**Migraine Awareness Week 2023 – write to your representative**

**How you can use this letter**

With one in seven people in the UK living with migraine, your local representative (MP in Westminster, MSP for Scotland, AM for Wales, and MLA for Northern Ireland) will have many constituents whose lives are severely impacted by migraine and who are struggling to navigate the healthcare system. It is important that they are made aware of the issues in migraine healthcare in the UK, and what needs to improve. It is also crucial that they know how they can help remedy them.

As their constituent and potential voter, you are in an important position to inform them of these issues, and to ask for their help and to make them aware of Migraine Awareness Week (Sunday 24th-Saturday 30th September 2023) and the work of The Migraine Trust. Here is a template letter that you can use to do just that.

**How to contact them**

You can find out who your MP, MSP, AM or MLA is, and all their contact details below:

* For MPs: [findyourmp.parliament.uk](https://members.parliament.uk/members/commons)
* For MSPs (Scotland): [parliament.scot/msps.aspx](https://www.parliament.scot/msps)
* For AMs (Wales): [assembly.wales/en/memhome/Pages/memhome.aspx](https://senedd.wales/en/memhome/Pages/memhome.aspx)
* For MLAs (Northern Ireland): [niassembly.gov.uk/your-mlas/](https://aims.niassembly.gov.uk/mlas/contacts.aspx)

If you do write, thank you. We’d like to know if they respond as we may be able to follow up with them. You can email us at [campaigns@migrainetrust.org](mailto:campaigns@migrainetrust.org) or post a copy to us at The Migraine Trust, 7-14 Great Dover Street, London, SE1 4YR.

**Subject Line: Support Migraine Awareness Week, 24-30 September**

Dear [MP Name],

As one of your constituents in [constituency name], I am writing to you because [I live/someone I know lives] with migraine and I wanted to make you aware of the problems in migraine healthcare that [I/they] and millions of people across the UK are experiencing, and to ask for your support this Migraine Awareness Week (September 24th - 30th).

[Short description of your story here, if you feel comfortable]

Migraine is a long-term brain disorder where people experience migraine attacks which are a painful and often disabling whole-body experience. The condition has a severely debilitating impact on the daily lives, mental health and ability to work of many of the 10 million people affected by the condition in the UK. One in 7 UK adults, and so a great many of your constituents, live with the condition but are not getting the support and care they need.

This is why The Migraine Trust, the UK’s leading migraine charity,  are publishing a new report for Migraine Awareness Week, **‘Heading in the wrong direction’**, which will highlight inconsistencies and shortcomings in migraine care, particularly problems many people face accessing appropriate diagnoses and treatments. It addresses the stigma of migraine being dismissed as ‘just a headache’ and the consequences of the lengthy waiting times to access support.

I support the charity’s calls for a national drive to improve migraine care. As part of this, the report recommends implementing optimal pathways in all nations of the UK, increasing the availability of specialists and medications, rolling out more training for GPs, and strengthening the role of pharmacies. Further, we are also calling for greater awareness and more resources about the condition.

We would appreciate your support in raising awareness of migraine and the recommendations in this report. Here are some suggested tweets from The Migraine Trust that you can use:

This #MigraineAwarenessWeek, I’m standing with the 1 in 7 people who live with migraine. New work by the @MigraineTrust shows the need to improve the treatment and understanding of migraine, because people living with migraine deserve better.

https://migrainetrust.org/migraine-awareness-week

This #MigraineAwarenessWeek, I am pleased to support the @MigraineTrust’s call for improved access to diagnoses and treatments for the 10 million people in the UK who are impacted by this devastating condition. People with migraine deserve better.

https://migrainetrust.org/migraine-awareness-week

[**Download graphics here**](https://drive.google.com/drive/folders/1uxiJd_qehkYHuVENVr92OPiJUcIm9Lg2)

I support The Migraine Trust’s campaign, and ask that, on behalf of the thousands of your constituents and millions of others across the UK affected by migraine, that you do too.

In your response, I would appreciate it if you could outline the ways you intend to address this issue on my behalf. This might include support on social media, such as sharing the suggested tweets, speaking up about the impact of migraine, tabling a question to a relevant minister about plans for migraine care or reaching out to our local NHS leadership team to discuss their plans for migraine care.

Please do keep me informed of any progress made. I look forward to hearing from you.

Yours sincerely,

[Your name]