

# Community Migraine Advice Clinic

**This leaflet explains more about the Community Migraine Advice Clinic.**

**If you have any further questions, please speak to a doctor or nurse caring for you.**

## What is the Community Migraine Advice Clinic?

This advice clinic helps to reduce the impact of migraines through education and advice on triggers and treatments for migraine. It is run by the Headache Practitioner as part of the Headache service at St George's Hospital.

You will be invited to a group session that lasts for two to three hours with the option of booking an individual appointment up to four weeks after that if you still have questions about how to manage your headaches. During the group session we will talk about:

- what is migraine?
- what are the different types of migraine and who gets them?
- migraine triggers
- migraine treatments and when to take them
- Medication Overuse Headache
- over the counter medicine for migraine
- healthy lifestyle approach to migraine
- talking therapies for migraine
- complementary therapies for migraine
- headache diaries
- migraine and hormones.

Patients who have attended have found it very helpful in answering their questions and understanding how to live better with migraine.

## Who can attend / receive the service?

Anyone can attend who has been told they have migraine by their GP and has less than 15 days of headache each month.

If you have more frequent headaches than this, please let your doctor know so they can arrange further treatment for you.

You will need a referral from your doctor to the Community Migraine Advice Clinic which gives us some medical information about you.

## Can I bring anyone with me?

You are welcome to bring a friend or a relative who knows about your migraine. It can be helpful for you if they understand more about your migraine so they can support you in what you have learnt. You do not have to bring anyone if that is better for you.

## Where do I need to go?

An afternoon group is held in Battersea, near Clapham Junction.  
The address is: first floor, St John's Therapy Centre, St John's Hill, SW11 1SW.  
Please ask at the first floor reception.

An evening group is held in the Neurology Department at St George's Hospital SW17 0QT.

## Does it cost anything?

No, the clinic is free.

## Useful sources of information about migraine

Migraine Trust  
[www.migrainetrust.org](http://www.migrainetrust.org)

## Contact us

If you have any questions about the Community Migraine Advice Clinic please contact the Headache Service on 020 8725 4630 (Monday to Friday, 9am-5pm).

Please contact our bookings team on 020 8725 4321 to make or to change an appointment.

**For more information leaflets on conditions, procedures, treatments and services offered at our hospitals, please visit [www.stgeorges.nhs.uk](http://www.stgeorges.nhs.uk)**

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## Additional services

### Patient Advice and Liaison Service (PALS)

PALS can offer you on-the-spot advice and information when you have comments or concerns about our services or the care you have received. You can visit the PALS office between 9am and 5pm, Monday to Friday in the main corridor between Grosvenor and Lanesborough Wing (near the lift foyer).

**Tel:** 020 8725 2453 **Email:** [pals@stgeorges.nhs.uk](mailto:pals@stgeorges.nhs.uk)

### NHS Choices

NHS Choices provides online information and guidance on all aspects of health and healthcare, to help you make decisions about your health.

**Web:** [www.nhs.uk](http://www.nhs.uk)

### NHS 111

You can call 111 when you need medical help fast but it's not a 999 emergency. NHS 111 is available 24 hours a day, 365 days a year. Calls are free from landlines and mobile phones.

**Tel:** 111

