



BRITISH ASSOCIATION FOR THE
STUDY OF HEADACHE

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The Latest News in Headache Care from BASH

Hello ,

We are delighted to bring you the latest edition of the BASH Newsletter, created to keep our community informed and connected. Each quarter we will share updates from within the charity, highlight upcoming events, and bring you the latest developments in the world of headache care.

Upskilling Pharmacy Teams To Make Migraine Care Routine Practice.

BASH council members Katy, Bethany and Callum were delighted to take part in an advisory group discussion hosted by The Pharmaceutical Journal.



At this roundtable, attendees agreed that pharmacy teams can, and want, to provide enhanced support for patients with migraine, an area where inequalities of care have been identified. We are so pleased to see collaboration across professions working towards better outcomes for people living with headache and migraine.

The BASH Membership

Build expertise. Share knowledge.
Make an impact.



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**. The **BASH Membership** gives you access to exclusive education and a professional network dedicated to improving headache care.

Why you should join us:

- Stay informed with the latest clinical insights and research.
- Access bursaries and educational opportunities to further support your career.
- Connect with leading professionals and gain Inspiration from people who are passionate about their specialist area.

Memberships start from £50 per year!

[Join BASH](#)

Dates for your diary...

2nd - 3rd October 2025

North West Headache Training Event

Discover the latest advances in headache medicine at this two day course at The Walton Centre in Liverpool. The programme covers migraine, cluster headache, hormonal influences and emergency care. It also includes case discussions, breakout sessions and practical demonstrations.

Sid Watkins Building, The Walton Centre, Lower Lane. L9 7LJ

9th October 2025

Managing Headache Disorders - A One Day Masterclass

Designed for GPs, trainees, specialist nurses, neurologists and other specialists, this one day course taught by leading practitioners and researchers will bring you up to date with the management of headache disorders.

Please note, this course is accredited for CPD points.

North West Headache Training
Event Registration Form



Register Your Interest

TICKETS FOR THIS EVENT
ARE NOW SOLD OUT!



Headache News & Updates



Royal Recognition for a Lifetime of Service in Headache Care

We are delighted to share that Professor Fayyaz Ahmed, an Honorary Advisor here at BASH, was recently invited to attend this year's Royal Garden Party at Buckingham Palace in recognition of his public service!

"I was utterly astonished and wondered what I had I done to deserve such an honour from the King," ~ *Professor Fayyaz Ahmed*

As a consultant neurologist at Hull Royal Infirmary, Professor Ahmed has devoted his career to improving care, understanding, and research for headache and migraine.

Meet The BASH Team

For this edition of the newsletter, we interviewed Dr Katy Munro, who is coming to the end of her tenure as BASH secretary. We learned about what has inspired her in her career as a headache doctor and energetic BASH secretary.

How did you become a headache doctor, and what tips would you give to aspiring headache physicians?

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I became interested in headache and migraine when I developed recurring, severe headaches in my mid-forties. I was a busy NHS GP at the time, rarely got lunch, was bringing up 3 kids, many late nights, and of course, in retrospect, the perimenopause was beginning. It took me a while to realise that I had migraine. I sought help from my GP, NHS neurology and finally the National Migraine Centre (NMC) charity. This was such a helpful experience that I went on a couple of the NMC study days and was inspired by the speakers (one was Prof Anne MacGregor!). In the next few years I became the headache doctor in the practice until I left the NHS in 2013. I joined the National Migraine Centre team in 2014 and absolutely love the role, the team and the experience of being part of the 'headache world'.

As outgoing BASH secretary, you have worked extremely hard to facilitate the evolution of BASH as an organisation. What was the highlight of being BASH secretary?

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Being BASH Secretary has been a busy, and sometimes challenging, role but I have learned many new skills and had the chance to see BASH develop and grow as an organisation. I feel very passionately that we all, but especially BASH as a stakeholder organisation, need to advocate loudly for our patients with migraine, Cluster headache and other headache conditions. They are too easily dismissed or misunderstood and the need for education at all levels of society about the impact of headache conditions is huge. It has been a privilege to meet with so many healthcare professionals who share my passion about this.

What do you see as the benefits of being a BASH member in 2025 and onwards?

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Membership of BASH offers a way to connect with like minded healthcare professionals who are caring for people with headache conditions, to keep up to date with the exciting new developments which seem to be coming thick and fast recently at the regular BASH events, and to have the chance to influence BASH policy and lobby for better care for our patients. Members are also able to read our blogs, and are eligible to apply to join BASH Council as an Honorary Advisor or Officer.

How do you see BASH evolving in the future? How can current members contribute to this?

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I feel strongly that BASH has a vital role in raising awareness of the impact on lives of the various headache conditions we see. We know the impact rolls out on to family, friends, work colleagues and also the economy as a whole. I am very keen that we improve headache care for our children and adolescent patients who are often not diagnosed or poorly managed. The many co-morbidities which occur with migraine also makes it very important that we raise awareness with the many other disciplines who may see people in their clinics - ENT, gynaecology, rheumatology, psychiatry to name a few. I'd encourage members to network with colleagues from other healthcare disciplines. BASH needs to work to educate about headache conditions widely - from patients to pharmacists to HCPs to employers to politicians and beyond.

"I have greatly enjoyed my role as BASH Secretary and will be watching from the sidelines in future to see where BASH develops next."

Dr Katy Munro

Now we have a question for you...

What are some of the biggest challenges you face in your field, and how do you approach them?

If you're a member of BASH, please do 'reply' to this email and let us know your answer!

The Vicky Quarshie Bursary

Vicky Quarshie was a passionate Headache Specialist Nurse who inspired colleagues and improved the lives of many patients. To honour her legacy, **BASH awards annual bursaries of £250** to support the learning and development of Headache Specialist Nurses.

[Check Your Eligibility and Apply Online](#)



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