

**Migraine Association of Ireland (MAI)
Strategic Plan
2017-2021**



Vision Statement

Our vision is that the needs of people affected by migraine and other headache disorders will be fully met and understood.

Mission Statement

The Migraine Association of Ireland's mission is to assist, support and represent people living with migraine and other headache disorders, while raising awareness of the nature of the conditions.

Organisational Ethos

The Migraine Association of Ireland believes that:

- People with migraine and other headache disorders have a right to:
 - have their condition recognised
 - have access to credible, accurate and reliable information
- People with the condition are important to, and are encouraged to be involved in, the work of the Association.
- People with migraine and other headache disorders have a right to have their healthcare needs met, including access to appropriate assessment, support and treatment at the earliest possible point.
- Empowering people with migraine and other headache disorders to develop their knowledge and self-management skills and take control of their own care is the best way to improve the quality of their lives.

Key Objectives

1

To provide quality information and support to people affected by migraine and other headache disorders while encouraging appropriate management of the condition.

The Migraine Association of Ireland will continue to provide, expand and develop specific services including:

- Our Information and Support Line 1850 200 378 and Nurse Advice Line
- The Brainstorm Newsletter, E-Zines to the general public and health professionals
- Our Award-Winning Website
- The production and distribution of Information Leaflets on a wide range of migraine topics
- Seminars, Self Help Groups and Information Stands across the country
- The promotion of migraine and other headache disorders issues in the media

2

To raise public and professional awareness of the true nature of migraine as a neurological condition and a public health concern with significant social and economic impacts.

Through our ongoing Awareness Campaigns in national and local media the Migraine Association of Ireland undertakes to highlight that:

- Severe migraine attacks are classified by the World Health Organisation as among the most disabling diseases which have a major impact on the social and working life of those affected.
- Migraine is a neurological disorder and is now the 6th most disabling disease overall and the 4th amongst women in the most recent global disease burden study. *1990–2016: a systematic analysis for the Global Burden of Disease Study 2016*
- An estimated 600,000 people in Ireland live with migraine, over 30,000 of these suffer on 15 days or more per month.

3 To promote the development of new and existing services for people with migraine and represent their views, needs and concerns to key policy-and opinion leaders.

MAI is committed to:

- Working in partnership with the HSE to implement the Headache Pathway in the Clinical Care Programme for Neurology to ensure that people with migraine and other headache disorders have equitable and appropriate access to services.
- Promoting awareness of chronic migraine as a severe disability and for this to be recognised in the workplace.
- Seeking access for people with migraine and other headache disorders to new and emerging treatments at reasonable costs.

4 To ensure MAI continues to be a national organisation that is resourced, relevant, accountable and dedicated to providing support, information and understanding to people affected by migraine and other headache disorders.

MAI will continue to work to:

- Ensure MAI is well resourced with competent personnel (directors, staff, volunteers) who are committed to the vision, mission, ethos and work of the Association.
- Increase the number of people who contribute to the work of MAI by promoting 'Supporters of MAI' as a way of maximising volunteer involvement.
- Liaise with and play an active role with organisations with similar goals and interests particularly the Neurological Alliance of Ireland, Disability Federation of Ireland, The Wheel and IPPOSI.
- Ensure that best governance structures and procedures are in place in all areas of the organisation and that MAI both commits and conforms to the Governance Code.

5

To encourage research, particularly into the impact and quality of life issues for people with migraine and other headache disorders.

MAI will meet its research objectives by:

- Continuing to engage with universities in Ireland to encourage this research.
- Engaging with global scientific and professional bodies and industry to ensure that Ireland is included in international research projects wherever possible.
- Encouraging people with migraine and other headache disorders in Ireland to take part in research.

The Migraine Association of Ireland

Founded in 1994, The Migraine Association of Ireland is a registered charity and established as a company limited by guarantee. From small beginnings it has grown to become a professionally run organisation now recognised as one of Europe's leading Headache Patient Associations.

The Association provides support, advice and reassurance on a range of migraine issues while promoting awareness on these issues to migraineurs, health professionals and the general public.

MIGRAINE ASSOCIATION OF IRELAND



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