



Getting to Grips with HEADACHE

Winslade Manor, Exeter
March 12th 2026

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

Welcome, Introductions and Housekeeping

1: Diagnosis - Headache is a Symptom

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

2: Improving Headache Care in the Community

- i) Optimising Migraine Management
- ii) Working together for better headache care

COFFEE BREAK

3: Advanced Headache Care

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

LUNCH

4: Headache in particular populations

- i) Migraine in children
- ii) Migraine in women
- iii) Headache in pregnancy
- iv) Headache, hypermobility, and related conditions

TEA

5: Broadening the Perspective: thinking Holistically

- i) Chair's introduction - what do we mean by holistic?
- ii) Acupuncture & Alternatives
- iii) Sleep
- iv) Exercise
- v) Diet & Supplements
- iv) Adverse Childhood Experiences

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

Closing remarks, thanks & feedback

08:50 – 09:00

09:00 – 10:00

Dr David Kernick, GPwER (Exeter)
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Dr Peter Miller, Specialty Doctor (Exeter)

10:00 – 11:00

Dr Kathryn Medcalf, Specialty Doctor (Torbay)
Mr Danny Ros, Clinical Pharmacist (Torbay)

11:00 – 11:30

11:30 – 13:00

Dr Mike Long, GPwER (Guernsey)
Mr Owain Davies, Consultant Neurosurgeon (Plymouth)
Dr Stuart Weatherby, Consultant Neurologist, (Plymouth)

13:00 – 14:00

14:00 – 15:30

Dr Katy Munro, GPwER (National Migraine Centre)
Dr Rebecca Walker GPwER, (Exeter, NMC)
Dr Ben Wakerley, Consultant Neurologist (Birmingham)
Dr Cyriac Athappilly, GPwER (NMC)

15:30 – 15:50

15:50 – 17:00

Dr David Kernick, GPwER (Exeter)
Dr Peter Miller, Specialty Doctor in Neurology (Exeter)
Dr Rebecca Walker, GPwER (NMC)
Dr Kathryn Medcalf, Specialty Doctor (Torbay)
Dr Katy Munro, GPwER (NMC)
Dr David Kernick, GPwER (Exeter)

17:00

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This event is intended for Healthcare Professionals only.

