



BRITISH ASSOCIATION FOR THE
STUDY OF HEADACHE

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BASH Newsletter

Issue 3 (January 2026)

Hello ,

The BASH Council is pleased to welcome in the new year with the third edition of the BASH Newsletter. Towards the end of 2025, BASH Council elections were held, and **the current Council members are listed below** for your information. Under the expert leadership of Chair Professor Alexandra Sinclair and Vice-Chair Dr David Watson, we anticipate a busy and productive 2026.

The Council has already met to plan the next phase of activity and is developing several exciting initiatives, all with the aim of improving access to care, supporting collaborative working, and updating clinical frameworks. Progress on these initiatives will be shared in future newsletters.

We are also planning the next cycle of educational events, which will be highlighted in both this and forthcoming newsletter communications. These events provide an excellent opportunity to update and refresh knowledge in headache medicine, as well as to network with key opinion leaders in the field. We hope to connect

with many of you throughout the year and look forward to staying in touch.

The BASH Council

January 2026

Calling All Neurology Registrars With an Interest in Headache!



BASH is pleased to announce we now have a BASH neurology trainee representative on council, Dr Sola Akintade.

Dr Akintade is keen to develop a neurology trainee network within BASH. If you would like to join this, please get in touch by email at info@bash.org.uk. We would be delighted to hear from you.

Dates for your diary...

12th March 2026 | 9am - 5pm | Exeter
Getting to Grips with Headache

We are delighted to welcome local and national experts, including Dr David Kernick & Dr Katy Munro, to this South West Regional multidisciplinary meeting . We will be exploring diagnosis, advances in migraine medicine, practical tips for management and collaborative care.

ADMISSION FEES

GPs & Consultants - £55

Trainees - £25

Allied HCPs - £25

BASH members - FREE

The full agenda and further information will soon be available to view on our website.



Upcoming BASH Events

Recent News & Updates

Headache Disorders: A One-Day Masterclass



On the 9th October 2025, BASH held a regional course at the Saïd Business School in Oxford to bring healthcare professionals

up to date with the exciting advances in headache medicine.

A diversity of professions were represented, including pharmacists, specialist nurses, GPs and neurologists. The course received excellent feedback and was oversubscribed, indicating a clear demand and need for headache medicine education.

"We had excellent speakers & an engaged audience. As I told the guests, in the war against chronic pain, you need friends!"

~ *Alex Mathy* | *BASH Course Host*

A Proud Moment for the BASH Community

BASH member Dr Phil Holland has been voted in as President Elect of the European Headache Federation.

Dr Holland is a world-leading neuroscientist in the field of headache at Kings College London, and this accolade is truly deserved. We wish him the very best.

How AI Can Help With Headache Education

GPwER study days hosted by Dr Phil Holland at King's College London offer an excellent opportunity to catch up with colleagues, share learning & explore new ideas in headache care.

A session led by Dr Marcus Lewis on **Artificial Intelligence** led to the development of *Target Migraine*, a simple mnemonic to help headache doctors remember the key educational domains needed to confidently prescribe targeted therapies for migraine, including CGRP monoclonal antibodies, gepants, and neuromodulation:

TARGET MIGRAINE

T – Therapeutic Landscape: Overview of available targeted therapies (CGRP mAbs, gepants, neuromodulation)

A – Assessment & Diagnosis: Accurate migraine phenotyping, aura recognition, and differential diagnosis

R – Red Flags: Identifying secondary headache causes and when to refer

G – Guidelines & Eligibility: NICE/BASH/SIGN criteria for prescribing targeted therapies

E – Efficacy & Evidence: Clinical trial data, real-world effectiveness, and patient selection

T – Treatment Algorithms: Stepwise approach to acute and preventive therapy

M – Monitoring & Follow-up: Tracking response, side effects, and treatment adherence

I – Interactions & Contraindications: Drug interactions, comorbidities, and special populations (e.g., pregnancy)

G – Genetics & Biomarkers: Emerging tools for personalised migraine therapy

R – Refractory Migraine: Strategies for treatment-resistant cases

A – Access & Advocacy: Navigating NHS pathways, funding, and patient support

I – Innovations: Next-gen therapies, digital tools, and AI in headache care

N – Neuromodulation: Non-invasive and invasive options, indications, and outcomes

E – Education & Empowerment: Patient education, self-management, and shared decision-making

The BASH Council



Thank you to everyone who took the time to vote in the council elections. Recent appointees to BASH council include Dr Salwa Kamourieh (*Education Officer*), Dr Rachel Kilner (*Honorary Advisor*), and Dr Sola Akintade (*Trainee Representative*).

The BASH council would like to thank Dr Brendan Davies, who stepped down as Chair to Past Chair, for all his hard work. Mrs Susie Lagatra and Dr Rebecca Walker have taken over the Secretary Role, and we look forward to hearing from them over this 3 year term. The Council recently met on the 16th January 2026 to plan the next phase of activity, and we share a photograph of the council members after a hard day's work!

Voting Group

Chair - Professor Alex Sinclair

Vice Chair - Dr David Watson

Past Chair - Dr Brendan Davies

Secretary - Mrs Susie Legrata and Dr Rebecca Walker

Education Officer - Dr Salwa Kamourieh

Scientific Officer - Dr Gina Kennedy

Treasurer - Dr Diana Wei

Honorary Advisors

Professor Fayyaz Ahmed

Dr Krishna Dani

Dr Mona Ghadri-Sani

Ms Bethany Hill

Mrs Elizabeth Huzzey

Dr Rachel Kilner

Mr Rob Music

Dr Nicholas Silver

Ms Sonya Thompson

Professor Joanna Zakrewska

Dr Sola Akintade (BASH Trainee Representative)

[Explore the BASH Website](#)

Become a BASH Member Today!

Whether you are beginning your journey, building your career, or you're already established at the highest level, you can become part of an organisation with a **strong voice for improving patient care**. Our membership

gives you access to exclusive education & a professional network dedicated to improving headache care.

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