



BRITISH ASSOCIATION FOR THE  
STUDY OF HEADACHE

# Getting to Grips with HEADACHE

Winslade Manor, Exeter

March 12<sup>th</sup> 2026

*Empowering patients; supporting care in the community; optimising access to specialist services*

## Registration

08:30 – 08:50

## Welcome, Introductions and Housekeeping

08:50 - 09:00

## 1: Diagnosis - Headache is a Symptom

09:00 - 10:00

- i) How to Survive the 10-min Headache Consultation
- ii) How to Survive the Chronic Migraine Consultation
- iii) Cluster Headache Update

Dr David Kernick, GPwER (Exeter)

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Dr Peter Miller, Specialty Doctor (Exeter)

## 2: Improving Headache Care in the Community

10:00 - 11:00

- i) Optimising Migraine Management

Dr Kathryn Medcalf, Specialty Doctor (Torbay)

- ii) Working together for better headache care

Mr Danny Ros, Clinical Pharmacist (Torbay)

## COFFEE BREAK

11:00 - 11:30

## 3: Advanced Headache Care

11:30 - 13:00

- i) Injectable treatments for migraine
- ii) Neuromodulation
- iii) CSF pressure-related headaches

Dr Mike Long, GPwER (Guernsey)

Mr Owain Davies, Consultant Neurosurgeon (Plymouth)

Dr Stuart Weatherby, Consultant Neurologist, (Plymouth)

## LUNCH

13:00 - 14:00

## 4: Headache in particular populations

14:00 – 15:30

- i) Migraine in children

Dr Katy Munro, GPwER (National Migraine Centre)

- ii) Migraine in women

Dr Rebecca Walker GPwER, (Exeter, NMC)

- iii) Headache in pregnancy

Dr Ben Wakerley, Consultant Neurologist (Birmingham)

- iv) Headache, hypermobility, and related conditions

Dr Cyriac Athappilly, GPwER (NMC)

## TEA

15:30 – 15:50

## 5: Broadening the Perspective: thinking Holistically

15:50 – 17:00

- i) Chair's introduction - what do we mean by holistic?

Dr David Kernick, GPwER (Exeter)

- ii) Acupuncture & Alternatives

Dr Peter Miller, Specialty Doctor in Neurology (Exeter)

- iii) Sleep

Dr Rebecca Walker, GPwER (NMC)

- iv) Exercise

Dr Kathryn Medcalf, Specialty Doctor (Torbay)

- v) Diet & Supplements

Dr Katy Munro, GPwER (NMC)

- iv) Adverse Childhood Experiences

Dr David Kernick, GPwER (Exeter)

'They \*uck you up your mum and Dad' Philip Larkin

## Closing remarks, thanks & feedback

17:00