after making allowances for obsolete and slow-moving items.

Debtors

Trade and other debtors are recognised at the settlement amount after any trade discount offered. Prepayments are valued at the amount prepaid, net of any trade discount due.

Cash at bank and in hand

Cash at bank and in hand includes cash and short-term highly liquid investments with a short maturity of three months or less from the date of acquisition or opening of the deposit or similar account.

Taxation

The charity is exempt from corporation tax on its charitable activities.

Fund accounting

Unrestricted funds can be used in accordance with the charitable objectives at the discretion of the trustees.

Restricted funds can only be used for particular restricted purposes within the objects of the charity. Restrictions arise when specified by the donor or when funds are raised for particular restricted purposes. Further explanation of the nature and purpose of each fund is included in the notes to the financial statements.

Liabilities and provisions

Liabilities are recognised when there is an obligation as a result of a past event, it is probable that a transfer of economic benefit will be required in settlement, and the amount of the settlement can be reliably estimated.

Provisions are measured at the best estimate of the amounts required to settle the relevant obligation. Where the effect of the time value of money is material, the provision is based on the present value of those amounts, discounted at the discount rate that reflects the risks specific to that liability. The unwinding of the discount is recognised in the statement of financial activities as a finance cost.

Hire purchase and leasing commitments

Rentals paid under operating leases are charged to the statement of financial activities on a straight-line basis over the period of the lease.

Pension costs and other post-retirement benefits

Staff are members of one of three pension schemes. The default scheme for new staff is Nest.

Government grants

Government grants are recognised on the accrual model. Under the accrual model, a grant relating to revenue shall be recognised as income on a systematic basis over the periods in which the entity recognises the related costs for which the grant is intended to compensate.

2. Donations and Legacies

	2025 £	2024 £
Charitable Donations	29,398	40,932
Gift Aid – tax recovered	11,370	14,795
Legacies (net)	-	-
	<u>40,768</u>	<u>55,727</u>

3. Other Trading Activities

	2025 £	2024 £
Fundraising	67,850	47,596
Fees	572,448	443,050
	<u>640,298</u>	<u>490,646</u>
Fees include:		
Private patients	258,490	201,641
Clinical procedures	313,648	237,084
Sundry	310	160
	<u>572,448</u>	<u>438,885</u>

4. Income from Investments

	2025 £	2024 £
Deposit account interest	15,225	9,085

5. Income from Charitable Activities

	2025 £	2024 £
Grants	129,645	1,184
Contact income	-	1,754
	<u>129,645</u>	<u>2,938</u>
Grants received, included in the above:		
Pfizer (restricted)	118,838	-
Lundbeck (restricted)	-	900
Pilkington Trust	5,000	
Pacific Life	3,794	
Gill Foundation	2,000	
Miscellaneous	13	284
	<u>129,645</u>	<u>1,184</u>
Contract income, included in the above:		
St Pancras Clinical Research	-	-
Innovate	-	1,754
Warwick Medical School	-	-
	<u>-</u>	<u>1,754</u>

6. Other Income

	2025	2024
	£	£
Miscellaneous income	-	-

7. Expenditure on Charitable Activities

	2025	2024
	£	£
Research and medical costs	312,203	179,053
Operating costs	319,883	273,222
	<u>632,086</u>	<u>452,275</u>

8. Governance Costs

	2025	2024
	£	£
Independent Examiner's fees	1,740	1,200
Trustee meetings and strategy development	28	2,246
	<u>1,768</u>	<u>3,446</u>

9. Net incoming / (outgoing) resources

Net resources are stated after charging / crediting:	2025	2024
	£	£
Depreciation	2,027	1,654

10. Trustees' Remuneration and Benefits

There were no trustees' remuneration or other benefits for the year ended 31 March 2025, nor for the year ended 31 March 2024.

Trustees' expenses

No trustees' expenses were paid for the year ended 31 March 2025, nor for the year ended 31 March 2024.

11. Staff Costs

	2025 £	2024 £
Wages and salaries	280,546	232,681
Employer's National Insurance	22,891	18,640
Employer's pension costs	13,637	11,358
	317,074	262,679

One employee received emoluments in excess of £80,000 (2024: one employee received emoluments in excess of £80,000).

The average monthly number of employees during the year was as follows:

	2025 No.	2024 No.
Direct charitable	8.8	6.8

12. Pension Costs

Staff are members of three personal pension schemes.

During the year ended 31 March 2025, the company's total contributions amounted to £13,637 (2024: £11,358).

13. Tangible Fixed Assets

	Improvement leasehold premises	Hardware and software	Fixtures, fittings & equipment	TOTALS
	£	£	£	£
COST				
At 1 April 2024	-	-	8,776	8,776
Additions	-	-	-	-
Disposals	-	-	-	-
At 31 March 2025	-	-	8,776	8,776
DEPRECIATION				
At 1 April 2024	-	-	6,243	6,243
Charge for the year	-	-	2,026	2,026
Disposals	-	-	-	-
At 31 March 2025	-	-	8,269	8,269
NET BOOK VALUE				
At 31 March 2025	-	-	507	507
NET BOOK VALUE				
At 31 March 2024	-	-	2,533	2,533

14. Debtors: Amounts Falling Due Within One Year

	2025	2024
	£	£
Prepayments	2,035	2,252
Accrued Income	17,219	
Other debtors	18,464	449
	<u>37,718</u>	<u>2,701</u>

15. Creditors: Amounts Falling Due Within One Year

	2025	2024
	£	£
Creditors and accruals	7,672	15,032
Loans	30,837	41,044
Social security and taxes	6,512	6,515
Deferred income	-	79,719
	<u>45,021</u>	<u>142,310</u>

16. Creditors: Amounts Falling Due After More Than One Year

	2025	2024
	£	£
Loans	78,390	114,942
	<u>78,390</u>	<u>114,942</u>

17. Movement in Funds

	At 1 April 2024	Net movement in funds	Transfers between funds	At 31 March 2025
	£	£	£	£
Unrestricted funds				
General funds	268,265	177,652	-	445,917
Restricted funds				
Restricted funds	-	366	-	366
TOTAL FUNDS	268,265	178,018	-	446,283

Net movement in funds, included in the above:

	Incoming resources	Resources expended	Movement in funds
	£	£	£
Unrestricted funds			
General funds	706,799	(529,147)	177,652
Restricted funds			
Restricted funds	118,838	(118,472)	366
TOTAL FUNDS	825,637	(647,619)	178,018

18. Related Party Disclosures

There were no related party transactions in the reporting period that require disclosure.

NATIONAL MIGRAINE CENTRE

Report of the Trustees and Financial Statements for the year ended 31 March 2025

INCOME	2025	2024
	£	£
Donations and legacies		
Charitable donations	29,398	40,932
Gift Aid donations	11,370	14,795
Legacies	-	-
	40,768	55,727
Other trading activities		
Fundraising	67,850	47,596
Fees	572,448	438,885
	640,298	486,481
Investment income		
Deposit account interest	15,225	9,085
Charitable activities		
Grants	129,645	1,184
Contract income	-	1,754
	129,645	2,938
Other income	-	-
TOTAL INCOME	825,936	554,231

NATIONAL MIGRAINE CENTRE

Report of the Trustees and Financial Statements for the year ended 31 March 2025

EXPENDITURE

	2025 £	2024 £
Research and medical costs		
Salaries	197,776	144,177
Other research and medical costs	114,427	34,876
	<u>312,203</u>	<u>179,053</u>
Operating costs		
Salaries and staff costs	256,296	213,686
Rent	5,568	4,938
Telephone and internet costs	4,375	4,433
Insurance	4,957	1,948
Incidental office costs (including relocation)	945	2,035
Subscriptions	2,900	2,486
Website development	10	1,206
Finance costs	13,149	10,260
Financial outsourcing and ICT	26,234	25,221
Refund	-303	0
Bank interest	3,725	5,355
Depreciation – fixtures, fittings & equipment	2,027	1,654
	<u>319,883</u>	<u>273,222</u>
Expenditure on raising funds		
Marketing costs	14,064	15,725
Governance costs		
Independent Examiner's fee	1,740	1,200
Trustee meetings	28	2,246
	<u>1,768</u>	<u>3,446</u>
TOTAL EXPENDITURE	647,918	471,446

NET INCOME / (EXPENDITURE)

	2025 £	2024 £
NET INCOME / (EXPENDITURE)	178,018	82,785

Accounts

National Migraine Centre

**Report of the Trustees and Financial Statements
for the year ended 31 March 2024**

Registered company no: 05846538 (England and Wales)
Registered charity no: 1115935

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Chair's Statement

As chair of the National Migraine Centre, it gives me great pleasure to present our annual report and accounts for the year to 31 March 2024.

Last year (2022/23) was very much a turnaround year following a difficult period during and after the pandemic. In 2023/24 we were able to build on the foundations laid with another record number of treatments offered to patients (2,269) and also a strong financial performance in terms of clinic income.

The number of headache specialists remained high with the support given around ongoing training and professional development aiding the retention rate.

The updated website was available for the full year which generated higher engagements levels and prospective patient enquiries, with demand for our services remaining strong.

As always, we are very grateful for the numerous individuals and organisations who supported the charity financially, in particular the contributions from OUCH(UK), Lundbeck and also Pfizer, the latter supporting our registry data project.

There was one change at board level with one of our longer serving members, Ruth Robertson, retiring. I would like to thank her for her contribution, particularly over the last few years. We will be looking to add to the board over the coming year as a number of members are likely to retire.

With a strong leadership team, a dedicated, growing team of clinicians and solid financial foundations, the National Migraine Centre is in a position to continue to provide much needed treatment to the migraine and headache patient community.

Anthony Stratton
Chair

TRUSTEES' REPORT

Introduction

The National Migraine Centre is the UK's only charity dedicated to providing diagnosis and treatment for the one in seven people who suffer migraine. Over more than four decades, our committed team has helped more than 67,500 people affected by migraine and other primary headache to access world-class headache specialists.

We receive no NHS or government funding; our work is largely funded by our patients. Since we provide consultations to all irrespective of their ability to pay, we rely on support from those trusts, foundations and corporate partners who share our belief that all those affected by migraine deserve access to effective treatment.

Migraine: more than 'just a headache'

Headache affects almost everyone at some point, but around 14 per cent of the population suffer migraine, a condition that can, at its worst, severely reduce quality of life and cause chronic, disabling pain.

More people suffer migraine than those living with asthma, diabetes and epilepsy combined, affecting three times as many women as men. Without effective treatment, migraine can undermine mental health, relationships and employment.

Migraine is the most common neurological condition in the developed world. The World Health Organization ranks migraine as the second highest cause of disability globally, following lower back pain.

Those affected by chronic symptoms (three to five per cent of people with migraine) endure severe and disabling symptoms on 15 or more days a month.

Migraine and work

A survey undertaken by the National Migraine Centre suggests more than 50 per cent of chronic migraine sufferers feel that their employer is not supportive of their condition. The research also showed:

- 25 per cent had to change careers because of migraine / headaches
- 16 per cent lost their job because of migraine / headaches
- 97 per cent of respondents worked while in pain caused by headache
- 54 per cent suffer financially due to migraine / headaches
- Chronic sufferers lose 16.8 days of work each year due to headache-related conditions

The impact of migraine and headaches on work is often unseen, underestimated and misunderstood by employers and can be underplayed by those affected in order to hold on to their jobs. Access to effective treatment can minimise the impact on the individual and benefit employers by improving staff wellbeing and boosting productivity.

The cost of migraine to society

According to research undertaken by The Work Foundation:

- Migraine is the biggest cause of years lived with disability among those aged 15 to 49 – a time when people are often at their most productive, furthering their careers and starting families, with a major impact on career development and the wider economy
- 5.7 days are lost per person with migraine every year, equating to 43 million workdays at a cost of almost £4.4 billion
- An estimated additional £4.4 billion is lost to the economy each year due to reduced productivity as those with migraine continue working during attacks – many express concerns about the negative impact on their careers of taking extended or regular sick leave

In spite of its extraordinary cost to society, migraine is the least publicly funded of all neurological diseases relative to its economic impact.

Misunderstood, misdiagnosed, mistreated

Despite the prevalence of migraine and the cost to the individual and society, headache is rarely mentioned in NHS plans, while most GPs will have five or fewer hours training on the condition. Consequently, the quality of care inevitably varies greatly across the UK.

According to The Work Foundation's research, GPs '...do not know enough about [migraine] and appear to have little interest in it given the wide range of competing medical conditions.'

These weaknesses in primary care result in unnecessary referrals to already over-burdened secondary care, leading to extensive waiting lists and problems accessing services for those in greatest need.

Secondary care at NHS hospitals remains greatly under resourced to handle this scale of demand. Only 20 per cent of NHS Trusts responding a freedom of information request by The Migraine Trust said they had a specialist headache clinic. The UK has just 1.1 full-time equivalent neurologists per 100,000 people (compared to more than four in France and Germany).

As a result of these inadequacies and capacity issues across both primary and secondary care in the NHS, there are over 16,500 emergency admissions for headache every year – up 14 per cent in five years. Most of these would be avoidable with effective care.

These service gaps leave many people in great distress, and the National Migraine Centre is often their last resort.

A lifeline for people with headache

The National Migraine Centre was founded in 1980 to provide treatment to those affected by migraine and other primary headaches, to share skills and train professionals, to conduct and promote research, and to improve self-management.

Neither private nor within the NHS, we remain the only charity in the UK dedicated to delivering treatment for headache. Last year, we provided 2,269 consultations and treatments (up from 2,174 in 2022/23) to

people affected by migraine and primary headache.

Our charity brings together some of the UK's most renowned headache clinicians, including leading consultant neurologists and GP headache specialists, who support the charity in both governance and patient-facing roles.

National Migraine Centre clinicians are based around the UK, seeing patients affected by migraine and primary headache nationwide via remote online and telephone consultations. For those requiring face-to-face treatments, such as Botox or nerve block injections, doctors offer in-person appointments at special procedure clinics.

We also help those affected by migraine by improving self-management, with a range of tools, including our Heads Up podcast and online resources, providing essential, evidence-based guidance and information.

The National Migraine Centre is inspected and regulated by the Care Quality Commission (CQC). The most recent CQC report on our work found our clinic to be safe, effective, caring, responsive and well-led. Ongoing surveys and patient feedback continue to show extremely high patient satisfaction ratings.

All medical staff are fully qualified clinicians with a specialist interest and additional training in migraine and headache, registered with either the UK's General Medical Council or the Nursing and Midwifery Council. Our clinicians provide additional and overlapping expertise on various specialist areas, such as women's health, mental health and ophthalmology.

Clinicians are employed as contractors and devote one hour to each first appointment, giving every patient around 40 minutes with the doctor, far more time than they might receive in NHS or many private settings, to discuss their individual case. Our doctors will then liaise with patients' GPs to ensure ongoing appropriate care, recommending medication and care plans.

Our Vision

Our vision is for all those affected by migraine to have access to life-changing support and world class treatment. We empower people to take control of their headaches and lead better lives by providing expert patient care, facilitating research, improving professional skills and supporting better self-management.

Our Values

We are:

COMPASSIONATE. We are always patient focused, treating every individual with dignity and respect. We extend that care and consideration to our clinicians, staff, trustees, supporters and all those with whom we interact in the course of our work.

EXPERT. We bring together leading clinicians, policymakers and researchers in the field of headache treatment, continually striving to develop skills and expertise across our charity, the NHS and wherever those affected by migraine seek treatment and support.

PROFESSIONAL. We are dedicated to upholding the highest standards of professionalism and integrity. We are committed to delivering safe, high-quality and evidence-based care for every patient. We are always open, transparent and supportive.

COLLABORATIVE. We work together with our patients to deliver the best outcomes for every individual. We work with clinicians, charities, researchers and others to advance our vision.

DRIVEN. We are dedicated and passionate, single-minded in our commitment to improving the lives of all those affected by headache. We actively work to improve access and transform outcomes for everyone in need, always striving for equity in the provision of services and support.

Structure, Governance & Management

Organisational structure

Our governing body, the board of trustees (the board), is responsible for the overall governance and work of the charity. The trustees are volunteers and do not receive any remuneration for their services.

Strategic decision-making takes place at board level. Trustees make decisions having reviewed input from various sources, including performance indicators supplied by the executive, input from clinicians and patients, regular reports supplied by the executive, and additional reports arising from one-to-one meetings between board members with particular specialisms and senior members of the executive team.

The chief executive assists the board in setting strategy and implements that strategy through the management of a small administrative team and a world class clinical team. Operational decision-making on a day-to-day basis rests with the chief executive, informed by scheduled meetings with senior administrative managers and regular discussions and formal meetings with the clinical team.

The chief executive and chair also discuss and agree decision-making processes during regular meetings scheduled ahead of board meetings.

• Appointment of Trustees

Trustees are appointed in line with the charity's Equal Opportunities Policy, following open advertising of roles. Candidates are evaluated objectively against an agreed procedure designed to fill any skills and experience gaps that have been identified, or which may be a priority for the delivery of our strategic aims.

New trustees all undertake a structured programme on appointment, which includes meetings with key staff and trustees, an induction into the charity's full suite of policies, as well as our governance processes.

During the course of the year, no new trustees were appointed. Ms Ruth Robertson resigned as a trustee on 22 November 2023; the board wishes to thank Ms Robertson for her commitment and for her expert advice and support during a crucial transitional period for the charity.

Staff remuneration

The charity has a Staff Pay Policy, which guides our approach to employee remuneration. Salaries are set and reviewed against the following principles:

- Competitiveness with similar roles in the voluntary sector
- The nature of the role, including its complexity and the particular skills required
- The ability of the charity to attract and retain capable and motivated people
- Performance over a sustained period of time which exceeds the reasonable expectations of the role
- The financial sustainability of the National Migraine Centre
- A fair approach to decision-making
- Our commitment to equity, diversity and inclusion, as outlined in other policies

Objectives and activities

The National Migraine Centre was founded in 1980 as a registered medical charity by Dr Blau and Dr Wilkinson, both consultant neurologists with a special interest in migraine. The original governing document is a trust deed dated 23 May 1980, later replaced by a set of Articles of Association.

The trustees confirm that they have referred to the Charity Commission's guidelines and that the National Migraine Centre's current aims and objectives are charitable and fall within our governing documents.

Our charitable objects, set out in our Articles of Association, are:

- the provision of clinics offering diagnosis, treatment and support for patients suffering with migraine or other primary headache
- the provision of information and signposting to alleviate the impact of such disorders and to grow awareness
- the promotion of research into the causes, treatment and alleviation of migraine and other forms of headache
- the publication of the useful results of such research

In order to achieve these objectives, the board oversees the development of a strategy, which it monitors and reviews at regular board meetings and at dedicated strategic review meetings.

A dedicated strategic review day took place during November 2023, when the board and senior managers met to discuss a strategic plan for the next five years. This plan is due for further discussion and final approval during 2024.

Implementation of operational plans is delegated to the chief executive and the executive team.

We have adopted a social enterprise strategy in order to extend our charitable activities and benefit more people affected by migraine. Income from private appointments is allowing us to expand the number of treatments we are able to offer to those in clinical need who, for financial or other reasons, might not otherwise be able to access effective treatment for headache conditions.

Beyond the provision of treatment, our strategy encourages working with other organisations, including charities and professional bodies, and the NHS in particular, to provide and promote evidence-based information and signposting. We also engage actively in print, broadcast and social media communications to promote awareness and self-management options, training key members of our clinical team to act as media spokespersons.

Standard key performance indicators are agreed at board level, which are designed to show progress. The executive produces a report on these indicators ahead of each board meeting, which is then analysed and discussed as a standing item at every meeting.

We prioritise developing relationships with researchers within academia and the pharmaceutical industry in order to support new treatment options, and we are currently developing new tools to assist in the development of more effective treatments for headache. The board reviews progress against research objectives with regular reports from the executive; the board always includes a senior clinician member with the relevant experience to ensure we have the skills to properly evaluate research and clinical activities.

During four decades as an independent medical charity, the National Migraine Centre has:

- Treated over 67,500 patients affected by migraine or other primary headache
- Gained a reputation for clinical excellence, with high levels of patient satisfaction
- Supported research into treatments that have since become the recommended standard by the British Association for the Study of Headaches
- Delivered headache masterclasses for thousands of healthcare professionals, improving the quality of care across the NHS and beyond
- Distributed self-management information, and news on headache research or treatment options, online and through the media

The charity is supported by a small number of valued volunteers, who play a key role in providing administrative support. Our work with volunteers is guided by our Volunteer Policy, which commits the charity to:

- ensuring equal opportunities to all prospective volunteers
- matching the skills, experience, motivations and aspirations of volunteers with the most appropriate role
- providing a clear description of roles
- offering appropriate training and support where appropriate
- maintaining a healthy and safe working environment
- listening to and respecting volunteer feedback
- recognising the contribution of volunteers

Risk management

The board recognises its responsibility in the identification, management and mitigation of risks and works closely with the executive team in this regard.

The board and senior management team review risks on a regular basis, ensuring financial, compliance, reputational and other risks are considered, and plans are updated accordingly.

The board maintains a risk register, which is overseen and updated by a subcommittee of board members that meet regularly and report back to full board meetings. Discussions around risk management are a standing item at all board meetings.

Financial review

The charity's income can fluctuate significantly, and the trustees have adopted the policy of aiming to keep a general reserve of at least six months' running costs. The charity currently holds sufficient reserves to meet this policy. The amount of restricted reserves at the end of financial year 2023/4 was £nil (2022/23: £91,141).

The charity often holds restricted funds for the delivery of specific projects. During 2023/24, we deployed restricted funds received from the Postcode Innovation Trust to support our clinic expansion plans. Currently, we hold restricted funds received from Pfizer to support our registry project (detailed below).

In recent years, the charity also took out an HSBC Bounce Back Loan and additional financing through the Postcode Innovation Trust in order to enable our transition towards a social enterprise model. This project has proved extraordinarily successful, with the charity now able to help more people than ever before in its history while also increasing its clinical income to record levels. Our greatly expanded impact and increased income are both testament to the success of this ambitious plan.

Once again, the board has recognised that loss of clinical personnel remains a potential risk to income, while also noting that increasing patient demand offers opportunities to grow income. Further expansion of the clinical team is therefore a priority. Supported by funding from the Postcode Innovation Trust, the charity has once again begun recruitment of a new intake of clinicians. This follows a similar expansion during the financial year 2022/23.

Although the external economic environment remained challenging throughout 2023/4, demand for the charity's services has never been higher and income from private appointments reflects this.

The charity received grant income from various private and voluntary sector bodies during 2023/24, including OUCH(UK), which has kindly supported the National Migraine Centre for many years. We also learned during 2023/24 of significant funding from Pfizer, which is generously supporting the development of a registry data project – this appears as deferred income in the 2023/24 accounts and will be recognised as income in the charity's 2024/25 accounts.

Our decision to adopt a social enterprise approach has driven a surge in income from private patients, which is in turn enabling the charity to expand its offering for routine patients (those who pay no fixed fee but may, if they wish, leave a voluntary donation towards the cost of their consultation).

With a low appetite for risk and, until recently, very limited reserves, the board has chosen not to invest funds in financial products which carry a higher risk and so has no investment performance to report against specific investment objectives. Throughout 2023/4, all reserves were held in two CAF Bank Ltd accounts, with most held in an account attracting a higher rate of interest but with no capital volatility risks. The board has, more recently, agreed to explore moving a portion of reserves to higher interest fixed-notice accounts elsewhere which, again, carry no capital risks.

Future plans

Following a successful strategic awayday during autumn 2023, the trustees will review the draft strategic plan with a view to approving a final document this year.

A further expansion of the clinical team is already underway, which will enable the charity to reach many more of those in need of our services, addressing a sustained rise in demand. Once again, this has been made possible thanks to funding from the Postcode Innovation Trust, which has also supported an expansion in our administrative team (to support the increased clinician numbers) and marketing activity to help us reach more people in need of our services.

The generous funding received from Pfizer is enabling the charity to develop a registry, to be coordinated by a new research project manager. Patients who opt in to the project will be added to our database, which aims to:

- collect data for monitoring of prescribing practices and patient outcomes

- streamline and improve patient data collection, and the patient's experience from the point of first contact
- integrate output documents generated by the register with current clinical documentation practices to reduce workload and improve efficiency
- collect data for the purposes of research and publication

NATIONAL MIGRAINE CENTRE

Report of the Trustees and Financial Statements for the year ended 31 March 2024

Governance and administration details

Registered office and principal address:

999 Finchley Road
London
NW11 7HB

Contact details:

info@nationalmigrainecentre.org.uk
020 7251 3322

Registered company number:

05846538 (England and Wales)

Registered charity number:

1115935

Trustees:

Dr Bal Athwal
Ms Katie Cotton
Mr Simon Kingsnorth
Ms Julie Price
Ms Ruth Robertson (resigned 22 November 2023)
Mr Anthony Stratton (chair)
Ms Penny Wilson

Senior management team:

Ms Charlotte Burr (operations director)
Ms Swati Raina (clinical & communications director)
Mr Daniel Tickle (chief executive)

Independent examiner:

Giles Thrush
Richardson Jones
Chartered Accountants

Bankers:

CAF Bank Limited
25 Kings Hill Avenue
Kings Hill
West Malling
Kent ME19 4TA

Accountant:

AJC Accountancy
Unit 40 Thrales End Business Centre
Thrales End Lane
Harpenden
Herts
AL5 3NS

Review of the year: achievements and performance

During the financial year 2023/24, the National Migraine Centre completed its work to review its model of service delivery in response to the impact of the Covid-19 and healthcare trends, some of which were hastened or triggered by the pandemic.

Alongside this, the charity also embedded its new social enterprise strategy, which aims to ensure robust income streams that will enable the expansion of clinical services and reach more people affected by migraine or other primary headache conditions.

After a challenging year during 2022/23 as these changes began to be implemented, 2023/24 marked a significant turning point for the National Migraine Centre. A substantial rise in unrestricted net income has enabled the charity to build financial resilience and to expand its team, enabling clinicians to reach a record number of patients.

The charity began the year with plans to further strengthen financial resilience, grow charitable reach, expand the clinical and administrative teams and review strategy, all of which were achieved, as outlined below.

Patient satisfaction

The National Migraine Centre is committed to ensuring that standards of care continue to remain exceptional, even as the charity significantly expands its services and recruits new clinicians.

The charity monitors quality of care in a number of ways. One of these includes reviewing patient feedback and satisfaction levels, with all patients encouraged to share their own experiences.

A survey of 351 patient responses received during 2023/24 demonstrated extremely high levels of satisfaction with both clinical services and administrative support. The survey showed:

- 96.9% are satisfied or very satisfied with admin support
- 98.3% would recommend the National Migraine Centre to friends and family
- 98.6% were satisfied or very satisfied with their consultation
- 98.6% found the medical advice they received helpful or very helpful

Clinical team

During the year, the charity focused on growing the clinical team in order to provide more people than ever with access to expert headache clinicians.

Following an extended period of rigorous training and oversight, nine additional doctors joined the clinical team, which reached a peak of 21 doctors in total. This expansion was made possible thanks to the financial support of the Postcode Innovation Trust.

Demand continues to grow and the charity ended the year with plans for a further expansion in clinical capacity.

Administrative team

In order to support this expanded clinical team and better serve patients, the charity also appointed an additional reception administrator, a post supported by the Postcode Innovation Trust funding.

With confirmation of funding from Pfizer to begin developing a new registry project, the charity also ended the year with a recruitment campaign for a research project manager, who will act as project coordinator.

Training

Dr Richard Wood, a renowned headache specialist GP and trainer, worked with the senior clinical team on the training of the new intake of doctors. Dr Wood will continue to play a leading role in training throughout the year ahead.

In autumn 2023, Dr Michael Long, an experienced headache specialist who has worked with the National Migraine Centre as a clinician, was appointed to join Dr Wood as an Education Fellow.

The senior clinicians also continued to work with strategic consultant Katharine Danton, who has kindly provided pro bono support in exploring routes to improve skills for primary care professionals within the NHS.

New treatments

The arrival of effective new treatments, particularly in the anti-CGRP class of medications, continues to generate interest from patients and excitement among headache specialists.

Vydura (rimegepant) became available via the National Migraine Centre in 2022/23; over the past year additional anti-CGRP options, including Vyepti and Aquipta, have also been licensed.

Aquipta (atogepant), like Vydura, is an oral anti-CGRP medication that can be prescribed directly by clinicians working with the National Migraine Centre.

The charity also worked with the pharmaceutical company Lundbeck to find routes for patients to be able to access Vypeti (eptinezumab), which is available as an infusion in clinical settings.

Policies

All the charity's policies were reviewed and updated, to ensure best practice and compliance, while additional policies were added to reflect new ways of working.

The full suite of policies reflects the charity's commitments and responsibilities to its patients, staff, donors and other key stakeholders.

Outreach

Thanks to funding provided by Lundbeck UK, senior headache specialist Dr Katy Munro, accompanied by Dr David Kernick, organised a series of events at the Edinburgh Festival Fringe 2023, designed to improve self-management of migraine and other headache conditions.

Registry project

The charity is indebted to Pfizer for confirming during 2023/4 that it will provide financial support for a new registry project. The project, to be delivered during 2024/5, aims to improve patient outcomes and experience as well as supporting research.

Heads Up podcast

Series five of the National Migraine Centre's award-winning Heads Up podcast continued throughout the year. Hosted by Dr Katy Munro, Heads Up provides information and support on migraine and other primary headache and has so far received over 247,000 downloads.

Migraine Awareness Week 2023

Migraine Awareness Week is an important opportunity for the charity to raise the profile of migraine, the treatments available and the work of the National Migraine Centre.

Activity included a page-dominant article in the Sunday Times followed by a week of media activity that included interviews with Dr Katy Munro on ITV News.

Strategy

The board and senior managers met for a facilitated strategy day, which will shape strategic direction for the next five years.

The outcomes of this day are now being developed into a strategic plan, due for approval by the trustees in summer 2024.

Individual fundraising

The charity ran two individual giving fundraising appeals during the year, which raised over £25,000 in total.

A special Remember a Charity Week mailing invited supporters to consider leaving a gift to the charity in their wills.

During the course of the year, no material expenditure was incurred to raise income in future years.

Our thanks

The National Migraine Centre is always extremely grateful to the many individual supporters who donated to the charity throughout the year, whether responding to appeals or making donations towards the cost of their appointments.

The charity is committed to providing the very highest standards of care, which is only possible thanks to the quality of training and mentoring offered to new clinicians. We are therefore indebted to our education fellows, Dr Richard Wood and Dr Michael Long, who kindly give their time and expertise to train and support our new GP headache specialists.

Thanks are also due to those consultants, agencies and contractors who have supported the charity at no cost, including Dentons, which provides ongoing pro bono legal advice

The charity is also especially thankful to the Rt Hon Dehenna Davison MP, for her incredible efforts to raise the profile of headache medicine and for her support of the National Migraine Centre. Over the course of an extraordinary year, she has organised the first parliamentary debate on migraine in decades, fronted extensive media coverage and completed the London Marathon on behalf of the charity.

Finally, the board thanks those trusts, foundations, corporate supporters and academic institutions who have so generously provided financial support during the course of the year, including:

- OUCH (UK), which continues to provide support that enables the charity to deliver services for those affected by cluster headache
- Lundbeck UK, which supported a project to deliver public-facing events for those affected by headache at the Edinburgh Festival Fringe 2023
- Innovate UK, which supported a joint project involving the National Migraine Centre, Happyr Health and the University of Stirling designed to improve chronic pain management for adolescents

Statement of Trustees' Responsibilities

The trustees (who are also the directors of the National Migraine Centre for the purposes of company law) are responsible for preparing the Report of the Trustees and the Financial Statements in accordance with applicable law and United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting Practice).

Company law requires the trustees to prepare financial statements for each financial year, which give a true and fair view of the state of affairs of the charitable company and of the incoming resources and application of resources, including the income and expenditure, of the charitable company for that period. In preparing those financial statements, the trustees are required to

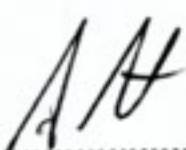
- select suitable accounting policies and then apply them consistently;
- observe the methods and principles in the Charity SORP;
- make judgements and estimates that are reasonable and prudent;
- prepare the financial statements on the going concern basis unless it is inappropriate to presume that the charitable company will continue in business.

The trustees are responsible for keeping proper accounting records, which disclose with reasonable accuracy at any time the financial position of the charitable company and to enable them to ensure that the financial statements comply with the Companies Act 2006. They are also responsible for safeguarding the assets of the charitable company and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

The trustees are responsible for the maintenance and integrity of the corporate and financial information included on the charitable company's website.

This report has been prepared in accordance with the special provisions of Part 15 of the Companies Act 2006 relating to small companies.

On behalf of the Board:

.......... Signed

.....16/10/24..... Date

Anthony Stratton
Chair

INDEPENDENT EXAMINER'S REPORT TO THE TRUSTEES OF NATIONAL MIGRAINE CENTRE

I report on the accounts for the year ended 31 March 2024 set out on pages 18 to 31.

Respective responsibilities of trustees and examiner

The charity's trustees are responsible for the preparation of the accounts. The charity's trustees consider that an audit is not required for this year (under Section 144(2) of the Charities Act 2011 (the 2011 Act)) and that an independent examination is required.

Having satisfied myself that the charity is not subject to audit under company law and is eligible for independent examination, it is my responsibility to:

- examine the accounts under Section 145 of the 2011 Act;
- to follow the procedures laid down in the General Directions given by the Charity Commission under Section 145(5)(b) of the 2011 Act; and
- to state whether particular matters have come to my attention.

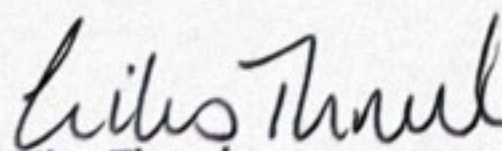
Basis of the independent examiner's report

My examination was carried out in accordance with the General Directions given by the Charity Commission. An examination includes a review of the accounting records kept by the charity and a comparison of the accounts presented with those records. It also includes consideration of any unusual items or disclosures in the accounts and seeking explanations from you as trustees concerning any such matters. The procedures undertaken do not provide all the evidence that would be required in an audit, and consequently no opinion is given as to whether the accounts present a 'true and fair view' and the report is limited to those matters set out in the statements below.

Independent examiner's statement

In connection with my examination, no matter has come to my attention:

1. which gives me reasonable cause to believe that, in any material respect, the requirements
 - to keep accounting records in accordance with Section 386 of the Companies Act 2006; and
 - to prepare accounts which accord with the accounting records, comply with the accounting requirements of Section 396 of the Companies Act 2006 and with the methods and principles of the Statement of Recommended Practice: Accounting and Reporting by Charities have not been met; or
2. to which, in my opinion, attention should be drawn in order to enable a proper understanding of the accounts to be reached.


Giles Thrush

Richardson Jones
Independent Examiner

Date: 11/10/2024

STATEMENT OF FINANCIAL ACTIVITIES
(Incorporating an income and expenditure account)
For the year ended 31 March 2024

	Notes	Unrestricted funds £	Restricted funds £	2024 Total funds £	2023 Total funds £
INCOME					
Donations and legacies					
Donations	2	55,727	-	55,727	139,294
Legacies		-	-	-	-
		<u>55,727</u>	<u>-</u>	<u>55,727</u>	<u>139,294</u>
Other trading activities					
Fundraising		47,596	-	47,596	62,104
Fees		438,885	-	438,885	255,089
	3	<u>486,481</u>	<u>-</u>	<u>486,481</u>	<u>317,193</u>
Income from investments	4	9,085	-	9,085	1,078
Income from charitable activities					
Grants		284	900	1,184	112,488
Contract income		1,754	-	1,754	7,800
	5	<u>2,038</u>	<u>900</u>	<u>2,938</u>	<u>120,288</u>
Other income	6	-	-	-	-
Total income		553,331	900	554,231	577,853
Less: Expenditure on raising funds					
Marketing costs		(5,310)	(10,416)	(15,726)	(11,181)
Net income available for charitable activities		548,021	(9,516)	538,505	566,672
Expenditure on charitable activities					
Research and medical costs		111,388	67,665	179,053	164,152
Operating costs		259,263	13,959	273,222	251,357
	7	<u>370,651</u>	<u>81,624</u>	<u>452,275</u>	<u>415,508</u>
Governance costs	8	3,446	-	3,446	1,050
Total expenditure		374,097	81,624	455,721	416,558
NET INCOME / EXPENDITURE		173,924	(91,140)	82,784	150,114
Transfers between funds	17	-	-	-	-
RECONCILIATION OF FUNDS					
Total funds brought forward		94,341	91,140	185,481	35,369
TOTAL FUNDS CARRIED FORWARD		268,265	-	268,265	185,482

BALANCE SHEET

At 31 March 2024

	Notes	2024 £	2023 £
FIXED ASSETS			
Tangible assets	13	2,533	134
CURRENT ASSETS			
Debtors	14	2,702	4,820
Cash at bank		520,281	372,699
		<u>522,983</u>	<u>377,519</u>
CREDITORS			
Amounts falling due within one year	15	(142,311)	(39,251)
NET CURRENT ASSETS		380,672	338,268
TOTAL ASSETS LESS CURRENT LIABILITIES		383,205	338,406
CREDITORS			
Amounts falling due after one year			
Bank loans	16	(114,940)	(152,924)
NET ASSETS		<u>268,265</u>	<u>185,482</u>
FUNDS	17		
Unrestricted funds		268,265	94,341
Restricted funds		-	91,141
TOTAL FUNDS		<u>268,265</u>	<u>185,482</u>

The charitable company is entitled to exemption from audit under Section 477 of the Companies Act 2006 for the year ended 31 March 2024.

The members have not required the charitable company to obtain an audit of its financial statements for the year ended 31 March 2024 in accordance with Section 476 of the Companies Act 2006.

The directors / trustees acknowledge their responsibilities for:

- ensuring that the charitable company keeps accounting records that comply with Sections 386 and 387 of the Companies Act 2006, and
- preparing financial statements which give a true and fair view of the state of affairs of the charitable company at the end of each financial year and of its surplus or deficit for each financial year in accordance with the requirements of Sections 394 and 395 and which otherwise comply with the requirements of the Companies Act 2006 relating to financial statements, so far as applicable to the charitable company.

NATIONAL MIGRAINE CENTRE

Report of the Trustees and Financial Statements for the year ended 31 March 2024

These financial statements have been prepared in accordance with the special provisions of Part 15 of the Companies Act 2006 relating to small charitable companies.

The financial statements were approved by the Board of Trustees and were signed on its behalf by:

..... *AS* Name

..... 11/10/24 Date

Anthony Stratton
Chair

STATEMENT OF CASHFLOWS

For the year ended 31 March 2024

Analysis of cash and cash equivalents

	2024	2023
	£	£
Bank balance	520,282	372,699

Reconciliation of net income to net cashflow

	2024	2023
	£	£
Net income (SOFA)	82,786	150,114
Adjustment: Depreciation	1,654	450
Interest received	-9,085	-1,078
(Inc) / Dec Debtors	2,119	6,104
Inc / (Dec) Creditors	77,900	7,523
Net cash provided by / (used in) activities	155,374	163,113

Statement of Cashflows

	2024	2023
	£	£
Cash flows from operating activities	155,374	163,113
Cash flows from investing activities:		
Interest received	9,085	1,078
Purchase of equipment	-4,053	-
Cash flows from financial activities:		
Repayment of borrowings	-12,823	-12,414
New Borrowings	-	91,141
Change in cash in year	147,583	242,918
Cash brought forward	372,699	129,781
Cash carried forward	520,282	372,699

NOTES TO THE FINANCIAL STATEMENTS

For the year ended 31 March 2024

1. Accounting Policies

Basis of accounting

The financial statements of the charitable company, which is a public benefit entity under FRS 102, have been prepared in accordance with the Charities SORP (FRS 102) 'Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2019)', Financial Reporting Standard 102 'The Financial Reporting Standard applicable in the UK and Republic of Ireland' and the Companies Act 2006.

The Charity meets the definition of a public benefit entity under FRS 102.

Accounting convention

These financial statements have been prepared under the historic cost convention and the accounting policies set out therein.

Incoming resources

All incoming resources are included on the Statement of Financial Activities when the charity is legally entitled to the income and the amount can be quantified with reasonable accuracy.

Resources expended

Expenditure is accounted for on an accruals basis and has been classified under headings that aggregate all cost related to the category. Where costs cannot be directly attributed to a particular heading, they have been allocated to activities on a basis consistent with the use of resources.

Direct charitable expenditure includes costs directly incurred in carrying out charitable objectives.

Governance costs are costs associated with the governance arrangements of the charity, which relate to the general running of the charity.

Tangible fixed assets

Depreciation is provided at the following annual rates in order to write off each asset over its estimated useful life. Items over £1,000 are capitalised.

- Fixtures and fittings: 33% on cost
- Computer equipment: 33% on cost
- Leasehold premises: over 5 years

Stocks

Stocks are valued at the lower of cost and net realisable value, after making allowances for obsolete and slow-moving items.

Debtors

Trade and other debtors are recognised at the settlement amount after any trade discount offered. Prepayments are valued at the amount prepaid, net of any trade discount due.

Cash at bank and in hand

Cash at bank and in hand includes cash and short-term highly liquid investments with a short maturity of three months or less from the date of acquisition or opening of the deposit or similar account.

Taxation

The charity is exempt from corporation tax on its charitable activities.

Fund accounting

Unrestricted funds can be used in accordance with the charitable objectives at the discretion of the trustees.

Restricted funds can only be used for particular restricted purposes within the objects of the charity. Restrictions arise when specified by the donor or when funds are raised for particular restricted purposes. Further explanation of the nature and purpose of each fund is included in the notes to the financial statements.

Liabilities and provisions

Liabilities are recognised when there is an obligation as a result of a past event, it is probable that a transfer of economic benefit will be required in settlement, and the amount of the settlement can be reliably estimated.

Provisions are measured at the best estimate of the amounts required to settle the relevant obligation. Where the effect of the time value of money is material, the provision is based on the present value of those amounts, discounted at the discount rate that reflects the risks specific to that liability. The unwinding of the discount is recognised in the statement of financial activities as a finance cost.

Hire purchase and leasing commitments

Rentals paid under operating leases are charged to the statement of financial activities on a straight-line basis over the period of the lease.

Pension costs and other post-retirement benefits

Staff are members of one of three pension schemes. The default scheme for new staff is Nest.

Government grants

Government grants are recognised on the accrual model. Under the accrual model, a grant relating to revenue shall be recognised as income on a systematic basis over the periods in which the entity recognises the related costs for which the grant is intended to compensate.

2. Donations and Legacies

	2024 £	2023 £
Charitable Donations	40,932	111,064
Gift Aid – tax recovered	14,795	28,229
Legacies (net)	-	-
	<u>55,727</u>	<u>139,294</u>

3. Other Trading Activities

	2024 £	2023 £
Fundraising	47,596	62,104
Fees	443,050	255,089
	<u>490,646</u>	<u>317,193</u>
Fees include:		
Private patients	201,641	116,434
Clinical procedures	237,084	138,495
Sundry	160	160
	<u>438,885</u>	<u>255,089</u>

4. Income from Investments

	2024 £	2023 £
Deposit account interest	9,085	1,078

5. Income from Charitable Activities

	2024 £	2023 £
Grants	1,184	112,488
Contact income	1,754	7,800
	<u>2,938</u>	<u>120,288</u>
Grants received, included in the above:		
Postcode Innovation Trust (restricted)	-	91,141
Pfizer (restricted)	-	17,300
Lundbeck (restricted)	900	-
Miscellaneous	284	275
Warwick Medical School	-	3,772
	<u>1,184</u>	<u>112,488</u>
Contract income, included in the above:		
St Pancras Clinical Research	-	2,200
Innovate	1,754	-
Warwick Medical School	-	5,600
	<u>1,754</u>	<u>7,800</u>

6. Other Income

	2024	2023
	£	£
Miscellaneous income	-	-

7. Expenditure on Charitable Activities

	2024	2023
	£	£
Research and medical costs	179,053	164,152
Operating costs	273,222	251,357
	<u>452,275</u>	<u>415,509</u>

8. Governance Costs

	2024	2023
	£	£
Independent Examiner's fees	1,200	1,050
Trustee meetings and strategy development	2,246	-
	<u>3,446</u>	<u>1,050</u>

9. Net incoming / (outgoing) resources

Net resources are stated after charging / crediting:	2024	2023
	£	£
Depreciation	1,654	450

10. Trustees' Remuneration and Benefits

There were no trustees' remuneration or other benefits for the year ended 31 March 2024, nor for the year ended 31 March 2023.

Trustees' expenses

No trustees' expenses were paid for the year ended 31 March 2024, nor for the year ended 31 March 2023.

11. Staff Costs

	2024 £	2023 £
Wages and salaries	232,681	199,518
Employer's National Insurance	11,304	14,794
Employer's pension costs	8,985	8,985
	<u>252,970</u>	<u>223,297</u>

One employee received emoluments in excess of £80,000 (2023: one employee received emoluments in excess of £70,000).

The average monthly number of employees during the year was as follows:

	2024 No.	2023 No.
Direct charitable	6.8	5.9

12. Pension Costs

Staff are members of three personal pension schemes.

During the year ended 31 March 2024, the company's total contributions amounted to £11,304 (2023: £8,986).

13. Tangible Fixed Assets

	Improvement leasehold premises	Hardware and software	Fixtures, fittings & equipment	TOTALS
	£	£	£	£
COST				
At 1 April 2023	-	-	4,723	4,723
Additions	-	-	4,053	4,053
Disposals	-	-	-	-
At 31 March 2024	-	-	8,776	8,776
DEPRECIATION				
At 1 April 2023	-	-	4,589	4,589
Charge for the year	-	-	1,654	1,654
Disposals	-	-	-	-
At 31 March 2024	-	-	6,243	6,243
NET BOOK VALUE				
At 31 March 2024	-	-	2,533	2,533
NET BOOK VALUE				
At 31 March 2023	-	-	134	134

14. Debtors: Amounts Falling Due Within One Year

	2024	2023
	£	£
Prepayments	2,253	2,620
Other debtors	449	2,200
	2,702	4,820

15. Creditors: Amounts Falling Due Within One Year

	2024	2023
	£	£
Creditors and accruals	16,525	16,621
Loans	41,045	15,885
Social security and taxes	5,022	6,745
Deferred income	79,719	0
	142,311	39,251

Income deferred in the year relates to a grant received from Pfizer for a registry project which had not yet begun at the balance sheet date. The movements on the deferred income account were as follows:

Opening deferred income	£0
Income released from prior periods	£0
Income deferred in current period	<u>£79,719</u>
Closing deferred income	<u>£79,719</u>

16. Creditors: Amounts Falling Due After More Than One Year

	2024 £	2023 £
Loans	114,942	152,924
	<u>114,942</u>	<u>152,924</u>

17. Movement in Funds

	At 1 April 2023 £	Net movement in funds £	Transfers between funds £	At 31 March 2024 £
Unrestricted funds				
General funds	94,341	173,924	-	268,265
Restricted funds				
Restricted funds	91,141	(91,141)	-	-
TOTAL FUNDS	<u>185,482</u>	<u>82,783</u>	<u>-</u>	<u>268,265</u>

Net movement in funds, included in the above:

	Incoming resources £	Resources expended £	Movement in funds £
Unrestricted funds			
General funds	553,331	(379,407)	173,924
Restricted funds			
Restricted funds	900	(92,041)	(91,141)
TOTAL FUNDS	<u>554,231</u>	<u>(471,448)</u>	<u>82,783</u>

18. Related Party Disclosures

There were no related party transactions in the reporting period that require disclosure.

NATIONAL MIGRAINE CENTRE

Report of the Trustees and Financial Statements for the year ended 31 March 2024

INCOME	2024	2023
	£	£
Donations and legacies		
Charitable donations	40,932	111,064
Gift Aid donations	14,795	28,229
Legacies	-	-
	<u>55,727</u>	<u>139,294</u>
Other trading activities		
Fundraising	47,596	62,104
Fees	438,885	255,089
	<u>486,481</u>	<u>317,193</u>
Investment income		
Deposit account interest	9,085	1,078
Charitable activities		
Grants	1,184	112,488
Contract income	1,754	7,800
	<u>2,938</u>	<u>120,288</u>
Other income	-	-
TOTAL INCOME	554,231	577,853

EXPENDITURE

	2024 £	2023 £
Research and medical costs		
Salaries	144,177	125,565
Other research and medical costs	34,876	38,587
	179,053	164,152
Operating costs		
Salaries and staff costs	213,686	179,525
Rent	4,938	11,546
Telephone and internet costs	4,433	4,442
Insurance	1,948	1,717
Incidental office costs (including relocation)	2,035	3,855
Subscriptions	2,486	2,752
Website development	1,206	19,526
Finance costs	10,260	6,050
Financial outsourcing and ICT	25,221	17,936
Bank interest	5,355	3,558
Depreciation – fixtures, fittings & equipment	1,654	450
	273,222	251,357
Expenditure on raising funds		
Marketing costs	15,725	11,181
Governance costs		
Independent Examiner's fee	1,200	1,050
Trustee meetings	2,246	-
	3,446	1,050
TOTAL EXPENDITURE	471,446	427,739

NET INCOME / (EXPENDITURE)

	2024 £	2023 £
NET INCOME / (EXPENDITURE)	82,785	150,114

Accounts

National Migraine Centre

Report of the Trustees and Financial Statements
for the year ended 31 March 2023

Registered company no: 05846538 (England and Wales)
Registered charity no: 1115935

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Chair's Statement

As chair of the National Migraine Centre, it gives me great pleasure to present our annual report and accounts for the year to 31 March 2023.

Following two very challenging years through the pandemic period, the fiscal year 2022/23 was one of positive change for the charity in terms of financial health and the centre's capacity to treat patients.

Following a successful recruitment drive for our headache specialists team, we started the year with a record number of clinicians in the team, reaching 18 in total, who are based throughout the UK and also the Channel Islands.

This increased capacity allowed us to provide consultations to 2,174 patients: an increase of almost 60 per cent over the prior year and an all-time high.

A comprehensive re-branding exercise was completed in September alongside the launch of the new website, with much improved functionality and online booking capability. New online tools to help patients access appropriate and trusted information, designed to improve self-management options, are being developed alongside and with the generous support of the University of Warwick.

We continue to see strong demand for our service due to the large unmet need of those suffering migraine and headache conditions.

Financially, the higher patient numbers combined with a strong fundraising performance generated an 78 per cent increase in income and took the National Migraine Centre above £500,000 for the first time. Combined with a continued focus on cost control, this resulted in an operating surplus of £150,114 versus a prior year deficit of £55,661.

As a charity dependent on voluntary donations, we are grateful to all those who have supported us during the year, not least our patients, who continue to donate so generously following appointments. We are also indebted to all those who kindly responded to our fundraising appeals during the year.

Alongside the University of Warwick, we received support from a number of corporates, trusts and other funders over the course of the year, and would like to thank in particular Pfizer and OUCH (UK).

This year, we are especially grateful for the extraordinary support we have received from the Postcode Innovation Trust, which has provided the National Migraine Centre with truly transformational funding that will, in the years ahead, allow the charity to continue to expand, recruiting additional headache specialists, reaching many more people in great need and guaranteeing a sustainable and secure future.

We successfully added to our board strength with the recruitment of Ms Katie Cotton and Ms Julie Price, who bring fundraising and healthcare leadership experience to the team.

With a strong leadership team, a dedicated, growing team of clinicians and solid financial foundations, the National Migraine Centre is in a position to continue to provide much needed treatment to the migraine and headache patient community.

Anthony Stratton
Chair

TRUSTEES' REPORT

Introduction

The National Migraine Centre is the UK's only charity providing diagnosis and treatment for the one in seven people who suffer migraine. Over more than four decades, our dedicated teams of world-class consultant neurologists and GP headache specialists have helped more than 66,000 people affected by migraine and other primary headache.

We receive no NHS or government funding; our work is largely funded by our patients. Since we provide consultations to all irrespective of their ability to pay, we rely on support from those trusts, foundations and corporate partners who share our belief that all those affected by migraine deserve effective treatment.

Migraine: more than 'just a headache'

Headache affects almost everyone at some point, but around 14 per cent of the population suffer migraine, a condition that can, at its worst, severely reduce quality of life and cause chronic, disabling pain.

More people suffer migraine than those living with asthma, diabetes and epilepsy combined.

Migraine accounts for 89 per cent of headaches experienced worldwide and affects three times as many women as men. Around 2 per cent of people with migraine require medical intervention. Without effective treatment, migraine can undermine mental health, relationships and employment.

Migraine is the most common neurological condition in the developed world. The World Health Organization ranks migraine as the second highest cause of disability globally, following lower back pain.

Those affected by chronic symptoms (3 per cent to 5 per cent of people with migraine) endure severe and disabling symptoms on 15 or more days a month.

Migraine and work

A survey undertaken by the National Migraine Centre suggests more than 50 per cent of chronic migraine sufferers feel that their employer is not supportive of their condition. The research also shows:

- 25 per cent had to change careers because of migraine / headaches
- 16 per cent lost their job because of migraine / headaches
- 97 per cent of respondents worked while in pain caused by headache
- 54 per cent suffer financially due to migraine / headaches
- Chronic sufferers lose 16.8 days of work each year due to headache-related conditions

The impact of migraine and headaches on work is often unseen, underestimated and misunderstood by employers and can be underplayed by those affected in order to hold on to their jobs. Access to effective

treatment can minimise the impact on the individual and benefit employers by improving staff wellbeing and boosting productivity.

The cost of migraine to society

According to research undertaken by The Work Foundation:

- Migraine is the biggest cause of years lived with disability among those aged 15 to 49 – a time when people are often at their most productive, furthering their careers and starting families, with a major impact on career development and the wider economy
- 5.7 days are lost per person with migraine every year, equating to 43 million workdays at a cost of almost £4.4 billion
- An estimated additional £4.4 billion is lost to the economy each year due to reduced productivity as those with migraines continue working – many express concerns about the negative impact on their careers of taking extended or regular sick leave

In spite of its extraordinary cost to society, migraine is the least publicly funded of all neurological diseases relative to its economic impact.

Misunderstood, misdiagnosed, mistreated

Despite the prevalence of migraine and the cost to the individual and society, headache is rarely mentioned in NHS plans while most GPs will have five or fewer hours training on the condition. Consequently, the quality of care inevitably varies greatly across the UK.

According to The Work Foundation's research, GPs '...do not know enough about [migraine] and appear to have little interest in it given the wide range of competing medical conditions.'

These weaknesses in primary care result in unnecessary referrals to already over-burdened secondary care, leading to extensive waiting lists and problems accessing services for those in greatest need.

Secondary care at NHS hospitals remains greatly under resourced to handle this scale of demand. Only 20 per cent of NHS Trusts responding a freedom of information request by The Migraine Trust said they had a specialist headache clinic. The UK has just 1.1 full-time equivalent neurologists per 100,000 people (compared to more than four in France and Germany).

As a result of these inadequacies and capacity issues across both primary and secondary care in the NHS, there are over 16,500 emergency admissions for headache every year – up 14 per cent in five years. Most of these would be avoidable with the effective care.

These service gaps leave many people in great distress, and the National Migraine Centre their last resort.

A lifeline for people with headache

The National Migraine Centre was founded in 1980 to provide treatment to those affected by migraine and other primary headaches, to share skills and train professionals, to conduct and promote research, and to improve self-management.

Neither private nor within the NHS, we remain the only charity in the UK dedicated to delivering treatment for headache. Last year, we provided 2,174 consultations and treatments (up from 1,375 in 2021/22) to people affected by migraine and primary headache.

Our charity brings together some of the UK's most renowned headache clinicians, including leading consultant neurologists and GP headache specialists, who support the charity in both governance and patient-facing roles.

National Migraine Centre clinicians are based around the UK, seeing patients affected by migraine and primary headache nationwide using videolink technology. For those requiring face-to-face treatments, such as Botox or nerve block injections, doctors offer in-person appointments at special procedure clinics.

We also help those affected by migraine by improving self-management, with a range of tools, including our Heads Up podcast and online resources, providing essential, evidence-based guidance and information.

The National Migraine Centre is inspected and regulated by the Care Quality Commission (CQC). The most recent CQC report on our work found our clinic to be safe, effective, caring, responsive and well-led. Ongoing surveys and patient feedback continue to show extremely high patient satisfaction ratings.

All our medical staff are fully qualified clinicians with a specialist interest and additional training in migraine and headache, registered with either the UK's General Medical Council or the Nursing and Midwifery Council. Our clinicians provide additional and overlapping expertise on various specialist areas, such as women's health, mental health and ophthalmology.

Our clinicians devote one hour to each first appointment, giving every patient around 40 minutes with the doctor, far more time than they might receive in NHS or many private settings, to discuss their individual case. Our doctors will then liaise with patients' GPs to ensure ongoing appropriate care, recommending medication and care plans.

Our Vision

Our vision is for all those affected by migraine to have access to life-changing support and world class treatment. We empower people to take control of their headaches and lead better lives by providing expert patient care, facilitating research, improving professional skills and supporting better self-management.

Our Values

We are:

COMPASSIONATE. We are always patient focused, treating every individual with dignity and respect. We extend that care and consideration to our clinicians, staff, trustees, supporters and all those with whom we interact in the course of our work.

EXPERT. We bring together leading clinicians, policymakers and researchers in the field of headache treatment, continually striving to develop skills and expertise across our charity, the NHS and wherever those affected by migraine seek treatment and support.

PROFESSIONAL. We are dedicated to upholding the highest standards of professionalism and integrity. We are committed to delivering safe, high-quality and evidence-based care for every patient. We are always open, transparent and supportive.

COLLABORATIVE. We work together with our patients to deliver the best outcomes for every individual. We work with clinicians, charities, researchers and others to advance our vision.

DRIVEN. We are dedicated and passionate, single-minded in our commitment to improving the lives of all those affected by headache. We actively work to improve access and transform outcomes for everyone in need, always striving for equity in the provision of services and support.

Structure, Governance & Management

Organisational structure

Our governing body, the board of trustees (the board), is responsible for the overall governance and work of the charity. The trustees are volunteers and do not receive any remuneration for their services.

Strategic decision-making takes place at board level, which monitors progress towards strategic objectives through board meetings, reports from the executive and one-to-one meetings between board members with particular specialisms and senior members of the executive team.

The chief executive supports the board, assists the board in setting strategy and implements that strategy through the management of a small administrative team and a world class clinical team. Operational decision making on a day-to-day basis rests with the chief executive, informed by weekly meetings with senior managers and regular discussions and formal meetings with the clinical team.

The chief executive and chair also discuss and agree decision-making processes during regular meetings scheduled ahead of board meetings.

Appointment of Trustees

Trustees are appointed in line with the charity's Equal Opportunities Policy, following open advertising of roles. Candidates are evaluated objectively against an agreed procedure designed to fill any skills and experience gaps that have been identified, or which may be a priority for the delivery of our strategic aims.

New trustees all undertake a structured programme on appointment, which includes meetings with key staff and trustees, an induction into the charity's full suite of policies, as well as our governance processes.

During the course of the year, the board recruited two additional trustees, Ms Katie Cotton and Ms Julie Price, who were appointed on 28 October 2022. No trustees retired during the year.

Staff remuneration

The charity has a Staff Pay Policy, which guides our approach to employee remuneration. are set and reviewed against the following principles:

- Competitiveness with similar roles in the voluntary sector
- The nature of the role, including its complexity and the particular skills required
- The ability of the charity to attract and retain capable and motivated people
- Performance over a sustained period of time which exceeds the reasonable expectations of the role
- The financial sustainability of the National Migraine Centre
- A fair approach to decision-making
- Our commitment to equity, diversity and inclusion, as outlined in other policies

Objectives and activities

The National Migraine Centre was founded in 1980 as a registered medical charity by Dr Blau and Dr Wilkinson, both consultant neurologists with a special interest in migraine. The original governing document is a trust deed dated 23 May 1980, later replaced by a set of Articles of Association.

The trustees confirm that they have referred to the Charity Commission's guidelines and that the National Migraine Centre's current aims and objectives are charitable and fall within our governing documents.

Our charitable objects, set out in our Articles of Association, are:

- the provision of clinics offering diagnosis, treatment and support for patients suffering with migraine or other primary headache
- the provision of information and signposting to alleviate the impact of such disorders and to grow awareness
- the promotion of research into the causes, treatment and alleviation of migraine and other forms of headache
- the publication of the useful results of such research

In order to achieve these objectives, the board oversees the development of a strategy, which it monitors and reviews at regular board meetings and at dedicated strategic review meetings. Our next dedicated strategic review day is planned for autumn 2023. Implementation of operational plans is delegated to the chief executive and the executive team.

We have adopted a social enterprise strategy in order to extend our charitable activities and benefit more people affected by migraine. Income from private appointments is allowing us to expand the number of treatments we are able to offer to those in clinical need who, for financial or other reasons, might not otherwise be able to access effective treatment for headache conditions.

Beyond the provision of treatment, our strategy encourages working with other organisations, including charities and professional bodies, and the NHS in particular, to provide and promote evidence-based information and signposting. We also engage actively in print, broadcast and social media communications to promote awareness and self-management options, training key members of our clinical team to act as media spokespersons.

Standard key performance indicators are agreed at board level, which are designed to show progress against strategic objectives. The executive produces a report on these indicators ahead of each board meeting, which is then analysed and discussed as a standing item at every meeting.

We prioritise developing relationships with researchers within academia and the pharmaceutical industry in order to support new treatment options, and we are currently involved in several promising projects.

The board also reviews progress against research objectives with regular reports from the executive, and we ensure the board always includes a senior clinician member with the relevant experience to ensure we have the skills to properly interrogate research plans and outcomes.

During four decades as an independent medical charity, the National Migraine Centre has:

- Treated over 66,000 patients affected by migraine or other primary headache
- Gained a global reputation for clinical excellence, with high levels of patient satisfaction

- Supported research into treatments that have since become the recommended standard by the British Association for the Study of Headaches
- Delivered headache masterclasses for thousands of healthcare professionals, improving the quality of care across the NHS and beyond
- Distributed self-management information, and information on research and treatment options, through the media and digital channels

The charity is supported by a small number of valued volunteers, who play a key role in providing administrative support. Our work with volunteers is guided by our Volunteer Policy, which commits the charity to:

- ensuring equal opportunities to all prospective volunteers
- matching the skills, experience, motivations and aspirations of volunteers with the most appropriate role
- providing a clear description of roles
- offering appropriate training and support where appropriate
- maintaining a healthy and safe working environment
- listening to and respecting volunteer feedback
- recognising the contribution of volunteers

Risk management

The board recognises its responsibility in the identification, management and mitigation of risks and works closely with the executive team in this regard.

We maintain a risk register and continue to review risks on a regular basis, ensuring financial, compliance, reputational and other risks are considered, and plans updated accordingly.

Financial review

The charity's income can fluctuate significantly, and the trustees have adopted the policy of aiming to keep a general reserve equal to three months' running costs. The charity currently holds sufficient reserves to meet this policy. The amount of restricted reserves at the end of financial year 2022/3 was £91,141.

Although the charity has strong reserves and increasing demand, we have identified attrition of key clinical personnel as a risk, leading to loss of income. To combat this, we have begun recruitment of a new intake of clinicians, significantly expanding the staff team and ensuring the charity continues to meet the growing demand for its services. Despite a challenging external economic environment, the charity has thrived during 2022/3, with income growing significantly. We continue to see strong demand for appointments, including private appointments.

Grant income was also exceptionally strong during 2022/3, with a very generous donation from the Postcode Innovation Trust.

Income continues to derive primarily from patient appointments, with private income now a more significant source of funding than donated income from routine, no-fee appointments. Grant income,

from trusts and corporate funders, and individual giving income from appeals and regular giving are also significant sources of income.

With a low appetite for risk and, until recently, very limited reserves, the board has chosen not to invest funds in products which carry a higher risk and so has no material financial investments and thus no investment performance to report against investment objectives. Subject to future reviews and our forthcoming strategic plan, we intend to continue holding reserves in our two CAF Bank accounts, with most held in an account attracting a higher rate of interest but with no capital volatility risks.

Future plans

As part of our ongoing governance process, the charity will this year review strategy, with a trustees' meeting planned for this purpose in autumn 2023.

We are also planning for a substantial increase in clinical capacity, with work underway to recruit and train a new cohort of clinicians.

The funding from the Postcode Innovation Trust, detailed elsewhere, has enabled this clinical growth. It will also fund an expansion in our administrative team (to support the increased clinician numbers) and marketing activity to help us reach more people in need of our services.

Governance and administration details

Registered office and principal address:

999 Finchley Road
London
NW11 7HB

Contact details:

info@nationalmigrainecentre.org.uk
020 7251 3322

Registered company number:

05846538 (England and Wales)

Registered charity number:

1115935

Trustees:

Dr Bal Athwal
Ms Katie Cotton (appointed 28 October 2022)
Mr Simon Kingsnorth
Ms Julie Price (appointed 28 October 2022)
Ms Ruth Robertson
Mr Anthony Stratton (Chair)
Ms Penny Wilson

Senior management team:

Ms Charlotte Burr (clinical & communications director)
Ms Swati Raina (operations director)
Mr Daniel Tickle (chief executive)

Independent examiner:

Giles Thrush
Richardson Jones
Chartered Accountants

Bankers:

CAF Bank Limited
25 Kings Hill Avenue
Kings Hill
West Malling
Kent ME19 4TA

Accountant:

AJC Accountancy
Unit 40 Thrales End Business Centre
Thrales End Lane
Harpenden
Herts
AL5 3NS

Achievements and performance

The charity began 2022/23 with plans to ensure greater financial resilience, grow charitable reach, overhaul our brand and website, review our premises with a view to reducing overheads, extend our board team and develop new research partnerships. Set against these objectives, the National Migraine Centre has enjoyed a very successful year and key achievements are outlined below.

Growth and sustainability

2021/2 marked a challenging year for the charity, as it continued to deal with the impact of the Covid-19 pandemic and the implications for the delivery of healthcare services.

The far-reaching changes to strategy and operations this entailed resulted in a loss of income and additional costs as we pivoted to embrace telemedicine.

However, 2022/3 saw these changes deliver remarkable growth for the charity, enabling us to help more patients in need and support our continued expansion. We end 2022/3 with a charity that is more sustainable and impactful than ever before.

With a programme of recruitment, training and mentoring overseen by leading GP headache specialists, the charity delivered a substantial growth in clinical capacity over the course of the year, resulting in appointment numbers increasing 58 per cent year on year.

Meanwhile, a new brand and website supported our move towards a social enterprise strategy, with greater income from private appointments subsidising and ensuring the sustainability of our routine clinics, where patients receive consultations with world-class headache clinicians without a fee. We are now able to confidently plan for further expansion of our charitable work.

This additional income, coupled with substantial grants from funders including the Postcode Innovation Trust, resulted in our total income growing from £323,271 in 2021/2 to £577,853 in 2022/3. These additional funds will be invested in further expanding our clinical capacity in the year ahead to meet our increasing patient demand.

Website and brand

The charity's new website and brand were launched simultaneously on 1 September 2022, in time for the beginning of Migraine Awareness Week.

The new site features an extended and updated range of factsheets alongside a streamlined booking and administration process.

The website and brand resulted in a marked and sustained increase in demand for appointments that has driven our recent expansion.

Research

We are currently working with several partners on research projects that aim to improve the range and efficacy of treatments available to those with headache. These include research projects to develop novel therapies, to extend the benefits of existing treatments to more patients, and to improve self-management tools.

Premises

The process of moving to remote working was completed in August, as we vacated our previous head office location in Millbank, London. A new registered office address was identified in north-west London, although administrative staff will now work remotely.

Clinical work continues to be largely remote, although a limited number of procedure appointments will take place at our new registered office, a Care Quality Commission-registered clinic, and elsewhere.

Heads Up podcast

Our award-winning Heads Up podcast returned for a fifth series. Hosted by Dr Katy Munro, Heads Up provides information and support on migraine and other primary headache and has so far received almost 200,000 downloads.

Migraine Awareness Week 2022

Our focus for Migraine Awareness Week was the impact of anti-CGRP treatment, including our work to improve access to this class of medication through the NHS.

Activity for the week began with a story placed in the Mail on Sunday that detailed new developments in anti-CGRP treatment.

Social media activity during the week resulted in:

- A 297% increase in Facebook reach
- A 344% increase in Instagram reach
- A surge in demand for anti-CGRP appointments

Clinical team

2021/2 was a period of significant change for the charity, as we moved to a telemedicine model and, consequently, began to build up our clinical team anew.

We underwent a very significant period of expansion in 2022/3, attracting and training a new cohort of headache specialist GPs and consultants, increasing the size of our clinical team to 18 consultants, GPs and headache specialist nurses.

With growing demand, we ended the year with plans for another significant increase in clinician numbers.

Policies

All the charity's policies were reviewed and updated, to ensure best practice and compliance. Our full suite of 20 policies reflects our commitments and responsibilities to our patients, staff, donors and other key stakeholders.

Governing document

Our Articles of Association were updated during the year, which included a review of our charitable objects. Our new objects are detailed above.

New trustees

Following a skills audit, we appointed two additional trustees, Katie Cotton and Julie Price, enhancing the board's capacity for strategic direction and oversight. Our new trustees bring particular expertise in voluntary and health sector management, compliance and fundraising.

Postcode Innovation Trust

We were delighted to receive the support of the Postcode Innovation Trust during the year, which recognised the social impact of our work with the award of blended social investment funding.

The grant and financing will support the charity's continued growth, funding the recruitment and training of a new wave of headache specialist GPs and the additional administration infrastructure required to support them.

We are very grateful for the support we have received from the Postcode Innovation Trust, which will have a transformative effect on the charity in the years ahead, enabling us to increase capacity and help many more people affected by migraine and primary headache.

Fundraising

The charity ran two individual giving fundraising appeals during the year. In total, our fundraising income from income during 2022/3 was £62,104 (2021/22: £38,814), significantly ahead of our budget target.

We have recently appointed a fundraising specialist to our board and will be reviewing fundraising strategy in 2023 with a view to growing income and developing additional products.

During the course of the year, no material expenditure was incurred to raise income in future years.

Our thanks

We are extremely grateful to the many individual supporters who funded the charity throughout the year, with generous gifts to our appeals and donations towards the cost of their appointments. Our two appeals together raised more than £40,000 towards the work of the charity.

We are committed to providing the very highest standards of care, which is only possible thanks to the quality of training and mentoring we are able to offer clinicians. We are therefore indebted to our Education Fellow, Dr Richard Wood, who continues to kindly give his valuable time and expertise to train and support our new GP headache specialists.

We wish to express our thanks to those consultants, agencies and contractors who have supported the charity at no cost. In particular, we are grateful to Dentons for their ongoing legal advice, including significant support in the development of our new website.

Our update to the charity's governing document was only possible thanks to the expert advice and support kindly provided by Michele Price, specialist charity and philanthropy solicitor at gunnercooke LLP.

This year we are also especially grateful to strategic adviser Katharine Danton, who is working with the charity pro bono on the development of a project to improve headache training for primary care professionals.

Finally, we thank all those trusts, foundations, corporate supporters and academic institutions who so generously donated, or who worked with us in partnership, during the course of the year, including:

- OUCH (UK)
- Pfizer
- Postcode Innovation Trust
- University of Warwick

Statement of Trustees' Responsibilities

The trustees (who are also the directors of the National Migraine Centre for the purposes of company law) are responsible for preparing the Report of the Trustees and the Financial Statements in accordance with applicable law and United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting Practice).

Company law requires the trustees to prepare financial statements for each financial year, which give a true and fair view of the state of affairs of the charitable company and of the incoming resources and application of resources, including the income and expenditure, of the charitable company for that period. In preparing those financial statements, the trustees are required to

- select suitable accounting policies and then apply them consistently;
- observe the methods and principles in the Charity SORP;
- make judgements and estimates that are reasonable and prudent;
- prepare the financial statements on the going concern basis unless it is inappropriate to presume that the charitable company will continue in business.

The trustees are responsible for keeping proper accounting records, which disclose with reasonable accuracy at any time the financial position of the charitable company and to enable them to ensure that the financial statements comply with the Companies Act 2006. They are also responsible for safeguarding the assets of the charitable company and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

The trustees are responsible for the maintenance and integrity of the corporate and financial information included on the charitable company's website.

This report has been prepared in accordance with the special provisions of Part 15 of the Companies Act 2006 relating to small companies.

On behalf of the Board:

Anthony Stratton
Chair
5th July 2023

INDEPENDENT EXAMINER'S REPORT TO THE TRUSTEES OF NATIONAL MIGRAINE CENTRE

I report on the accounts for the year ended 31 March 2023 set out on pages 18 to 28.

Respective responsibilities of trustees and examiner

The charity's trustees are responsible for the preparation of the accounts. The charity's trustees consider that an audit is not required for this year (under Section 144(2) of the Charities Act 2011 (the 2011 Act)) and that an independent examination is required.

Having satisfied myself that the charity is not subject to audit under company law and is eligible for independent examination, it is my responsibility to:

- examine the accounts under Section 145 of the 2011 Act;
- to follow the procedures laid down in the General Directions given by the Charity Commission under Section 145(5)(b) of the 2011 Act; and
- to state whether particular matters have come to my attention.

Basis of the independent examiner's report

My examination was carried out in accordance with the General Directions given by the Charity Commission. An examination includes a review of the accounting records kept by the charity and a comparison of the accounts presented with those records. It also includes consideration of any unusual items or disclosures in the accounts and seeking explanations from you as trustees concerning any such matters. The procedures undertaken do not provide all the evidence that would be required in an audit, and consequently no opinion is given as to whether the accounts present a 'true and fair view ' and the report is limited to those matters set out in the statements below.

Independent examiner's statement

In connection with my examination, no matter has come to my attention:

1. which gives me reasonable cause to believe that, in any material respect, the requirements
 - to keep accounting records in accordance with Section 386 of the Companies Act 2006; and
 - to prepare accounts which accord with the accounting records, comply with the accounting requirements of Section 396 of the Companies Act 2006 and with the methods and principles of the Statement of Recommended Practice: Accounting and Reporting by Charities

have not been met; or

2. to which, in my opinion, attention should be drawn in order to enable a proper understanding of the accounts to be reached.

Giles Thrush
Richardson Jones
Independent Examiner
Date: 05th July 2023

STATEMENT OF FINANCIAL ACTIVITIES**(Incorporating an income and expenditure account)**

For the year ended 31 March 2023

	Notes	Unrestricted funds £	Restricted funds £	2023 Total funds £	2022 Total funds £
INCOME					
Donations and legacies					
Donations	2	139,294	-	139,294	107,134
Legacies		-	-	-	-
		139,294	-	139,294	107,134
Other trading activities					
Fundraising		62,104	-	62,104	38,814
Fees		255,089	-	255,089	101,596
	3	317,193	-	317,193	140,410
Income from investments	4	1,078	-	1,078	25
Income from charitable activities					
Grants		4,047	108,441	112,488	38,880
Contract income		7,800	-	7,800	35,603
	5	11,847	108,441	120,288	74,483
Other income	6	-	-	-	1,219
Total income		469,412	108,441	577,853	323,271
Less: Expenditure on raising funds					
Marketing costs		(11,181)	-	(11,181)	(6,074)
Net income available for charitable activities		458,231	108,441	566,672	317,197
Expenditure on charitable activities					
Research and medical costs		163,944	208	164,152	120,979
Operating costs		212,405	38,952	251,357	250,879
	7	376,349	39,160	415,508	371,858
Governance costs	8	1,050	-	1,050	1,000
Total expenditure		377,399	39,160	416,558	372,858
NET INCOME / EXPENDITURE		80,832	69,281	150,114	(55,661)
Transfers between funds	16	-	-	-	-
RECONCILIATION OF FUNDS					
Total funds brought forward		13,509	21,860	35,369	91,030
TOTAL FUNDS CARRIED FORWARD		94,341	91,141	185,482	35,369

BALANCE SHEET

At 31 March 2023

	Notes	2023 £	2022 £
FIXED ASSETS			
Tangible assets	13	134	584
CURRENT ASSETS			
Debtors	14	4,820	10,924
Cash at bank		372,699	129,782
		<u>377,519</u>	<u>140,706</u>
CREDITORS			
Amounts falling due within one year	15	(39,251)	(15,841)
NET CURRENT ASSETS		338,268	124,865
TOTAL ASSETS LESS CURRENT LIABILITIES		338,402	125,449
CREDITORS			
Amounts falling due after one year			
Bank loans		(152,924)	(90,080)
NET ASSETS		185,478	35,369
FUNDS	16		
Unrestricted funds		94,341	13,509
Restricted funds		91,141	21,860
TOTAL FUNDS		185,482	36,369

The charitable company is entitled to exemption from audit under Section 477 of the Companies Act 2006 for the year ended 31 March 2023.

The members have not required the charitable company to obtain an audit of its financial statements for the year ended 31 March 2023 in accordance with Section 476 of the Companies Act 2006.

The directors / trustees acknowledge their responsibilities for:

- ensuring that the charitable company keeps accounting records that comply with Sections 386 and 387 of the Companies Act 2006, and
- preparing financial statements which give a true and fair view of the state of affairs of the charitable company at the end of each financial year and of its surplus or deficit for each financial year in accordance with the requirements of Sections 394 and 395 and which otherwise comply with the requirements of the Companies Act 2006 relating to financial statements, so far as applicable to the charitable company.

These financial statements have been prepared in accordance with the special provisions of Part 15 of the Companies Act 2006 relating to small charitable companies.

The financial statements were approved by the Board of Trustees and were signed on its behalf by:

Anthony Stratton
Chair

5th July 2023

STATEMENT OF CASHFLOWS

For the year ended 31 March 2023

Analysis of cash and cash equivalents

	2023	2022
	£	£
Bank balance	372,699	129,781

Reconciliation of net income to net cashflow

	2023	2022
	£	£
Net income (SOFA)	150,114	-55,664
Adjustment: Depreciation	450	1,318
Interest received	-1,078	-25
(Inc) / Dec Debtors	6,104	14,008
Inc / (Dec) Creditors	7,523	-8,321
Net cash provided by / (used in) activities	163,113	-48,684

Statement of Cashflows

	2023	2022
	£	£
Cash flows from operating activities	163,113	-48,684
Cash flows from investing activities:		
Interest received	1,078	25
Purchase of equipment	0	-459
Cash flows from financial activities:		
Repayment of borrowings	-12,414	-4,918
New Borrowings	91,141	0
Change in cash in year	242,918	-54,036
Cash brought forward	129,781	183,817
Cash carried forward	372,699	129,781

NOTES TO THE FINANCIAL STATEMENTS

For the year ended 31 March 2023

1. Accounting Policies

Basis of accounting

The financial statements of the charitable company, which is a public benefit entity under FRS 102, have been prepared in accordance with the Charities SORP (FRS 102) 'Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2019)', Financial Reporting Standard 102 'The Financial Reporting Standard applicable in the UK and Republic of Ireland' and the Companies Act 2006.

The Charity meets the definition of a public benefit entity under FRS 102.

Accounting convention

These financial statements have been prepared under the historic cost convention and the accounting policies set out therein.

Incoming resources

All incoming resources are included on the Statement of Financial Activities when the charity is legally entitled to the income and the amount can be quantified with reasonable accuracy.

Resources expended

Expenditure is accounted for on an accruals basis and has been classified under headings that aggregate all cost related to the category. Where costs cannot be directly attributed to a particular heading, they have been allocated to activities on a basis consistent with the use of resources.

Direct charitable expenditure includes costs directly incurred in carrying out charitable objectives.

Governance costs are costs associated with the governance arrangements of the charity, which relate to the general running of the charity.

Tangible fixed assets

Depreciation is provided at the following annual rates in order to write off each asset over its estimated useful life. Items over £1,000 are capitalised.

- Fixtures and fittings: 33% on cost
- Computer equipment: 33% on cost
- Leasehold premises: over 5 years

Stocks

Stocks are valued at the lower of cost and net realisable value, after making allowances for obsolete and slow-moving items.

Debtors

Trade and other debtors are recognised at the settlement amount after any trade discount offered. Prepayments are valued at the amount prepaid, net of any trade discount due.

Cash at bank and in hand

Cash at bank and in hand includes cash and short-term highly liquid investments with a short maturity of three months or less from the date of acquisition or opening of the deposit or similar account.

Taxation

The charity is exempt from corporation tax on its charitable activities.

Fund accounting

Unrestricted funds can be used in accordance with the charitable objectives at the discretion of the trustees.

Restricted funds can only be used for particular restricted purposes within the objects of the charity. Restrictions arise when specified by the donor or when funds are raised for particular restricted purposes. Further explanation of the nature and purpose of each fund is included in the notes to the financial statements.

Liabilities and provisions

Liabilities are recognised when there is an obligation as a result of a past event, it is probable that a transfer of economic benefit will be required in settlement, and the amount of the settlement can be reliably estimated.

Provisions are measured at the best estimate of the amounts required to settle the relevant obligation. Where the effect of the time value of money is material, the provision is based on the present value of those amounts, discounted at the discount rate that reflects the risks specific to that liability. The unwinding of the discount is recognised in the statement of financial activities as a finance cost.

Hire purchase and leasing commitments

Rentals paid under operating leases are charged to the statement of financial activities on a straight-line basis over the period of the lease.

Pension costs and other post-retirement benefits

Staff members are entitled to join one of two personal pension schemes. During the financial year 2022/23, any salaried medical professionals were entitled to join the NHS final salary scheme.

Government grants

Government grants are recognised on the accrual model. Under the accrual model, a grant relating to revenue shall be recognised as income on a systematic basis over the periods in which the entity recognises the related costs for which the grant is intended to compensate.

2. Donations and Legacies

	2023 £	2022 £
Charitable Donations	111,064	90,983
Gift Aid – tax recovered	28,229	16,151
Legacies (net)	-	-
	<u>139,294</u>	<u>107,134</u>

3. Other Trading Activities

	2023 £	2022 £
Fundraising	62,104	38,814
Fees	255,089	101,596
	<u>317,193</u>	<u>140,410</u>
Fees include:		
Private patients	116,434	36,450
Clinical procedures	138,495	65,146
Sundry	160	-
	<u>255,089</u>	<u>101,596</u>

4. Income from Investments

	2023 £	2022 £
Deposit account interest	1,078	25

5. Income from Charitable Activities

	2023 £	2022 £
Grants	112,488	38,880
Contact income	7,800	35,603
	<u>120,288</u>	<u>74,483</u>
Grants received, included in the above:		
Arnold Clark Community Fund	-	1,000
Adrian Swire Trust	-	3,000
PF Charitable Trust	-	3,000
Postcode Innovation Trust (restricted)	91,141	-
Pfizer (restricted)	17,300	-
CAF (unrestricted)	-	1,500
CHK Foundation (restricted)	-	30,000
Miscellaneous	275	-
Warwick Medical School	3,772	-
	<u>112,488</u>	<u>38,880</u>

NATIONAL MIGRAINE CENTRE

Report of the Trustees and Financial Statements for the year ended 31 March 2023

Contract income, included in the above:

St Pancras Clinical Research	2,200	-
Richmond Training Hub	-	1,500
Warwick Medical School	5,600	33,945
Other contract income	-	158
	<u>7,800</u>	<u>35,603</u>

6. Other Income

	2023	2022
	£	£
Miscellaneous income	-	514
Government grant (BBL interest)	-	705

7. Expenditure on Charitable Activities

	2023	2022
	£	£
Research and medical costs	164,152	120,979
Operating costs	251,357	250,879
	<u>415,509</u>	<u>371,858</u>

8. Governance Costs

	2023	2022
	£	£
Independent Examiner's fees	1,050	1,000
Legal and professional fees	-	-
	<u>1,050</u>	<u>1,000</u>

9. Net incoming / (outgoing) resources

	2023	2022
	£	£
Net resources are stated after charging / crediting:		
Depreciation	450	1,318

10. Trustees' Remuneration and Benefits

There were no trustees' remuneration or other benefits for the year ended 31 March 2023, nor for the year ended 31 March 2022.

Trustees' expenses

There were no trustees' expenses paid for the year ended 31 March 2023, nor for the year ended 31 March 2022.

11. Staff Costs

	2023 £	2022 £
Wages and salaries	199,518	211,698
Employer's National Insurance	14,794	13,976
Employer's pension costs	8,985	8,986
	223,297	234,660

One employee received emoluments in excess of £70,000 (2022: one employee received emoluments in excess of £60,000).

The average monthly number of employees during the year was as follows:

	2023 No.	2022 No.
Direct charitable	5.9	7.5

12. Pension Costs

Staff members are entitled to join one of two personal pension schemes. During the financial year 2022/3, any salaried medical professionals were entitled to join the NHS final salary scheme.

During the year ended 31 March 2023, the company's total contributions amounted to £8,986 (2022: £8,986).

13. Tangible Fixed Assets

	Improvement leasehold premises	Hardware and software	Fixtures, fittings & equipment	TOTALS
	£	£	£	£
COST				
At 1 April 2022	-	-	21,711	21,711
Additions	-	-	-	-
Disposals	-	-	(16,988)	(16,988)
At 31 March 2023	-	-	4,723	4,723
DEPRECIATION				
At 1 April 2022	-	-	21,127	21,127
Charge for the year	-	-	450	450
Disposals	-	-	(16,988)	(16,088)
At 31 March 2023	-	-	4,589	4,589
NET BOOK VALUE				
At 31 March 2023	-	-	134	134
NET BOOK VALUE				
At 31 March 2022	-	-	584	584

14. Debtors: Amounts Falling Due Within One Year

	2023	2022
	£	£
Prepayments	2,620	911
Other debtors	2,200	10,013
	4,820	10,924

15. Creditors: Amounts Falling Due Within One Year

	2023	2022
	£	£
Creditors and accruals	16,621	11,608
Loans	15,885	15,885
Social security and taxes	6,745	4,233
	39,251	31,726

16. Creditors: Amounts Falling Due After More Than One Year

	2023	2022
	£	£
Loans	152,924	74,197
	152,924	74,197

17. Movement in Funds

	At 1 April 2022	Net movement in funds	Transfers between funds	At 31 March 2023
	£	£	£	£
Unrestricted funds				
General funds	13,509	80,832	-	94,341
Restricted funds				
Restricted funds	21,860	69,281	-	91,141
TOTAL FUNDS	35,369	150,113	-	185,482

Net movement in funds, included in the above:

	Incoming resources	Resources expended	Movement in funds
	£	£	£
Unrestricted funds			
General funds	458,231	(377,399)	80,832
Restricted funds			
Restricted funds	108,441	(39,160)	69,281
TOTAL FUNDS	566,672	(416,559)	150,113

18. Related Party Disclosures

There were no related party transactions in the reporting period that require disclosure.

NATIONAL MIGRAINE CENTRE

Report of the Trustees and Financial Statements for the year ended 31 March 2023

INCOME	2023	2022
	£	£
Donations and legacies		
Charitable donations	111,064	90,983
Gift Aid donations	28,229	16,151
Legacies	-	-
	<u>139,294</u>	<u>107,134</u>
Other trading activities		
Fundraising	62,104	38,814
Fees	255,089	101,596
	<u>317,193</u>	<u>140,410</u>
Investment income		
Deposit account interest	1,078	25
Charitable activities		
Grants	112,488	38,880
Contract income	7,800	35,603
	<u>120,288</u>	<u>74,483</u>
Other income	-	1,219
TOTAL INCOME	577,853	323,271

EXPENDITURE

	2023 £	2022 £
Research and medical costs		
Salaries	125,565	104,557
Other research and medical costs	38,587	16,422
	<u>164,152</u>	<u>120,979</u>
Operating costs		
Salaries and staff costs	179,525	173,873
Repairs and renewals	-	204
Rent	11,546	22,189
Rates	-	-
Telephone and internet costs	4,442	6,649
Light and heat	-	-
Insurance	1,717	1,475
Incidental office costs (including relocation)	3,855	7,656
Subscriptions	2,752	3,134
Cleaning	-	-
Website development	19,526	13,216
Finance costs	6,050	3,497
Financial outsourcing and ICT	17,936	13,951
Bank interest	3,558	3,717
Depreciation – fixtures, fittings & equipment	450	1,318
	<u>251,357</u>	<u>250,879</u>
Expenditure on raising funds		
Marketing costs	11,181	6,074
Governance costs		
Independent Examiner's fee	1,050	1,000
Legal and professional fees	-	-
	<u>1,050</u>	<u>1,000</u>
TOTAL EXPENDITURE	427,739	378,932

NET INCOME / (EXPENDITURE)

	2023 £	2022 £
NET INCOME / (EXPENDITURE)	150,114	(55,662)

Accounts

National Migraine Centre

Report of the Trustees and Financial Statements
for the year ended 31 March 2022

Registered company no: 05846538 (England and Wales)
Registered charity no: 1115935

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GOVERNANCE, LEGAL & ADMINISTRATIVE DETAILS

Registered office and principal address

1st Floor, Citibase

Millbank Tower

21-24 Millbank

London SW1P 4QP

Registered company number

05846538 (England and Wales)

Registered charity number

1115935

Patron

Mr Francis Rossi OBE

Trustees

Mr Anthony Stratton (Chair)

Dr Bal Athwal

Mr Simon Kingsnorth

Mr Howard Morris (resigned 10 November 2021)

Ms Ruth Robertson

Ms Penny Wilson

Independent examiner

Giles Thrush

Richardson Jones

Chartered Accountants

Bankers

CAF Bank Limited

25 Kings Hill Avenue

Kings Hill

West Malling

Kent ME19 4TA

Solicitors

Dentons

One Fleet Place

London EC4M 7WS

Accountant

AJC Accountancy

Unit 31 Bizspace

575-599 Maxted Road

Hemel Hempstead

Herts

HP2 7DX

TRUSTEES' REPORT

Introduction

The National Migraine Centre is the UK's only charity providing diagnosis and treatment for the one in seven people and up to one in ten children who suffer migraine. Over more than four decades, our dedicated teams of world-class consultant neurologists and GP headache specialists have helped more than 64,000 people who are unable to access effective treatment through either the NHS or private clinics.

Over the past recent years, demand for our services has grown exponentially. Yet with limited funding, we have been unable to keep pace with this extraordinary growth in demand.

We receive no NHS funding; our work is largely funded by our patients. Since we provide consultations to all irrespective of their ability to pay, the income we receive from patients does not cover our costs and we must rely on support from those trusts, foundations and corporate partners who share our belief that all those affected by migraine deserve access to effective treatment.

Migraine: more than 'just a headache'

Headache affects almost everyone at some point, but around 14 per cent of the population suffer migraine, a condition that can, at its worst, severely reduce quality of life and cause chronic, disabling pain. More people suffer migraine than those living asthma, diabetes and epilepsy combined.

Migraine accounts for 89 per cent of headaches experienced worldwide and affects three times as many women as men. Around 2 per cent of people with migraine require medical intervention. Without effective treatment, migraine can undermine mental health, relationships and employment.

Migraine is the most common neurological condition in the developed world. The World Health Organization ranks migraine as the second-highest cause of disability globally, following lower back pain.

Those affected by chronic symptoms (3 per cent to 5 per cent of people with migraine) endure severe and disabling symptoms on 15 or more days a month.

Migraine and work

Research undertaken by the National Migraine Centre suggests more than 50 per cent of chronic migraine sufferers feel that their employers are not supportive of their condition. The research shows:

- 25 per cent had to change careers because of their migraines and/or headaches
- 16 per cent lost their job because of migraines and/or headaches
- 97 per cent of respondents worked while in pain caused by headache
- 54 per cent suffer financially due to their migraines
- Chronic sufferers lose 16.8 days of work per year due to headache-related conditions

The impact of migraine and headaches on work is often unseen, underestimated and misunderstood by employers and can be underplayed by those affected in order to hold on to their jobs. Access to effective treatment can minimise the impact on the individual and benefit employers by improving staff wellbeing and boosting productivity.

The cost of migraine to society

Migraine is responsible for 86 million equivalent workdays lost per annum (11.4 for each person with migraine) at a cost of just under £8.8 billion to the UK economy.

According to research undertaken by The Work Foundation:

- Migraine is the biggest cause of years lived with disability amongst those aged 15 to 49 – a time when people are often at their most productive, furthering their careers and starting families, leading to a major impact on career development and the wider economy
- 5.7 days are lost per person with migraine every year, equating to 43 million workdays at a cost of almost £4.4 billion
- An estimated additional £4.4 billion is lost to the economy each year due to reduced productivity as those with migraines continue working – many express concerns about the negative impact on their careers of taking extended or regular sick leave

In spite of its extraordinary cost to society, migraine is the least publicly funded of all neurological diseases relative to its economic impact.

Misunderstood, misdiagnosed, mistreated

Despite the prevalence of migraine and the cost to the individual and society, headache is rarely mentioned in NHS plans while most GPs will have five hours or less training on the condition. Consequently, the quality of care inevitably varies greatly across the UK.

According to The Work Foundation's research, GPs '...do not know enough about [migraine] and appear to have little interest in it given the wide range of competing medical conditions.'

These weaknesses in primary care result in unnecessary referrals to already over-burdened secondary care, leading to extensive waiting lists and problems accessing services for those in greatest need.

Secondary care at NHS hospitals remains greatly under resourced to handle this scale of demand. Only 20 per cent of NHS Trusts responding a freedom of information request by The Migraine Trust said they had a specialist headache clinic; the UK has just 1.1 full-time equivalent neurologists per 100,000 people (compared to more than four in France and Germany).

As a result of these inadequacies and capacity issues across both primary and secondary care in the NHS, there are over 16,500 emergency admissions for headache every year – up 14 per cent in five years. Most of these would be avoidable with the effective care.

These service gaps leave many people in great distress, and the National Migraine Centre their last resort.

A lifeline for people with headache

The National Migraine Centre was founded in 1980 to provide treatment to those affected by migraine and other primary headaches, to share skills and train professionals, to conduct and promote research,

and to improve self-management.

Neither private nor within the NHS, we remain the only charity in the UK dedicated to delivering treatment for those affected by headache. Last year, we provided 1,375 consultations and treatments to people affected by migraine and primary headache.

Our charity brings together some of the world's most renowned headache clinicians, including leading consultant neurologists and GP headache specialists who support the charity in both governance and patient-facing roles.

National Migraine Centre clinicians are based around the UK, seeing patients affected by migraine and primary headache nationwide using videolink technology. For those requiring face-to-face treatments, such as Botox or nerve block injections, doctors offer in-person appointments locally at special procedure clinics.

We also help those affected by migraine by improving self-management, with a range of tools, including our Heads Up podcast and online guides, providing essential, evidence-based guidance and information.

The National Migraine Centre is inspected and regulated by the Care Quality Commission (CQC). The most recent CQC report on our work found our clinic to be safe, effective, caring, responsive and well-led. Patient surveys in the three quarters leading up to that report showed extremely high levels of satisfaction, with 99.2 percent, 99.3 per cent and 100 per cent of patients respectively indicating that they were likely or highly likely to recommend us.

All our medical staff are fully qualified clinicians with a specialist interest and additional training in migraine and headache, registered with the UK's General Medical Council or the Nursing and Midwifery Council. Our clinicians provide additional and overlapping expertise on various specialist areas such as women's health, mental health and ophthalmology.

Our clinicians devote one hour to each first appointment, giving every patient around 40 minutes with the doctor, far more time than they might receive in NHS or private settings, to discuss their individual case. Our doctors will then liaise with patients' GPs to ensure ongoing appropriate care, recommending medication and care plans.

Chair's statement

As chair of the National Migraine Centre, it gives me great pleasure to present our annual report and accounts for the year to 31 March 2022.

The prior year was dominated by the impact of the Covid-19 pandemic, with the implementation of online consultations, the closure of our physical clinic and the focus on short term financial security via some generous donations and loan funding from the Government-backed Bounce Back Loan scheme and our existing bank.

2021/22 was a combination of both consolidation and transition as we embedded the new online operational model, ensuring it was underpinned by robust procedures and with the correct resource and staffing.

The online consultation model has proved very successful, opening up the geography of the UK from both a patient and clinician recruitment perspective. Patient feedback has been excellent, and the flexibility has reduced cancellations and improved efficiency.

The transition required significant changes from a clinical working perspective, which resulted in a reduction down to only two headache specialist GPs during periods in the year, which had a significant short-term impact on income. However, I am happy to report that we finished the year with the highest number of clinicians in our history, 18, spread across the country, allowing us to provide treatment for more patients than ever before and reduce our waiting list.

The profile of the National Migraine Centre continues to grow, with the Heads Up Podcast a key driver. The podcast was last year shortlisted in the Podcast of the Year category at the prestigious Medical Journalists Awards.

One of our leading clinicians, Dr Katy Munro, also had a book published for the Penguin Life Expert Series called Managing your Migraine.

Towards the end of the year, we began a complete re-branding of the charity and the development of a new website. As part of the new site we are developing, alongside academic and NHS partners, a new tool to direct people with headache to trusted, reliable sources of information, all made possible thanks to generous funding from the University of Warwick.

Finally, I would like to express my sincere thanks to our fellow board member, Howard Morris, who stepped down after 12 years.

Following two very challenging years, the National Migraine Centre is now in an excellent position to provide even more excellent clinical care and support to migraine sufferers across the UK.

Anthony Stratton
Chair

Our Vision

Our vision is for all those affected by migraine to have access to life-changing support and world class treatment. We empower people to take control of their headaches and lead better lives by providing expert patient care, facilitating research, improving professional skills and supporting better self-management.

Our Values

We are:

COMPASSIONATE. We are always patient focused, treating every individual with dignity and respect. We extend that care and consideration to our clinicians, staff, trustees, supporters and all those with whom we interact in the course of our work.

EXPERT. We bring together leading clinicians, policymakers and researchers in the field of headache treatment, continually striving to develop skills and expertise across our charity, the NHS and wherever those affected by migraine seek treatment and support.

PROFESSIONAL. We are dedicated to upholding the highest standards of professionalism and integrity. We are committed to delivering safe, high-quality and evidence-based care for every patient. We are always open, transparent and supportive.

COLLABORATIVE. We work together with our patients to deliver the best outcomes for every individual. We work with clinicians, charities, researchers and others to advance our vision.

DRIVEN. We are dedicated and passionate, single-minded in our commitment to improving the lives of all those affected by headache. We actively work to improve access and transform outcomes for everyone in need, always striving for equity in the provision of services and support.

Structure, Governance & Management

Organisational structure

Our governing body, the board of trustees (the board), is responsible for the overall governance and work of the charity. The trustees are volunteers and do not receive any remuneration for their services.

The board delegates operational management to the chief executive. The chief executive supports the board, assists the board in setting strategy and implements that strategy through the management of a small administrative team and a world class clinical team.

Objectives and activities

The National Migraine Centre was founded in 1980 as a registered medical charity by Dr Blau and Dr Wilkinson, both consultant neurologists with a special interest in migraine. The original governing document is a trust deed dated 23 May 1980, later replaced by a set of Articles of Association.

The trustees confirm that they have referred to the Charity Commission's guidelines and that the National Migraine Centre's current aims and objectives are charitable and fall within our governing documents.

Our objects, set out in our Articles of Association, are to:

- Provide treatment to all sufferers from migraines and other headaches
- Share our knowledge through training, lecturing and publications
- Conduct, promote and publish research into the causes, treatment and alleviation of migraine and other headaches

During four decades as an independent medical charity, the National Migraine Centre has:

- Treated over 64,000 patients
- Gained a global reputation for clinical excellence, with high levels of patient satisfaction
- Developed treatments that have since become the recommended standard by the British Association for the Study of Headaches
- Delivered headache masterclasses for thousands of healthcare professionals, improving the quality of care across the NHS and beyond
- Distributed self-management information through the media and digital channels

Risk management

The board recognises its responsibility in the identification, management and mitigation of risks and works closely with the executive team in this regard.

We maintain a risk register and continue to review risks on a regular basis, ensuring financial, compliance, reputational and other risks are considered and plans updated accordingly.

Reserves

The charity's income can fluctuate significantly and the trustees have adopted the policy of aiming to keep

a general reserve equal to three months' running costs. Due to the financial issues faced during the recent pandemic, general reserves are below this target, although recent action, particularly the recruitment of additional clinicians to significantly increase capacity, has been taken to address this.

Appointments and retirements of trustees

During the course of the year, Mr Howard Morris stepped down from the Board. There were no new appointments.

Review of the Year

Embracing the opportunities of telemedicine

The sudden arrival of the Covid-19 pandemic in spring 2020 had far-reaching consequences for the National Migraine Centre. Our clinic, which had operated face-to-face for 40 years, developed into a telemedicine service over the course of just a few days, using videolink technology.

As with many healthcare providers, we were forced to consider every aspect of how we delivered our services, with new infrastructure, IT, policies and processes put in place to guarantee the continued delivery of world-class care.

Despite the challenges, our team of clinicians and administrators succeeded in developing a model that was effective and which met the needs of our patients.

As time went on, it became apparent that the move to the digital environment brought with it very significant benefits.

Our patients, who had previously travelled from around the UK to see headache specialists at our central London location, found they were able to see the same leading clinicians from home or during a lunch hour. They expressed clearly a preference for accessible telemedicine.

Strong evidence also emerged to show that headache services could deliver safe and effective care remotely, which gave our clinicians greater confidence that they were able to help more people while continuing to guarantee the same standards of care for which we are renowned.

So, in the first quarter of 2021/22, we made the informed decision to embrace telemedicine as a long-term shift in our service delivery model, enabling us to get expert, safe and effective headache services to people in need right across the UK.

As a result, 2021/22 was the year we redesigned our service from the ground up.

These changes were not easy to implement and they came at significant cost. We lost many of the clinicians who had joined us to see patients in person and, at one point, our clinician team was reduced to just two GPs and a consultant neurologist. Our income fell sharply during 2021/22 as a result.

However, knowing this was a strategically important decision, we continued, recognising that our catchment area for clinicians would grow from the London area to cover the whole of the UK. Beginning in the summer, we actively searched for exceptional GPs around the country who had both a passion for headache medicine and a genuine interest in or preference for telemedicine.

Rebuilding our clinical team took time: over a period of months, we invested in high quality training, led by respected and experienced headache medicine specialists. During this time, the number of people we could see in the clinic fell back as our limited number of clinical staff focused on delivering exceptional, intensive headache training and developing our new cohort of GP headache specialists.

Despite the challenges of changing our business model and a temporary fall in income, the results have been remarkable. We ended the year with a team of 18 trained headache specialist clinicians, by far the highest number by far in our history. 14 GP headache specialists have now been appointed, supported by

a clinical leadership team of two senior GP headache specialists and our new consultant neurologist, Dr Simone Gregoire. And as the year ended, we also appointed our first ever headache specialist prescribing nurse, who will lead on the delivery of procedures such as Botox and nerve block injections.

The challenges of the past year have been significant and these are reflected in our income. But the future for the charity has been secured and we now begin 2022/23 looking forward to helping more patients than ever, with the largest clinical team in our history, exceptionally strong patient demand and reinvigorated income streams.

Premises

Although our consultations are generally remote, the charity offers procedure clinics by hiring clinical space from partner organisations.

We have recently begun a regular procedure clinic at the 999 Medical Centre in north-west London, which is led by our newly-recruited headache specialist nurse.

Website

Work began in late 2021/22 on a new website for the charity. The development work involved a review of all patient information and factsheets, which will be updated and expanded.

A new online booking system has also been designed to support our move to telemedicine, improve triage and reduce the administrative burden.

The new site will go live in early 2022/23

New brand

During the final quarter of 2021/22, we embarked on a project to refresh the charity's brand, including a new logo, strapline and visual identity. This work was built on patient research and insights.

The new brand will launch along with along with the new website.

Heads Up podcast

Patient education is a crucial element of our work. Our Heads Up podcast, presented by Dr Katy Munro, has now been downloaded over 140,000 times and has a loyal listenership of those affected by migraine as well as doctors with an interest in headache treatment.

Series four was recorded and released during the course of the year.

We were honoured to be the only charity to make the shortlist of the Medical Journalists' Association annual awards last year, alongside the BBC and the BMJ.

Media coverage

Dr Munro also leads on much of the charity's media work, which helps raise awareness of migraine, self-

management options and treatments. Media coverage during the year included BBC TV, The Times, Daily Mail and Mail on Sunday

Thanks

The annual Christmas appeal was a great success, raising over £22,000. We thank all those who so generously gave their support to the appeal or throughout the year.

We receive support from clinicians who give their valuable time to provide high-quality clinical training. We are particularly grateful to Dr Richard Wood for his support in training and mentoring the new intake of clinicians.

We wish to express our thanks to those consultants, agencies and contractors who have supported the charity at no, or reduced, cost. In particular, we are grateful to Dentons law firm for their ongoing legal advice, including significant support in the development of our new website.

Finally, we thank all those trusts, foundations, corporate supporters and academic institutions who so generously donated, or who worked with us in partnership, during the course of the year, including:

- Adrian Swire Charitable Trust
- Arthur Clark Community Fund
- CHK Foundation
- PF Charitable Trust
- Teva
- University of Warwick

Statement of Trustees' Responsibilities

The trustees (who are also the directors of the National Migraine Centre for the purposes of company law) are responsible for preparing the Report of the Trustees and the Financial Statements in accordance with applicable law and United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting Practice).

Company law requires the trustees to prepare financial statements for each financial year, which give a true and fair view of the state of affairs of the charitable company and of the incoming resources and application of resources, including the income and expenditure, of the charitable company for that period. In preparing those financial statements, the trustees are required to

- select suitable accounting policies and then apply them consistently;
- observe the methods and principles in the Charity SORP;
- make judgements and estimates that are reasonable and prudent;
- prepare the financial statements on the going concern basis unless it is inappropriate to presume that the charitable company will continue in business.

The trustees are responsible for keeping proper accounting records, which disclose with reasonable accuracy at any time the financial position of the charitable company and to enable them to ensure that the financial statements comply with the Companies Act 2006. They are also responsible for safeguarding the assets of the charitable company and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

The trustees are responsible for the maintenance and integrity of the corporate and financial information included on the charitable company's website.

This report has been prepared in accordance with the special provisions of Part 15 of the Companies Act 2006 relating to small companies.

On behalf of the Board:

..... Name

2nd December 2022

Anthony Stratton, Chair

INDEPENDENT EXAMINER'S REPORT TO THE TRUSTEES OF NATIONAL MIGRAINE CENTRE

I report on the accounts for the year ended 31 March 2022 set out on pages 18 to 28.

Respective responsibilities of trustees and examiner

The charity's trustees are responsible for the preparation of the accounts. The charity's trustees consider that an audit is not required for this year (under Section 144(2) of the Charities Act 2011 (the 2011 Act)) and that an independent examination is required.

Having satisfied myself that the charity is not subject to audit under company law and is eligible for independent examination, it is my responsibility to:

- examine the accounts under Section 145 of the 2011 Act;
- to follow the procedures laid down in the General Directions given by the Charity Commission under Section 145(5)(b) of the 2011 Act; and
- to state whether particular matters have come to my attention.

Basis of the independent examiner's report

My examination was carried out in accordance with the General Directions given by the Charity Commission. An examination includes a review of the accounting records kept by the charity and a comparison of the accounts presented with those records. It also includes consideration of any unusual items or disclosures in the accounts and seeking explanations from you as trustees concerning any such matters. The procedures undertaken do not provide all the evidence that would be required in an audit, and consequently no opinion is given as to whether the accounts present a 'true and fair view' and the report is limited to those matters set out in the statements below.

Independent examiner's statement

In connection with my examination, no matter has come to my attention:

1. which gives me reasonable cause to believe that, in any material respect, the requirements
 - to keep accounting records in accordance with Section 386 of the Companies Act 2006; and
 - to prepare accounts which accord with the accounting records, comply with the accounting requirements of Section 396 of the Companies Act 2006 and with the methods and principles of the Statement of Recommended Practice: Accounting and Reporting by Charities

have not been met; or

2. to which, in my opinion, attention should be drawn in order to enable a proper understanding of the accounts to be reached.

Giles Thrush
Richardson Jones
Independent Examiner
2nd December 2022

STATEMENT OF FINANCIAL ACTIVITIES**(Incorporating an income and expenditure account)**

For the year ended 31 March 2022

	Notes	Unrestricted funds £	Restricted funds £	2022 Total funds £	2021 Total funds £
INCOME					
Donations and legacies					
Donations	2	107,134	-	107,134	198,154
Legacies		-	-	-	10,000
		107,134	-	107,134	208,154
Other trading activities					
Fundraising		38,814	-	38,814	47,284
Fees		101,596	-	101,596	71,284
	3	140,410	-	140,410	118,568
Income from investments	4	25	-	25	54
Income from charitable activities					
Grants		8,880	30,000	38,880	64,998
Contract income		35,603	-	35,603	7,650
	5	44,483	30,000	74,483	72,648
Other income	6	1,219	-	1,219	295
Total income		293,271	30,000	323,271	399,719
Less: Expenditure on raising funds					
Marketing costs		(6,074)	-	(6,074)	(4,247)
Net income available for charitable activities		287,197	30,000	317,197	395,472
Expenditure on charitable activities					
Research and medical costs		101,187	19,792	120,979	132,885
Operating costs		209,339	41,540	250,879	260,429
	7	310,526	61,332	371,858	393,314
Governance costs	8	1,000	-	1,000	1,000
Total expenditure		311,526	61,332	372,858	394,314
NET INCOME / EXPENDITURE		(24,329)	(31,332)	(55,661)	1,158
Transfers between funds	16	-	-	-	-
RECONCILIATION OF FUNDS					
Total funds brought forward		37,838	53,192	91,030	89,872
TOTAL FUNDS CARRIED FORWARD		13,509	21,860	35,369	91,030

BALANCE SHEET

As at 31 March 2022

	Notes	2022 £	2021 £
FIXED ASSETS			
Tangible assets	13	584	1,442
CURRENT ASSETS			
Debtors	14	10,924	24,932
Cash at bank		129,782	183,817
		<u>140,706</u>	<u>208,749</u>
CREDITORS			
Amounts falling due within one year	15	(15,841)	(24,163)
NET CURRENT ASSETS		124,865	184,586
TOTAL ASSETS LESS TOTAL LIABILITIES		125,449	186,028
CREDITORS			
Amounts falling due after one year			
Bank loans		(90,080)	(95,000)
NET ASSETS		35,369	91,028
FUNDS	16		
Unrestricted funds		13,509	37,836
Restricted funds		21,860	53,192
TOTAL FUNDS		36,369	91,028

The charitable company is entitled to exemption from audit under Section 477 of the Companies Act 2006 for the year ended 31 March 2022.

The members have not required the charitable company to obtain an audit of its financial statements for the year ended 31 March 2021 in accordance with Section 476 of the Companies Act 2006.

The directors / trustees acknowledge their responsibilities for:

- ensuring that the charitable company keeps accounting records that comply with Sections 386 and 387 of the Companies Act 2006, and
- preparing financial statements which give a true and fair view of the state of affairs of the charitable company at the end of each financial year and of its surplus or deficit for each financial year in accordance with the requirements of Sections 394 and 395 and which otherwise comply with the requirements of the Companies Act 2006 relating to financial statements, so far as applicable to the charitable company.

These financial statements have been prepared in accordance with the special provisions of Part 15 of the Companies Act 2006 relating to small charitable companies.

The financial statements were approved by the Board of Trustees and were signed on its behalf by:

..... Name

..... Date

Anthony Stratton, Chair

NOTES TO THE FINANCIAL STATEMENTS

For the year ended 31 March 2022

1. Accounting Policies

Basis of accounting

The financial statements of the charitable company, which is a public benefit entity under FRS 102, have been prepared in accordance with the Charities SORP 2019 (FRS 102) and the Companies Act 2006. These financial statements have been prepared under the historic cost convention and the accounting policies set out therein.

Incoming resources

All incoming resources are included on the Statement of Financial Activities when the charity is legally entitled to the income and the amount can be quantified with reasonable accuracy.

Resources expended

Expenditure is accounted for on an accruals basis and has been classified under headings that aggregate all cost related to the category. Where costs cannot be directly attributed to a particular heading, they have been allocated to activities on a basis consistent with the use of resources.

Direct charitable expenditure includes costs directly incurred in carrying out charitable objectives.

Governance costs are costs associated with the governance arrangements of the charity, which relate to the general running of the charity.

Tangible fixed assets

Depreciation is provided at the following annual rates in order to write off each asset over its estimated useful life. Items over £1,000 are capitalised.

- Fixtures and fittings: 33% on cost
- Computer equipment: 33% on cost
- Leasehold premises: over 5 years

Stocks

Stocks are valued at the lower of cost and net realisable value, after making allowances for obsolete and slow-moving items.

Taxation

The charity is exempt from corporation tax on its charitable activities.

Fund accounting

Unrestricted funds can be used in accordance with the charitable objectives at the discretion of the trustees.

Restricted funds can only be used for particular restricted purposes within the objects of the charity. Restrictions arise when specified by the donor or when funds are raised for particular restricted purposes. Further explanation of the nature and purpose of each fund is included in the notes to the financial statements.

Hire purchase and leasing commitments

Rentals paid under operating leases are charged to the statement of financial activities on a straight-line basis over the period of the lease.

Pension costs and other post-retirement benefits

Staff members are entitled to join one of two personal pension schemes. During the financial year 2021/22, any salaried medical professionals were entitled to join the NHS final salary scheme.

Government grants

Government grants are recognised on the accrual model. Under the accrual model, a grant relating to revenue shall be recognised as income on a systematic basis over the periods in which the entity recognises the related costs for which the grant is intended to compensate.

The charity received a £50,000 loan under the Coronavirus Bounce Back Loan (BBL Scheme) in January 2021. This is a 100% government backed loan with the first twelve months of interest being paid for by the UK government. In the year ended 31 March 2022, a total of £705.48 (2021: £294.52) loan interest was paid for with government grants.

2. Donations and Legacies

	2022 £	2021 £
Donations – onsite	-	129,323
Donations – offsite	-	42,406
Donations - combined	90,983	
Gift Aid – tax recovered	16,151	26,425
Legacies (net)	-	10,000
	<u>107,134</u>	<u>208,154</u>

3. Other Trading Activities

	2022 £	2021 £
Fundraising	38,814	47,284
Fees	101,596	71,284
	<u>140,410</u>	<u>118,568</u>
Fees include:		
Private patients	36,450	9,114
Clinical procedures	65,146	59,946
Publications	-	2,224
	<u>101,596</u>	<u>71,284</u>

4. Income from Investments

	2022	2021
	£	£
Deposit account interest	25	54

5. Income from Charitable Activities

	2022	2021
	£	£
Grants	38,880	64,998
Contact income	35,603	7,650
	<u>74,483</u>	<u>72,648</u>

Grants received, included in the above:

Arnold Clark Community Fund	1,000	-
Adrian Swire Trust	3,000	-
PF Charitable Trust	3,000	-
Warwick Medical School (restricted)	-	9,998
CAF (restricted)	-	20,000
CAF (unrestricted)	1,500	-
CHK Foundation (restricted)	30,000	30,000
Haberdashers'	-	5,000
Miscellaneous	380	-
	<u>38,880</u>	<u>64,998</u>

Contract income, included in the above:

Teva	-	7,500
Richmond Training Hub	1,500	-
Warwick Medical School	33,945	-
Other contract income	158	150
	<u>35,603</u>	<u>7,650</u>

6. Other Income

	2022	2021
	£	£
Miscellaneous income	514	-
Government grant (BBL interest)	705	295

7. Expenditure on Charitable Activities

	2022	2021
	£	£
Research and medical costs	120,979	132,885
Operating costs	250,879	260,429
	<u>371,858</u>	<u>393,314</u>

8. Governance Costs

	2022 £	2021 £
Independent Examiner's fees	1,000	1,000
Legal and professional fees	-	-
	<u>1,000</u>	<u>1,000</u>

9. Net incoming / (outgoing) resources

Net resources are stated after charging / crediting:	2022 £	2021 £
Depreciation	1,318	4,310

10. Trustees' Remuneration and Benefits

There were no trustees' remuneration or other benefits for the year ended 31 March 2022, nor for the year ended 31 March 2021.

Trustees' expenses

There were no trustees' expenses paid for the year ended 31 March 2022, nor for the year ended 31 March 2021.

11. Staff Costs

	2022 £	2021 £
Wages and salaries	211,698	208,789
Employer's National Insurance	13,976	13,109
Employer's pension costs	8,986	9,215
	<u>234,660</u>	<u>231,113</u>

One employee received emoluments in excess of £60,000 (2021: none).

The average monthly number of employees during the year was as follows:

	2022 No.	2021 No.
Direct charitable	7.5	9

12. Pension Costs

Staff members are entitled to join one of two personal pension schemes. During the financial year 2021/22, any salaried medical professionals were entitled to join the NHS final salary scheme.

During the year ended 31 March 2022, the company's total contributions amounted to £8,986 (2021: £9,215).

13. Tangible Fixed Assets

	Improvement leasehold premises	Hardware and software	Fixtures, fittings & equipment	TOTALS
	£	£	£	£
COST				
At 1 April 2021	-	-	21,252	21,252
Additions	-	-	459	459
Disposals	-	-	-	-
At 31 March 2022	-	-	21,711	21,711
DEPRECIATION				
At 1 April 2021	-	-	19,810	19,810
Charge for the year	-	-	1,317	1,317
Disposals	-	-	-	-
At 31 March 2022	-	-	21,127	21,127
NET BOOK VALUE				
At 31 March 2022	-	-	584	584
NET BOOK VALUE				
At 31 March 2021	-	-	1,442	1,442

14. Debtors: Amounts Falling Due Within One Year

	2022	2021
	£	£
Prepayments	911	5,044
Other debtors	10,013	19,888
	10,924	24,932

15. Creditors: Amounts Falling Due Within One Year

	2022	2021
	£	£
Creditors and accruals	11,608	18,181
Social security and taxes	4,233	5,982
	15,841	24,163

16. Movement in Funds

	At 1 April 2021	Net movement in funds	Transfers between funds	At 31 March 2022
	£	£	£	£
Unrestricted funds				
General funds	37,838	(24,329)	-	13,509
Restricted funds				
Restricted funds	53,192	(31,332)	-	21,860
TOTAL FUNDS	91,030	(55,661)	-	35,369

Net movement in funds, included in the above:

	Incoming resources	Resources expended	Movement in funds
	£	£	£
Unrestricted funds			
General funds	287,197	(311,526)	(24,329)
Restricted funds			
Restricted funds	30,000	(61,332)	(31,332)
TOTAL FUNDS	317,197	(372,858)	(55,661)

17. Related Party Disclosures

There were no related party transactions in the reporting period that require disclosure.

NATIONAL MIGRAINE CENTRE

Report of the Trustees and Financial Statements for the year ended 31 March 2022

INCOME	2022	2021
	£	£
Donations and legacies		
Donations – onsite	-	129,323
Donations – offsite	-	42,406
Donations - combined	90,983	-
Gift Aid donations	16,151	26,425
Legacies	-	10,000
	<u>107,134</u>	<u>208,154</u>
Other trading activities		
Fundraising	38,814	47,284
Fees	101,596	71,284
	<u>140,410</u>	<u>118,568</u>
Investment income		
Deposit account interest	25	54
Charitable activities		
Grants	38,880	64,998
Contract income	35,603	7,650
	<u>74,483</u>	<u>72,648</u>
Other income	1,219	295
TOTAL INCOME	323,271	399,719

EXPENDITURE

	2022 £	2021 £
Research and medical costs		
Salaries	104,557	132,136
Other research and medical costs	16,422	749
	<u>120,979</u>	<u>132,885</u>
Operating costs		
Salaries and staff costs	173,873	165,353
Repairs and renewals	204	2,716
Rent	22,189	36,057
Rates	-	6,225
Telephone and internet costs	6,649	8,391
Light and heat	-	2,530
Insurance	1,475	1,499
Incidental office costs (including relocation)	7,656	10,533
Subscriptions	3,134	2,940
Cleaning	-	861
Website development	13,216	-
Finance costs	3,497	5,296
Financial outsourcing and ICT	13,951	13,424
Bank interest	3,717	295
Depreciation – fixtures, fittings & equipment	1,318	4,310
	<u>250,879</u>	<u>260,429</u>
Expenditure on raising funds		
Marketing costs	6,074	4,247
Governance costs		
Independent Examiner's fee	1,000	1,000
Legal and professional fees	-	-
	<u>1,000</u>	<u>1,000</u>
TOTAL EXPENDITURE	378,932	398,561

NET INCOME / (EXPENDITURE)

	2022 £	2021 £
NET INCOME / (EXPENDITURE)	(55,662)	1,158

Accounts

National Migraine Centre

Report of the Trustees and Financial Statements
for the year ended 31 March 2021

Registered company no: 05846538 (England and Wales)
Registered charity no: 1115935

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GOVERNANCE, LEGAL & ADMINISTRATIVE DETAILS

Registered office and principal address

1st Floor, Citibase
Millbank Tower
21-24 Millbank
London SW1P 4QP

Registered company number

05846538 (England and Wales)

Registered charity number

1115935

Patron

Mr Francis Rossi OBE

Trustees

Mr Anthony Stratton (Chair)
Dr Bal Athwal
Mr Simon Kingsnorth
Mr Howard Morris **Resigned 10th November 2021**
Ms Ruth Robertson
Ms Sarah Standing **Resigned 4th January 2021**
Ms Penny Wilson

Independent examiner

Giles Thrush
Richardson Jones
Chartered Accountants

Bankers

CAF Bank Limited
25 Kings Hill Avenue
Kings Hill
West Malling
Kent ME19 4TA

Solicitors

Dentons
One Fleet Place
London EC4M 7WS

Accountant

AJC Accountancy
Unit 31 Bizspace
575-599 Maxted Road
Hemel Hempstead
Herts
HP2 7DX

TRUSTEES' REPORT

Introduction

The National Migraine Centre is the UK's only charity providing diagnosis and treatment for the one in seven people and up to one in ten children who suffer migraine. Over more than 40 years, our dedicated teams of world-class consultant neurologists and GP headache specialists have helped more than 63,000 people who are unable to access effective treatment through either the NHS or private clinics.

Over the past five years, demand for our services has grown by over 110%. Yet with limited funding, we have been unable to keep pace with this extraordinary growth in demand.

We receive no NHS funding; our work is largely funded by our patients. Since we provide consultations to all irrespective of their ability to pay, the income we receive from patients does not cover our costs and we must rely on support from those trusts, foundations and corporate partners who share our belief that all those affected by migraine deserve access to effective treatment.

Migraine: more than 'just a headache'

Headache affects almost everyone at some point, but around 14% of the population suffer migraine, a condition that can, at its worst, severely reduce quality of life and cause chronic, disabling pain. More people suffer migraine than those living asthma, diabetes and epilepsy combined.

Migraine accounts for 89% of headaches experienced worldwide and affects three times as many women as men. Around 2% of people with migraine require medical intervention. Without effective treatment, migraine can undermine mental health, relationships and employment.

Migraine is the most common neurological condition in the developed world. The World Health Organization ranks migraine as the second-highest cause of disability globally, following lower back pain.

Those affected by chronic symptoms (3% to 5% of people with migraine) endure severe and disabling symptoms on 15 or more days a month.

Migraine and work

Research undertaken by the National Migraine Centre suggests more than 50% of chronic migraine sufferers feel that their employers are not supportive of their condition. The research shows:

- 25% had to change careers because of their migraines and/or headaches
- 16% lost their job because of migraines and/or headaches
- 97% of respondents worked while in pain caused by headache
- 54% suffer financially due to their migraines
- Chronic sufferers lose 16.8 days of work per year due to headache-related conditions

The impact of migraine and headaches on work is often unseen, underestimated and misunderstood by employers and can be underplayed by those affected in order to hold on to their jobs. Access to effective treatment can minimise the impact on the individual and benefit employers by improving staff wellbeing and boosting productivity.

The cost of migraine to society

Migraine is responsible for 86 million equivalent workdays lost per annum (11.4 for each person with migraine) at a cost of just under £8.8 billion to the UK economy.

According to research undertaken by The Work Foundation:

- Migraine is the biggest cause of years lived with disability amongst those aged 15 to 49 – a time when people are often at their most productive, furthering their careers and starting families, leading to a major impact on career development and the wider economy
- 5.7 days are lost per person with migraine every year, equating to 43 million workdays at a cost of almost £4.4 billion
- An estimated additional £4.4 billion is lost to the economy each year due to reduced productivity as those with migraines continue working – many express concerns about the negative impact on their careers of taking extended or regular sick leave

In spite of its extraordinary cost to society, migraine is the least publicly funded of all neurological diseases relative to its economic impact.

Misunderstood, misdiagnosed, mistreated

Despite the prevalence of migraine and the cost to the individual and society, headache is rarely mentioned in NHS plans while most GPs will have five hours or less training on the condition. Consequently, the quality of care inevitably varies greatly across the UK.

According to The Work Foundation's research, GPs '...do not know enough about [migraine] and appear to have little interest in it given the wide range of competing medical conditions.'

These weaknesses in primary care result in unnecessary referrals to already overburdened secondary care, leading to extensive waiting lists and problems accessing services for those in greatest need.

Secondary care at NHS hospitals remains greatly under resourced to handle this scale of demand. Only 20% of NHS Trusts responding a freedom of information request by The Migraine Trust said they had a specialist headache clinic; the UK has just 1.1 full-time equivalent neurologists per 100,000 people (compared to more than four in France and Germany).

As a result of these inadequacies and capacity issues across both primary and secondary care in the NHS, there are over 16,500 emergency admissions for

headache every year – up 14% in five years. Most of these would be avoidable with the effective care.

These service gaps leave many people in great distress, and the National Migraine Centre their last resort.

A lifeline for people with headache

The National Migraine Centre was founded in 1980 to provide treatment to those affected by migraine and other primary headaches, to share skills and train professionals, to conduct and promote research, and to improve self-management.

Neither private nor within the NHS, we remain the only charity in the UK dedicated to delivering treatment for those affected by headache. Last year, we provided 1,916 consultations and treatments to people affected by migraine and primary headache.

Our charity brings together some of the world's most renowned headache clinicians, including leading consultant neurologists and GP headache specialists who support the charity in both governance and patient-facing roles.

National Migraine Centre clinicians are based around the UK, seeing patients affected by migraine and primary headache nationwide using videolink technology. For those requiring face-to-face treatments, such as Botox or nerve block injections, doctors offer in-person appointments locally at special procedure clinics.

We also help those affected by migraine by improving self-management, with a range of tools, including our Heads Up podcast and online guides, providing essential, evidence-based guidance and information.

The National Migraine Centre is inspected and regulated by the Care Quality Commission (CQC). The most recent CQC report on our work found our clinic to be safe, effective, caring, responsive and well-led. Patient surveys in the three quarters leading up to that report showed extremely high levels of satisfaction, with 99.2%, 99.3% and 100% of patients respectively likely or highly likely to recommend us.

All our medical staff are fully qualified doctors and consultant neurologists with a specialist interest in migraine and headache, registered with the UK's General Medical Council. Our doctors provide additional and overlapping expertise on various specialist areas such as women's health, mental health and ophthalmology.

Our clinicians devote one hour to each first appointment, giving every patient around 40 minutes with the doctor, far more time than they might receive in NHS or private settings, to discuss their individual case. Our doctors will then liaise with patients' GPs to ensure ongoing appropriate care, recommending medication and care plans.

Chair's statement

As Chair of the National Migraine Centre, it gives me great pleasure to present our Annual Report and Accounts for the year to 31 March 2021, a year which proved to be one of the most challenging in the charity's 40-year history.

The full impact of the Covid-19 pandemic was becoming apparent when we entered the year, as was the resulting need to change our operating model from the traditional face-to-face appointments to remote video consultations. This was executed with remarkable speed over the space of a few weeks thanks to the efforts of all the team. The new model has proved highly popular with patients due to the flexibility.

In addition, we exited the lease on the office building where the face-to-face clinics were held and relocated to a small, cost-effective serviced office for the administrative and management staff, with doctors working remotely.

Despite the above challenges and disruption, we were able to see more patients than the prior year, aided by increased doctor numbers.

Financially, we benefited from a number of generous donations, as detailed in the review below, and also took two loans - one from our existing bank and the other through HSBC using the Covid-19 Bounce Back Loan scheme.

There were several key staffing changes announced during the year, including our Chief Executive, David Bloomfield, retiring at the end of the year and being replaced by Dan Tickle. David led the charity through some difficult and challenging times during his four years and laid the foundations for our future growth. Dan is an experienced charity leader, with experience spanning 25 years in various health-based organisations.

Sarah Standing stepped down from the Board in January and two of our doctors, Dr Jessica Briscoe and Dr Richard Wood, also stepped back from front line consultations but continue to support the charity via mentoring and podcast work.

Having successfully negotiated a challenging 2020/21, we are confident the National Migraine Centre is well placed for the future.

.....
Anthony Stratton
Chair

Our Vision

To be a world class diagnosis and treatment centre, supporting the migraine headache community throughout the UK through the use of innovative ways to deliver care to patients and contribute to research into the condition.

Our Values

- Patient focused: we are compassionate and kind. We treat patients with dignity and respect and work in partnership with them.
- One team: we work together; we are open, transparent and supportive.
- Safety and quality: our goal is to deliver safe and high-quality evidence-based care.

Structure, Governance & Management

Organisational structure

Our governing body, the Board of Trustees (the board), is responsible for the overall governance and work of the charity. The trustees are volunteers and do not receive any remuneration for their services.

The board delegates operational management to the Chief Executive. The Chief Executive supports the board, assists the board in setting strategy and implements that strategy through the management of a small administrative team and a world class clinical team.

Objectives and activities

The National Migraine Centre was founded in 1980 as a registered medical charity by Dr Blau and Dr Wilkinson, both consultant neurologists with a special interest in migraine. The original governing document is a trust deed dated 23 May 1980, replaced in April 2012 by a set of Articles of Association.

The trustees confirm that they have referred to the Charity Commission's guidelines and that the National Migraine Centre's current aims and objectives are charitable and fall within our governing documents.

Our objects, set out in our Articles of Association, are to:

- Provide treatment to all sufferers from migraines and other headaches
- Share our knowledge through training, lecturing and publications
- Conduct, promote and publish research into the causes, treatment and alleviation of migraine and other headaches

During four decades as an independent medical charity, the National Migraine Centre has:

- Treated over 63,000 patients
- Gained a global reputation for clinical excellence, with high levels of patient satisfaction
- Developed treatments that have since become the recommended standard by the British Association for the Study of Headaches
- Delivered headache masterclasses for thousands of healthcare professionals, improving the quality of care across the NHS and beyond
- Distributed self-management information through the media and digital channels

Risk management

The Board recognises its responsibility in the identification, management and mitigation of risks and works closely with the executive team in this regard.

During the year, our mitigation planning was tested by the Covid-19 pandemic, but robust preparation enabled the charity to rapidly reorient its work to the delivery of remote services with limited disruption to patients.

NATIONAL MIGRAINE CENTRE

Report of the Trustees and Financial Statements for the year ended 31 March 2021

The Board continues to review risks on a regular basis, ensuring financial, compliance, reputational and other risks are considered and plans updated accordingly.

Reserves

The charity's income can fluctuate significantly and the trustees have adopted the policy of aiming to keep a general reserve equal to three months' running costs. Due to the financial issues faced during a uniquely challenging year, general reserves fell below this target, although recent action, particularly the recruitment of additional clinicians to significantly increase capacity, has been taken to address this.

Appointments and retirements of trustees

During the course of the year, Ms Sarah Standing stepped down from the Board. There were no new appointments.

Review of 2020/21

Covid-19 and telemedicine

2021/21 represented a year like no other for the National Migraine Centre. We began the financial year responding to the extraordinary challenge of the Covid-19 pandemic; its impact was to have far reaching consequences for the charity that will permanently re-shape our work.

For 40 years, the National Migraine Centre had operated face-to-face clinical services from a fixed location, providing consultations and procedures for tens of thousands of people affected by migraine. Yet as we entered the new financial year, it was already clear that we must review all aspects of our work in ways that would not merely enable us to survive the weeks ahead, but which would have longer term, transformational consequences.

In the final weeks of March and into April 2020, the team worked to reconfigure our charitable activities and secure our income with remarkable efficiency and speed. Consultations moved online, our clinicians pivoted to telemedicine and our administration staff put in place the IT, communications systems and procedures required to support this new model.

Thanks to the hard work and professionalism of our small administration team, the clinical work continued with barely an interruption, with staff, clinicians and patients all adapting quickly to this novel way of working. Backed by peer-reviewed evidence demonstrating telemedicine is an effective means of treating migraine, we recognised that the shift online, although forced upon us by events, had the potential to open up our services to many more potential beneficiaries. We began to move beyond the initial crisis planning into designing a more ambitious and far-reaching vision for our future.

Most patients expressed a preference for online consultations, which minimise the impact on their lives and employment, avoid long travel times and enable us to reach those with migraine right across the UK. And, as it soon became clear, telemedicine enables us to recruit GP headache specialists and consultant neurologists based far beyond the catchment area of our fixed clinic.

We ended the year with society planning for a gradual opening up as vaccinations began to reduce the impact of the pandemic – and with our clinicians preparing for a resumption of procedures such as Botox and nerve blocks, which inevitably involve personal contact. But our move to telemedicine for our standard consultations is now firmly embedded, having proven to be both clinically effective and financially sustainable.

Premises

Our clinical work and our administration team began the financial year working from a location in west London. With the move to telemedicine necessitated by the pandemic, we began to consider our future office needs and, recognising that our clinical work would largely continue to be delivered remotely, in August 2020 we

moved our registered office to a smaller, more cost-effective space, staffed only by our admin team. Clinicians continue to work remotely and we will not see patients at our new head office.

As we return to delivering hands-on procedures, we will hire space with Care Quality Commission inspected providers, such as local GP practices, enabling us to deliver our services around the UK in a way that is inexpensive, more convenient for patients and also allows us to attract clinicians nationwide.

Clinical capacity

Despite the impact of the Covid-19 pandemic and the disruption caused by changes to our business model, the number of appointments we offered actually increased in 2020/21, rising from 1,691 to 1,790. During the same period, the number of booking requests received each month increased by almost 30%.

Aside from the growth in demand generated by our marketing activity and the move to remote consultations, a relatively new class of preventative migraine medication, anti-CGRPs, remain inaccessible to most affected by migraine through the NHS. These new, and often remarkably effective, treatments have also generated an additional surge in demand.

Our clinicians pride themselves on taking the time to understand fully the case history of each patient in order to develop an effective and personalised treatment plan. To support this, each new patient is allocated 40 minutes with our doctors. This level of commitment to each individual is central to our approach, although inevitably acts as a limit on the number of patients each clinician can see in a session.

Clinicians, staff and trustees

This consistent increase in the number of individuals self-referring greatly outpaced the expansion of our clinical capacity. The move to remote consultations further exacerbated the growing waiting list and necessitated an expansion in our clinical team.

Recruitment began in the summer and led to the appointment of three additional GP headache specialists: Dr Natalie Nobar, Dr Clare Palmer and Dr Rachel Pidduck. As the year went on, two of our clinicians, Jessica Briscoe and Richard Wood, stepped back from clinical work, although continued to support the charity by leading professional training and providing content for our Heads Up podcast.

At board level, Sarah Standing stepped down in January 2021; the trustees wish to express our gratitude for her service and support.

Our administration team also saw a number of changes, including the appointment, for the first time, of a dedicated trusts fundraising officer, supported by a generous donation from the CHK Foundation.

However, the most significant change in our staff team during the year was the

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change in executive leadership as David Bloomfield, our Chief Executive of almost four years, announced in October his intention to step down. Under David's direction, the charity grew substantially, increasing the number of patients we are able to reach, significantly expanding awareness through social media and other marketing activity, securing new, sustainable income streams for the charity and overseeing the transformation of our business model. The Board owes a great debt of gratitude to David for his strategic vision and inspirational stewardship of the charity.

David's successor, Dan Tickle, a charity leader with an extensive track record in devising strategy, diversifying income and leading change across the voluntary and health sectors, joined the National Migraine Centre as our new Chief Executive in the final weeks of the year.

Finally, we are grateful for the volunteers who provide such vital support to the charity. Their contribution is invaluable.

Income arising from clinical work

The National Migraine Centre receives no government or NHS funding, relying on voluntary income from individuals and organisations to continue its important work.

The charity provides consultations to all those in need, regardless of ability to pay. Patients are invited to donate to the charity following their appointment, and 77% chose to do so last year.

We know from surveys that our patients greatly value the professionalism and expertise of our clinicians, which is reflected in their generosity.

Fundraising and grants

Although our move to remote consultations ultimately reduced overheads, the process of change carried significant costs. A fundraising appeal was launched in April to help offset this expenditure and our generous supporters raised £14,459, including Gift Aid. A further appeal in December raised an additional £7,729. We are grateful to all those who supported our appeals during the year.

We receive grants from trusts, companies and other organisations who share our belief that all those affected by migraine deserve access to effective treatment. For their support during 2020/21, we would particularly like to thank CHK Foundation, the Charities Aid Foundation, the University of Warwick and The Haberdashers' Charitable Foundations.

Other income

The charity sourced additional credit during the year, to protect against the financial impact of the pandemic. An HSBC Covid-19 Bounce Back Loan of £50,000 was secured alongside an additional loan of £45,000 from CAF Bank. In the event, income remained strong and the financing was unnecessary.

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Additional income was received via our partners at Ouch UK and Teva, which enabled us to reach a larger audience with our podcast content and to expand treatment for those affected by cluster headaches.

Pro bono support

We wish to express our thanks to those consultants, agencies and contractors who have supported the charity at no, or reduced, cost. In particular, we are grateful to Dentons law firm for ongoing legal advice.

Talks and webinars

At the National Migraine Centre, we recognise the impact that migraine has on working lives, partnering with employers and others to raise awareness and improve support. During the course of the year, David Bloomfield, our Chief Executive, undertook a number of remote talks, including to the Metropolitan Police and the Small Charities Coalition.

Our clinicians are among the UK's leading headache specialists and spoke at conferences, webinars, migraine support groups and other events, raising the profile of the charity and working to improve professional skills and patient outcomes within primary and secondary care settings. Dr Katy Munro and Dr Nazeli Manukyan led on this outreach work.

Dr Munro continued to serve on the British Association for the Study of Headaches council.

Media relations

We are grateful to all our clinicians who have supported media relations activity, helping raise the profile of our work and improve self-management during the year. We are especially grateful to Dr Katy Munro, who has led on this aspect of our work and enjoys a growing media profile. Her work during 2020/21 communicated to a mass audience the various effective treatments for migraine that are available, the importance of self-management techniques and the services offered by the National Migraine Centre.

Dr Munro's media work during the year is too extensive to list in full, but included articles in various national newspapers, television interviews and features on various podcasts and other digital media. Dr Jessica Briscoe also supported the charity in the media, including an interview for in Channel 4's How to Beat Pain television documentary.

Our media activity is often focused on Migraine Awareness Week each September. Last year, we focused on the theme of self-care and teamed up with influencers and corporate supporters, including Bio-Kult, to maximise exposure on social media. During the week, our Instagram engagement grew by over 3,000% and Twitter impressions exceeded 60,000 with over 200 mentions.

Podcast, website and social media

The charity's Heads Up podcast, which has a 4.9 out of 5.0 review score on Apple, continued to reach a growing audience, supporting our charitable goal of improving self-management of migraine. The extraordinary awareness generated by the podcast also resulted in a rapid increase in the number of appointment booking requests we received each week.

By the end of the financial year, the three series of the podcast had generated 71,344 downloads and plans for a fourth series were already underway. Heads Up ended the year shortlisted, alongside the BBC and the British Medical Journal, in the Podcast of the Year category at the annual Medical Journalists' Association awards.

Our other digital communications also expanded their reach. The charity's website ended the year with over 21,000 users per month, an increase of 56% over 12 months.

Finally, although expenditure on social media is very limited, our audience grew markedly. Over the course of the financial year, our number of followers on Facebook grew by 7%, on Twitter by 9% and on Instagram by 83%.
2021/22

Partnerships

The charity worked alongside partners Dulux, Teva and 11 London to create and promote a migraine-friendly colour palette, which was widely promoted.

The National Migraine Centre also began discussions with the University of Warwick on an exciting new partnership to develop an evidence-based self-diagnosis and self-management tool, to be hosted on a new website. The project will continue through 2021/22.

Future planning

Looking ahead into 2021/22 and beyond, the National Migraine Centre is developing ambitious plans to rapidly expand clinical capacity, meeting the challenges of a significant and sustained increase in demand for our services. With the move to online consultations, we anticipate higher levels of demand continuing beyond the Covid-19 pandemic and we will address this by recruiting and training leading clinicians across the UK.

We will also explore ways of diversifying our income and securing the funding we need to help as many people affected by migraine as possible. While grants from trusts and companies will be an increasingly important component, we will also review other income streams, including the funding we receive from our patients, to ensure that we are able to reach even more of those in greatest financial and clinical need while also expanding our capacity.

Statement of Trustees' Responsibilities

The trustees (who are also the directors of the National Migraine Centre for the purposes of company law) are responsible for preparing the Report of the Trustees and the Financial Statements in accordance with applicable law and United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting Practice).

Company law requires the trustees to prepare financial statements for each financial year, which give a true and fair view of the state of affairs of the charitable company and of the incoming resources and application of resources, including the income and expenditure, of the charitable company for that period. In preparing those financial statements, the trustees are required to

- select suitable accounting policies and then apply them consistently;
- observe the methods and principles in the Charity SORP;
- make judgements and estimates that are reasonable and prudent;
- prepare the financial statements on the going concern basis unless it is inappropriate to presume that the charitable company will continue in business.

The trustees are responsible for keeping proper accounting records, which disclose with reasonable accuracy at any time the financial position of the charitable company and to enable them to ensure that the financial statements comply with the Companies Act 2006. They are also responsible for safeguarding the assets of the charitable company and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

The trustees are responsible for the maintenance and integrity of the corporate and financial information included on the charitable company's website.

This report has been prepared in accordance with the special provisions of Part 15 of the Companies Act 2006 relating to small companies.

On behalf of the Board:

..... Trustee

..... Date

Anthony Stratton, Chair

INDEPENDENT EXAMINER'S REPORT TO THE TRUSTEES OF NATIONAL MIGRAINE CENTRE

I report on the accounts for the year ended 31 March 2021 set out on pages 18 to 28.

Respective responsibilities of trustees and examiner

The charity's trustees are responsible for the preparation of the accounts. The charity's trustees consider that an audit is not required for this year (under Section 144(2) of the Charities Act 2011 (the 2011 Act)) and that an independent examination is required.

Having satisfied myself that the charity is not subject to audit under company law and is eligible for independent examination, it is my responsibility to:

- examine the accounts under Section 145 of the 2011 Act;
- to follow the procedures laid down in the General Directions given by the Charity Commission under Section 145(5)(b) of the 2011 Act; and
- to state whether particular matters have come to my attention.

Basis of the independent examiner's report

My examination was carried out in accordance with the General Directions given by the Charity Commission. An examination includes a review of the accounting records kept by the charity and a comparison of the accounts presented with those records. It also includes consideration of any unusual items or disclosures in the accounts and seeking explanations from you as trustees concerning any such matters. The procedures undertaken do not provide all the evidence that would be required in an audit, and consequently no opinion is given as to whether the accounts present a 'true and fair view' and the report is limited to those matters set out in the statements below.

Independent examiner's statement

In connection with my examination, no matter has come to my attention:

1. which gives me reasonable cause to believe that, in any material respect, the requirements
 - to keep accounting records in accordance with Section 386 of the Companies Act 2006; and
 - to prepare accounts which accord with the accounting records, comply with the accounting requirements of Section 396 of the Companies Act 2006 and with the methods and principles of the Statement of Recommended Practice: Accounting and Reporting by Charities

have not been met; or

2. to which, in my opinion, attention should be drawn in order to enable a proper understanding of the accounts to be reached.

NATIONAL MIGRAINE CENTRE

Report of the Trustees and Financial Statements for the year ended 31 March 2021

.....
Giles Thrush
Richardson Jones
Independent Examiner
DATE

STATEMENT OF FINANCIAL ACTIVITIES
(Incorporating an income and expenditure account)
For the year ended 31 March 2021

	Notes	Unrestricted funds £	Restricted funds £	2021 Total funds £	2020 Total funds £
INCOME					
Donations and legacies					
Donations	2	198,154	-	198,154	165,844
Legacies		10,000		10,000	85
		208,154	-	208,154	165,929
Other trading activities					
Fundraising		47,284	-	47,284	16,444
Fees		71,284	-	71,284	123,893
	3	118,568	-	118,568	140,337
Income from investments	4	54	-	54	89
Income from charitable activities					
Grants		5,000	59,998	64,998	20,480
Contract income		7,650	-	7,650	8,760
	5	12,650	59,998	72,648	29,240
Other income	6	295	-	295	65,341
Total income		339,721	59,998	399,719	400,936
Less: Expenditure on raising funds					
Marketing costs		(4,247)	-	(4,247)	(5,461)
Net income available for charitable activities		335,474	59,998	395,472	395,475
Expenditure on charitable activities					
Research and medical costs		132,885	-	132,885	128,741
Operating costs		253,623	6,806	260,429	247,790
	7	386,508	6,806	393,314	376,531
Governance costs	8	1,000	-	1,000	1,000
Total expenditure		387,508	6,806	394,314	377,531
NET INCOME / EXPENDITURE		(52,034)	53,192	1,158	17,944
Transfers between funds	16	-	-	-	-
RECONCILIATION OF FUNDS					
Total funds brought forward		89,872	-	89,872	71,928
TOTAL FUNDS CARRIED FORWARD		37,838	53,192	91,030	89,872

NATIONAL MIGRAINE CENTRE

Report of the Trustees and Financial Statements for the year ended 31 March 2021

NATIONAL MIGRAINE CENTRE

Report of the Trustees and Financial Statements for the year ended 31 March 2021

BALANCE SHEET

At 31 March 2021

	Notes	Unrestricted funds £	Restricted funds £	2021 Total funds £	2020 Total funds £
FIXED ASSETS					
Tangible assets	13	1,442	-	1,442	4,242
CURRENT ASSETS					
Stocks		-	-	-	-
Debtors	14	24,932	-	24,932	40,162
Cash at bank		130,625	53,192	183,817	74,003
		155,557	53,192	208,749	114,165
CREDITORS					
Amounts falling due within one year	15	(24,163)	-	(24,163)	(28,534)
NET CURRENT ASSETS		131,394	53,192	184,586	85,631
TOTAL ASSETS LESS TOTAL LIABILITIES		132,836	53,192	186,028	89,872
CREDITORS					
Amounts falling due after one year					
Bank loans		(95,000)	-	(95,000)	-
NET ASSETS		37,836	53,192	91,028	89,872
FUNDS	16				
Unrestricted funds				37,836	89,872
Restricted funds				53,192	-
TOTAL FUNDS				91,028	89,872

The charitable company is entitled to exemption from audit under Section 477 of the Companies Act 2006 for the year ended 31 March 2021.

The members have not required the charitable company to obtain an audit of its financial statements for the year ended 31 March 2021 in accordance with Section 476 of the Companies Act 2006.

The directors / trustees acknowledge their responsibilities for:

- ensuring that the charitable company keeps accounting records that comply with Sections 386 and 387 of the Companies Act 2006, and
- preparing financial statements which give a true and fair view of the state of affairs of the charitable company at the end of each financial year and of its surplus or deficit for each financial year in accordance with the requirements of Sections 394 and 395 and which otherwise comply with the requirements of the Companies Act 2006 relating to financial statements, so far as

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Report of the Trustees and Financial Statements for the year ended 31 March 2021

applicable to the charitable company.

These financial statements have been prepared in accordance with the special provisions of Part 15 of the Companies Act 2006 relating to small charitable companies.

The financial statements were approved by the Board of Trustees and were signed on its behalf by:

..... Trustee

..... Date

Anthony Stratton, Chair

NOTES TO THE FINANCIAL STATEMENTS

For the year ended 31 March 2021

1. Accounting Policies

Basis of accounting

The financial statements have been prepared in accordance with the Charities SORP 2019 (FRS 102).

Accounting convention

These financial statements have been prepared under the historic cost convention and the accounting policies set out therein.

Incoming resources

All incoming resources are included on the Statement of Financial Activities when the charity is legally entitled to the income and the amount can be quantified with reasonable accuracy.

Resources expended

Expenditure is accounted for on an accruals basis and has been classified under headings that aggregate all cost related to the category. Where costs cannot be directly attributed to a particular heading, they have been allocated to activities on a basis consistent with the use of resources.

Direct charitable expenditure includes costs directly incurred in carrying out charitable objectives.

Governance costs are costs associated with the governance arrangements of the charity, which relate to the general running of the charity.

Tangible fixed assets

Depreciation is provided at the following annual rates in order to write off each asset over its estimated useful life. Items over £1,000 are capitalised.

- Fixtures and fittings: 33% on cost
- Computer equipment: 33% on cost
- Leasehold premises: over 5 years

Stocks

Stocks are valued at the lower of cost and net realisable value, after making allowances for obsolete and slow-moving items.

Taxation

The charity is exempt from corporation tax on its charitable activities.

Fund accounting

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Report of the Trustees and Financial Statements for the year ended 31 March 2021

Unrestricted funds can be used in accordance with the charitable objectives at the discretion of the trustees.

Restricted funds can only be used for particular restricted purposes within the objects of the charity. Restrictions arise when specified by the donor or when funds are raised for particular restricted purposes.

Further explanation of the nature and purpose of each fund is included in the notes to the financial statements.

Hire purchase and leasing commitments

Rentals paid under operating leases are charged to the statement of financial activities on a straight-line basis over the period of the lease.

Pension costs and other post-retirement benefits

Staff members are entitled to join one of two personal pension schemes. During the financial year 2021/21, any salaried medical professionals were entitled to join the NHS final salary scheme.

Government grants

Government grants are recognised on the accrual model. Under the accrual model, a grant relating to revenue shall be recognised as income on a systematic basis over the periods in which the entity recognises the related costs for which the grant is intended to compensate.

The charity received a £50,000 loan under the Coronavirus Bounce Back Loan (BBL Scheme) in January 2021. This is a 100% government backed loan with the first twelve months of interest being paid for by the UK government. In the year ended 31 March 2021, a total of £294.52 loan interest was paid for with government grants.

2. Donations and Legacies

	2021 £	2020 £
Donations – onsite	129,323	109,704
Donations – offsite	42,406	32,838
Gift Aid – tax recovered	26,425	23,302
Legacies (net)	10,000	85
	208,154	165,929

3. Other Trading Activities

	2021 £	2020 £
Fundraising	47,284	16,444
Fees	71,284	123,893
	118,568	140,337

Fees include:

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Report of the Trustees and Financial Statements for the year ended 31 March 2021

Private patients	9,114	48,872
Clinical procedures	59,946	69,801
Publications	2,224	2,674
	71,284	123,893

4. Income from Investments

	2021 £	2020 £
Deposit account interest	54	89

5. Income from Charitable Activities

	2021 £	2020 £
Grants	64,998	20,480
Contact income	7,650	8,760
	72,648	29,240

Grants received, included in the above:

Hospital Saturday	-	2,000
Reed Foundation (The Big Give)	-	1,750
PF Charitable Trust	-	5,000
Warwick Medical School (restricted)	9,998	-
CAF (restricted)	20,000	-
CHK Foundation (restricted)	30,000	-
Haberdashers'	5,000	-
Miscellaneous	-	30
GM Morrison Charitable Trust	-	1,700
Big Lottery Fund (restricted)	-	10,000
	64,998	20,480

Contract income, included in the above:

Teva	7,500	6,000
Outreach contracts	150	2,760
	7,650	8,760

6. Other Income

	2021 £	2020 £
Rental income	-	65,341
Government grant (BBL interest)	295	

7. Expenditure on Charitable Activities

	2021 £	2020 £
Research and medical costs	132,885	128,741
Operating costs	260,429	247,790

NATIONAL MIGRAINE CENTRE

Report of the Trustees and Financial Statements for the year ended 31 March 2021

	393,314	376,531
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8. Governance Costs

	2021 £	2020 £
Independent Examiner's fees	1,000	1,000
Legal and professional fees	-	-
	<u>1,000</u>	<u>1,000</u>

9. Net incoming / (outgoing) resources

Net resources are stated after charging / crediting:	2021 £	2020 £
Depreciation	4,310	6,685

10. Trustees' Remuneration and Benefits

There was no trustees' remuneration or other benefits for the year ended 31 March 2021, nor for the year ended 31 March 2020.

Trustees' expenses

There were no trustees' expenses paid for the year ended 31 March 2021, nor for the year ended 31 March 2020.

11. Staff Costs

	2021 £	2020 £
Wages and salaries	208,789	182,384
Employer's National Insurance	13,109	12,520
Employer's pension costs	9,215	3,049
	<u>231,113</u>	<u>197,953</u>

There were no employees who received total employee benefits of more than £60,000.

The average monthly number of employees during the year was as follows:

	2021 No.	2020 No.
Direct charitable	9	7

12. Pension Costs

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Report of the Trustees and Financial Statements for the year ended 31 March 2021

Staff members are entitled to join one of two personal pension schemes. During the financial year 2021/21, any salaried medical professionals were entitled to join the NHS final salary scheme.

During the year ended 31 March 2021, the company's total contributions amounted to £9,215 (2020: £3,049).

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Report of the Trustees and Financial Statements for the year ended 31 March 2021

13. Tangible Fixed Assets

	Improvement leasehold premises	Hardware and software	Fixtures, fittings & equipment	TOTALS
	£	£	£	£
COST				
At 1 April 2020	-	-	19,740	19,740
Additions	-	-	1,512	1,512
Disposals	-	-	-	-
At 31 March 2021	-	-	21,252	21,252
DEPRECIATION				
At 1 April 2020	-	-	15,498	15,498
Charge for the year	-	-	4,312	4,312
Disposals	-	-	-	-
At 31 March 2021	-	-	19,810	19,810
NET BOOK VALUE				
At 31 March 2021	-	-	1,442	1,442
NET BOOK VALUE				
At 31 March 2020	-	-	4,241	4,241

14. Debtors: Amounts Falling Due Within One Year

	2021	2020
	£	£
Prepayments	5,044	4,413
Other debtors	19,888	35,749
	24,932	40,162

15. Creditors: Amounts Falling Due Within One Year

	2021	2020
	£	£
Creditors and accruals	18,181	19,681
Social security and taxes	5,982	8,853
	24,163	28,534

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16. Movement in Funds

	At 1 April 2020 £	Net movement in funds £	Transfers between funds £	At 31 March 2021 £
Unrestricted funds				
General funds	89,872	(52,034)	-	37,838
Restricted funds				
Restricted funds	-	53,192	-	53,192
TOTAL FUNDS	89,872	1,158	-	91,030

Net movement in funds, included in the above:

	Incoming resources £	Resources expended £	Movement in funds £
Unrestricted funds			
General funds	335,179	(387,213)	(52,034)
Restricted funds			
Restricted funds	59,998	(6,806)	53,192
TOTAL FUNDS	395,177	349,019	1,158

17. Related Party Disclosures

There were no related party transactions in the reporting period that require disclosure.

NATIONAL MIGRAINE CENTRE

Report of the Trustees and Financial Statements for the year ended 31 March 2021

INCOME

	2021 £	2020 £
Donations and legacies		
Donations – onsite	129,323	109,704
Donations – offsite	42,406	32,838
Gift Aid donations	26,425	23,302
Legacies	10,000	85
	208,154	165,929
Other trading activities		
Fundraising	47,284	16,444
Fees	71,284	123,893
	118,568	140,337
Investment income		
Deposit account interest	54	89
Charitable activities		
Grants	64,998	20,480
Contract income	7,650	8,760
	72,648	29,240
Other income	295	65,341
TOTAL INCOME	399,719	400,936

NATIONAL MIGRAINE CENTRE

Report of the Trustees and Financial Statements for the year ended 31 March 2021

EXPENDITURE

	2021 £	2020 £
Research and medical costs		
Salaries	132,136	97,713
Other research and medical costs	749	31,028
	<u>132,885</u>	<u>128,741</u>
Operating costs		
Salaries and staff costs	165,353	132,723
Repairs and renewals	2,716	1,403
Maintenance of equipment	-	-
Rent	36,057	41,568
Rates	6,225	17,266
Telephone and internet costs	8,391	8,801
Light and heat	2,530	5,639
Insurance	1,499	2,358
Incidental office costs (including relocation)	10,533	6,286
Subscriptions	2,940	2,005
Cleaning	861	6,796
Legal	-	-
Finance costs (including Venturesome royalty)	5,296	3,685
Financial outsourcing and ICT	13,424	13,294
Bank interest	295	
Depreciation – fixtures, fittings & equipment	4,310	6,685
	<u>260,429</u>	<u>247,790</u>
Expenditure on raising funds		
Marketing costs	4,247	5,461
Governance costs		
Independent Examiner's fee	1,000	1,000
Legal and professional fees	-	-
	<u>1,000</u>	<u>1,000</u>
TOTAL EXPENDITURE	398,561	382,991

NET INCOME / (EXPENDITURE)

	2021 £	2020 £
NET INCOME / (EXPENDITURE)	1,158	17,944