



**MIGRAINE  
FOUNDATION**  
Aotearoa New Zealand

# Impact Report

1 November 2023 – 30 April 2025





## Why nature?

We use photos of Aotearoa's natural places in this report and on our website because they are intrinsically New Zealand, like we are - we're all about migraine in Aotearoa.

Spending time in nature can help calm the nervous system and support brain health. Many people with migraine find it soothing, and we want the report to feel that way too.

All the photos were taken by people connected to the Migraine Foundation — people with migraine, carers, and supporters. We're really grateful to them for sharing their images with us.

If you'd like to submit your nature photos for use in our reports or on our website, please get in touch!



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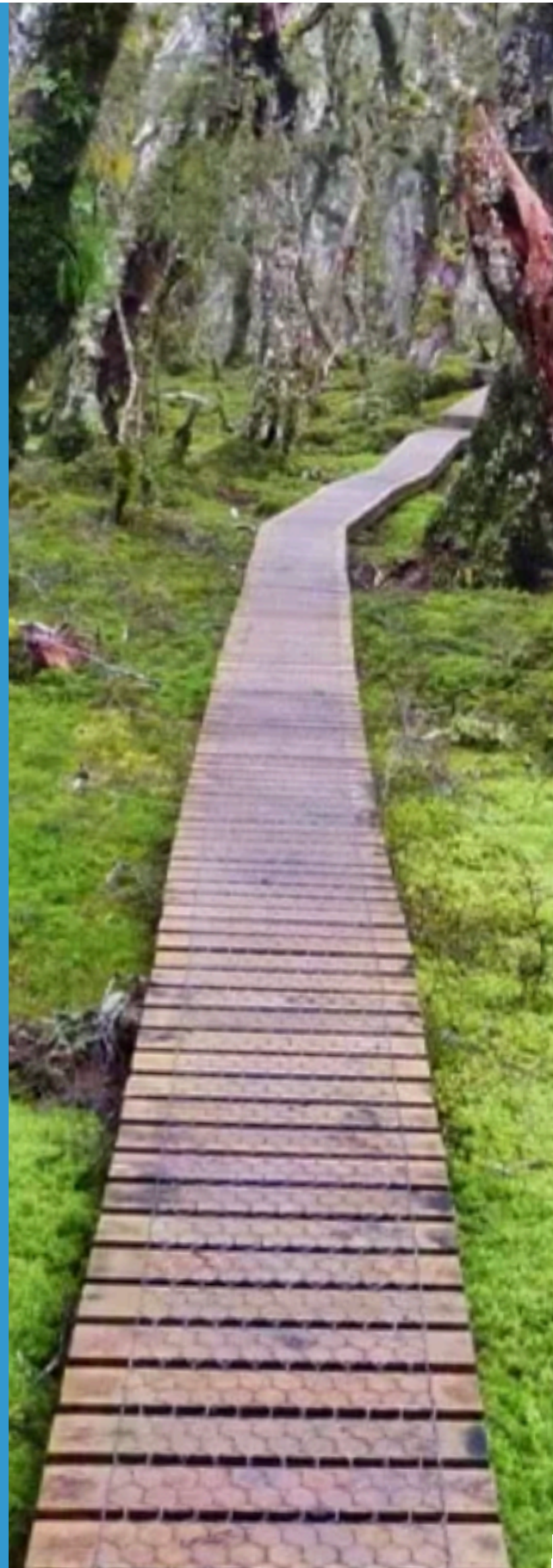
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# 1 Who We Are & Why We're Here

## MIGRAINE FOUNDATION AOTEAROA NEW ZEALAND

is an incorporated society and registered charity.

We're an inclusive, open, active and action-orientated organisation.

We value respectful partnerships and relationships and evidence-based information.

Supporting people with migraine is at the core of everything we do.

Our foundation is voluntarily run by our three co-founders and three regular volunteers.

We've been supported by a Clinical Advisory Group since 2023, which consists of seven volunteer health professionals.

**Migraine Foundation Aotearoa New Zealand was founded in April 2022.**

**This impact report covers our second 18 months of operation.**

**Our vision is to  
minimise the  
health, economic  
and social burden  
of migraine in  
Aotearoa  
New Zealand.**

## OUR MISSION

To raise awareness of the impact of migraine disease and support people living with migraine in Aotearoa New Zealand.



We're the only migraine charity in New Zealand supporting the estimated

**753,000** people living with migraine disease in Aotearoa.

## GLOBALLY, MIGRAINE DISEASE AFFECTS APPROXIMATELY 1 IN 7 PEOPLE

Migraine disease is one of the leading causes of disability in the world and affects 2–3 times more women than men.

Migraine Foundation Aotearoa New Zealand exists for all people in Aotearoa New Zealand living with migraine. We're dedicated to connecting people living with migraine, supporting positive change and ensuring our voice is heard.

## OUR STRATEGIC OBJECTIVES

- Connect and support people living with migraine.
- Increase awareness of migraine disease and advocate for positive change.
- Create and disseminate robust information about migraine.
- Build a sustainable, trusted and respected national migraine organisation.
- Support New Zealand-focused migraine research and collaborate with researchers in planning, recruiting and dissemination of findings.

## Our Pillars of Service -



research  
advocacy & awareness  
information  
support  
leadership  
& sustainability





## 2 From the Chair



**Sarah Cahill, Chairperson and Co-founder  
Migraine Foundation Aotearoa New Zealand**

**On behalf of the Migraine Foundation Aotearoa New Zealand team, I'm delighted to present our second Impact Report.**

We have much to celebrate following our second 18 months of being a charity.

Our volunteer team has grown, as has our Clinical Advisory Group.

**Our work continues to focus on our 5 pillars of service – support, advocacy and awareness, research, information and leadership and sustainability.**

Publishing this report has given me the chance to take a breath and reflect on what we've achieved, both for our organisation and for people with migraine.



**Successfully advocating for 3 anti-CGRP medications to be added to Pharmac's Options for Investment list in July 2024 was one key highlight.** Since then, we've continued to engage with Pharmac regarding medication funding and access.

**The publication of 3 research papers from our Migraine in Aotearoa New Zealand survey was another highlight.** The data from our survey has been used extensively by our wider team. We look forward to adding to New Zealand migraine data with the results from the 2023/24 New Zealand Health Survey becoming available, which includes migraine questions that we successfully advocated for.

**We continue to support our community through regular information updates on our website,** monthly newsletters, webinars, in-person and online education events, social media, our support group, coffee catch ups and email enquiries through our website.

**People with migraine are at the core of everything we do.**

Over the past three years our migraine community has grown, yet we know there are still a significant number of people in New Zealand living with migraine who face challenges of misdiagnosis, underdiagnosis, undertreatment or are living with the stigma associated with migraine.

There is still much more to be done to fulfil our vision to minimise the health, economic and social burden of migraine disease in Aotearoa New Zealand.

Thank you to everyone who has supported us over the past 18 months.

**Sarah Cahill**

**Migraine Foundation Aotearoa New Zealand  
Co-founder and Chair**

This is our second and final impact report covering an 18-month period. Its publication aligns our financial and strategic years so going forward our impact reports will reflect this, and we'll report on our impact between 1 May and 30 April annually.







### 3 Our Impact in the Community

Our work focuses  
on 5 pillars of service –  
support, advocacy &  
awareness, research,  
information and  
leadership & sustainability.

# research

DURING OUR SECOND 18 MONTHS OF OPERATION, WE CONTINUED OUR WORK TO STRENGTHEN MIGRAINE RESEARCH IN AOTEAROA NEW ZEALAND.

3 research papers

We had 3 research papers published in New Zealand medical journals:

- **The impact of living with migraine disease in Aotearoa New Zealand**, New Zealand Medical Journal
- **Patient perceptions of barriers to effective migraine management in Aotearoa New Zealand**, Journal of Primary Healthcare
- **Use of medications for migraine in Aotearoa New Zealand**, New Zealand Medical Journal



# Research Applications

**In January 2025, our co-founder Dr Fiona Imlach, received a \$30,000 grant from the Health Research Council.**

This is funding research to scope out how we can undertake a cost-of-illness study in Aotearoa New Zealand and estimate how much migraine costs the health system and society.

**We submitted an Expression of Interest to the Neurological Foundation Research Programme Grant (co-led with Professor Debbie Hay and Dr Calvin Chan).**

Unfortunately our application: **Combining new mechanistic understanding, epidemiology and clinical practice to improve outcomes for people with migraine in Aotearoa New Zealand**, was unsuccessful but we continue to work with the researchers involved in the grant and others on a range of research applications.

# Data disseminated

We continued to **analyse and disseminate the results from our Migraine in Aotearoa New Zealand (MiANZ) 2022 survey.**

ON 21 MARCH, ONE OF OUR VOLUNTEERS, RESEARCHER SUE GARRETT, PRESENTED AT THE NEW ZEALAND PAIN SOCIETY CONFERENCE IN WELLINGTON.

The focus of the presentation was on pain relief medication and it documented the very extensive list of non-pharmaceutical methods people with migraine use. There were many pain clinicians in the room (e.g. physios, occupational therapists, doctors, psychologists), so Sue explained the complexity of migraine and how difficult it can be to find the right treatment.

Sue's presentation used data from our Migraine in Aotearoa New Zealand (MiANZ) 2022 survey.



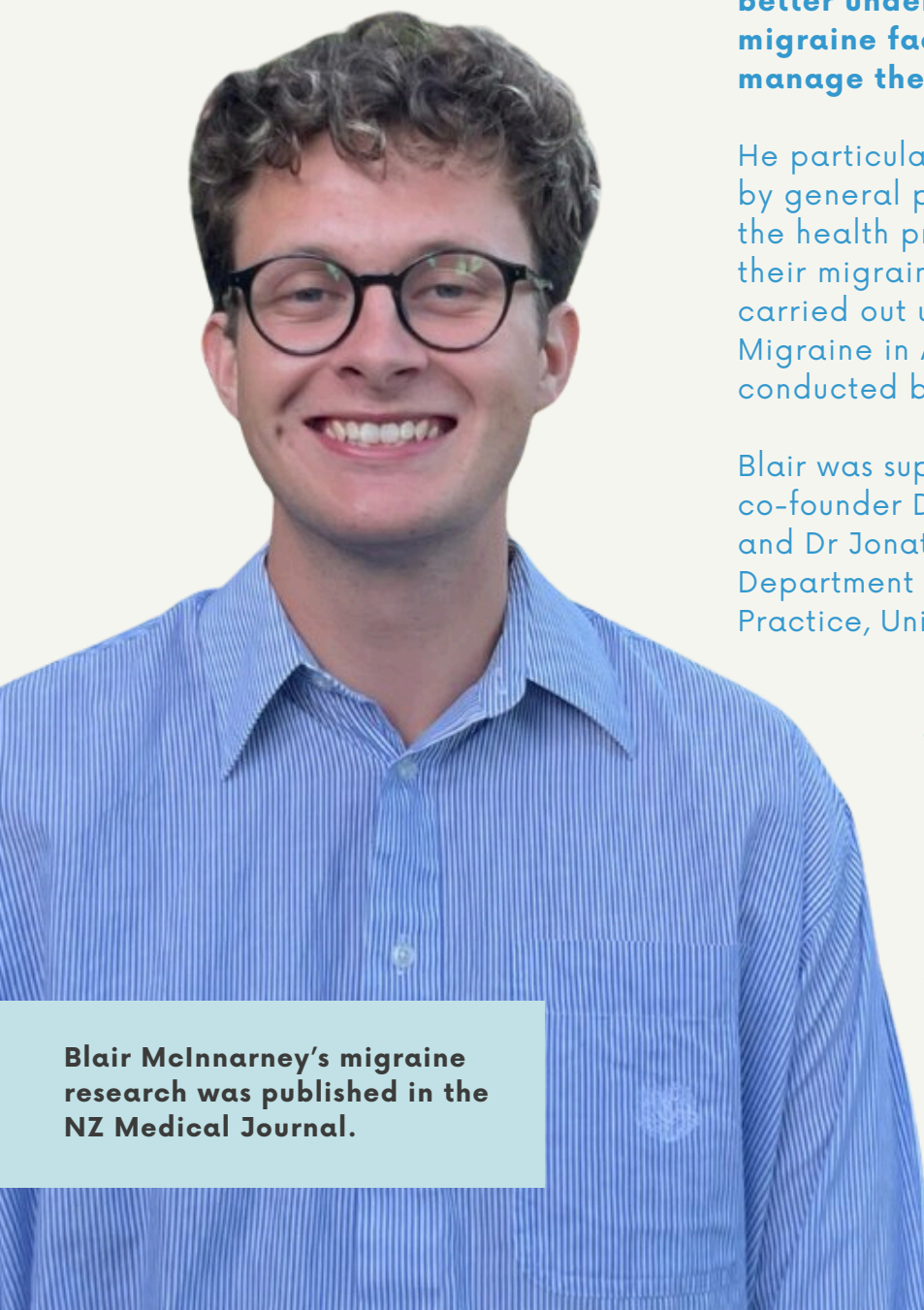
# Research in Action



**Volunteer, Sue Garrett presenting at the New Zealand Pain Society Conference using MiANZ survey data.**

# Otago University

DURING THE SUMMERS OF 2023/24 & 2024/25 WE WERE JOINED BY 4TH YEAR OTAGO UNIVERSITY STUDENTS.



**Blair McInnarney spent the 2023/24 summer with us working on a project to better understand barriers people with migraine face when they seek care to manage their migraine disease.**

He particularly focussed on care provided by general practitioners (GPs), as they are the health professional most people see for their migraine disease. This project was carried out using data from the 2022 Migraine in Aotearoa New Zealand survey, conducted by the Migraine Foundation.

Blair was supervised by Migraine Foundation co-founder Dr Fiona Imlach, and Sue Garrett and Dr Jonathan Kennedy - both from the Department of Primary Care and General Practice, University of Otago Wellington.

Blair's research was published in the New Zealand Medical Journal.

**Many thanks to the Wellington Faculty of the Royal New Zealand College of GPs for sponsoring Blair.**

**Blair McInnarney's migraine research was published in the NZ Medical Journal.**



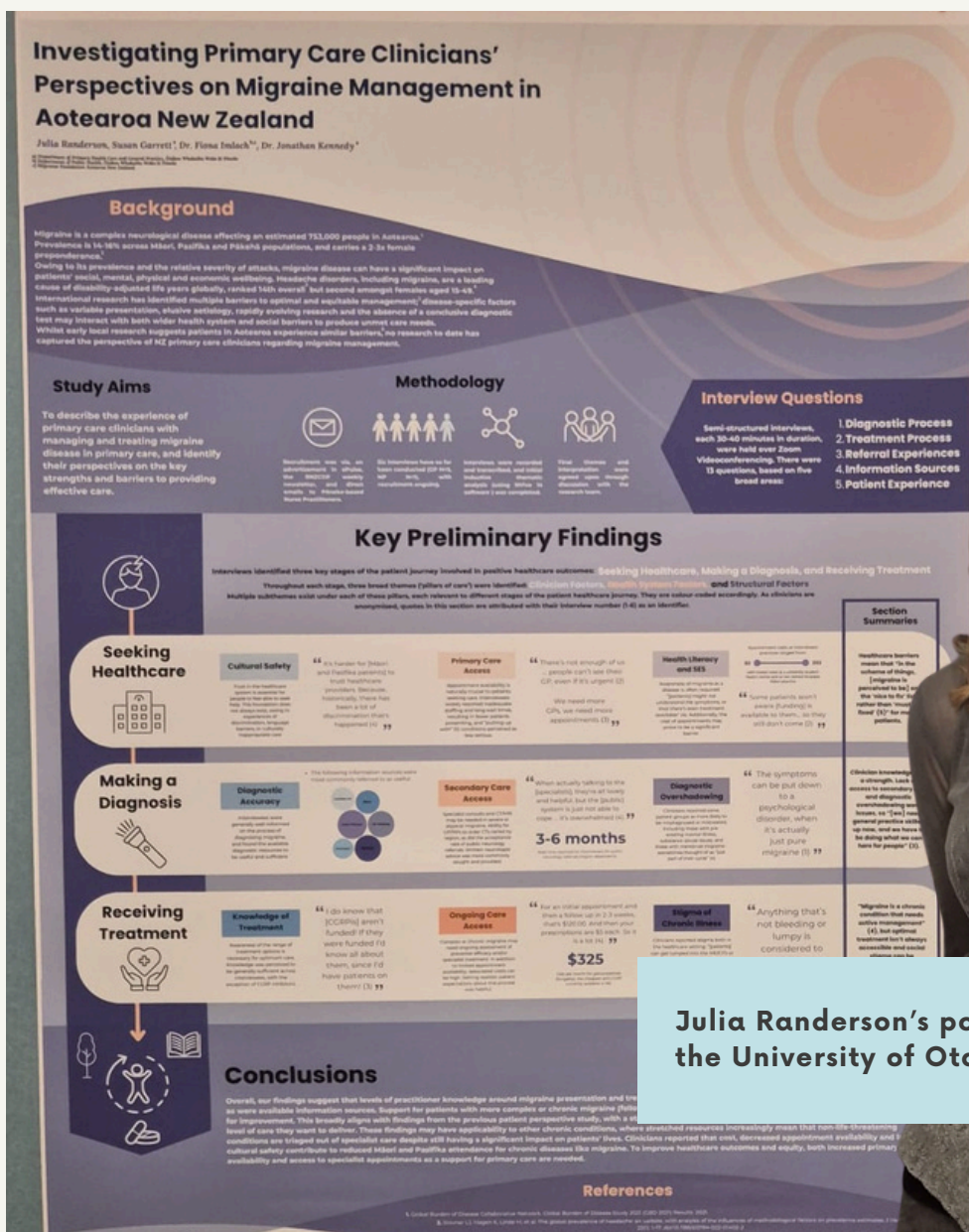
# Summer Projects

Over the 2024/25 summer, Julia Randerson undertook research to understand GP and nurse practitioner perspectives about managing and treating migraine in primary care.

The aim of this research was to describe the experience of primary care clinicians treating people with migraine disease and to identify the main barriers to providing effective care.

Julia presented her poster: Investigating Primary Care Clinicians' Perspectives on Migraine Management in Aotearoa New Zealand, at the summer student poster presentation at the University of Otago Wellington Campus.

Many thanks to the Wellington Faculty of the Royal New Zealand College of GPs Research and Education Committee for sponsoring Julia.



Julia Randerson's poster presentation at the University of Otago, Wellington.



# advocacy & awareness





# advocacy & awareness

THIS 18 MONTH PERIOD HAS INCLUDED MORE ADVOCACY WORK AND MIGRAINE DISEASE AWARENESS ACTIVITIES. THE HIGHLIGHT WAS OUR SUCCESSFUL ADVOCACY TO HAVE ANTI-CGRP MEDICATIONS ADDED TO PHARMAC'S OPTIONS FOR INVESTMENT LIST

**In June 2024, galcanezumab (Emgality), erenumab (Aimovig) and atogepant (Aquipta) were added to Pharmac's Options for Investment list.**

These medications target calcitonin gene-related peptide (CGRP), a neurotransmitter involved in migraine attacks.

Our advocacy efforts for funding of these new migraine medications began in November 2022, when we submitted an application to Pharmac to fund Emgality and launched our advocacy campaign.

Since then, we've corresponded and met with Pharmac, provided critical feedback on the minutes of Pharmac's Pharmacology and Therapeutics Advisory Committee (PTAC) meetings where erenumab was discussed, and presented at Pharmac's Neurological Advisory Committee meeting. This specialist committee reviewed the evidence for three anti-CGRP medications: the monoclonal antibodies galcanezumab and erenumab and the gepant atogepant.



# Pharmac & anti-CGRP8

While the adding of these medications to Pharmac's Options for Investment list was a great milestone it doesn't mean that these medications will be funded, at least anytime soon.

The Options for Investment list includes medications Pharmac wants to fund, if it had the budget to do so, because these medications will provide significant benefits for New Zealanders.

Unfortunately, Pharmac's budget is woefully inadequate. David Seymour's announcement of additional Pharmac funding at the Medicine Access Summit in April 2024 isn't enough to cover any new medicines such as those on Pharmac's Options for Investment list. It will only keep currently funded medicines on the books.

**We will continue to advocate, as many other organisations and individuals are doing, for the government to increase Pharmac's budget.**

Without appropriate investment into new medications, New Zealand will continue to slip further behind other OECD countries in relation to funding of and access to modern medicines.



# Pharmac & Triptans

## Submission to oppose declining zolmitriptan funding application

In December 2023 Pharmac put out a proposal to decline 94 'inactive' funding applications, including the application for zolmitriptan.

An application made by AstraZeneca to fund zolmitriptan had been languishing on Pharmac's waiting list since 2007.

## In February 2024 we sent Pharmac a submission strongly opposing the proposal to decline the funding application for zolmitriptan.

Our submission was supported by our Clinical Advisory Group members Dr Desiree Fernandez, Dr Rosamund Hill and Dr Ray Bose, and by Dr Calvin Chan.

## In July 2024 Pharmac announced that it considered feedback received about these inactive funding applications and zolmitriptan was one of only 13 applications it chose to remain active.

We've continued our discussion with Pharmac about zolmitriptan, however the Medsafe approval has lapsed and there is work to be done around supply.





# Valuing Life Summit

**Migraine Foundation co-founders Fiona Imlach and Suzanne Vale attended the first-ever national event to discuss New Zealand's woeful access to modern medicines.**

The Summit, appropriately named 'Valuing Life' was held in Wellington on 29–30 April 2024, at Parliament and hosted by The Honourable David Seymour, Associate Minister of Health.

The event was organised by **Patient Voice Aotearoa**, a volunteer-run advocacy group campaigning for the rights of patients in NZ, and **Medicines NZ**, a coalition of pharmaceutical companies that regularly publish research highlighting how far behind the rest of the world NZ is in terms of access to medicines.

**Stories from patients painted a grim picture of how lives were being lost, restricted and ripped apart by diseases for which there are effective treatments elsewhere, but not here.**

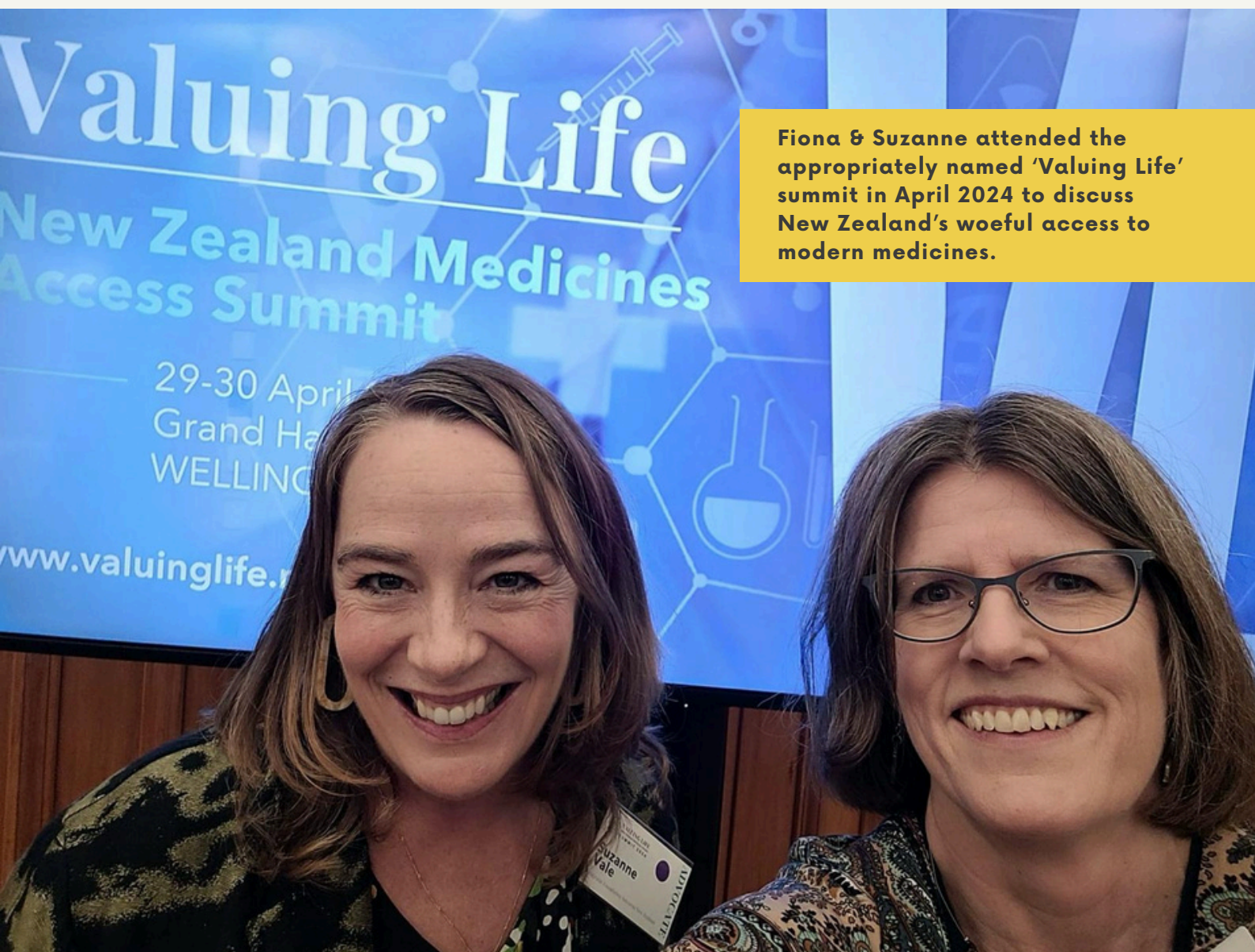
Fiona Tolich talked about how she, and others, have had to move to Australia to access life-changing medicine.

We heard how far NZ lagged behind the rest of the OECD in terms of access to modern medicines – absolutely last, behind Mexico, Lithuania and Hungary. Myths were busted – NZ can afford to pay for new medicines but we choose to spend money on other things.

Spending on medicines is not a priority within the health budget, even though the economic benefits from new and better medicines means that they may well pay for themselves, through reduced costs elsewhere in the health system (e.g. hospital visits) and increased tax revenue for the Government from patients and carers being able to return to work.

The guest speaker from the Netherlands, Dr Tim Kanters, talked about how to include broader, societal perspectives into the economic analysis of new medicines, not just focus on the impact and benefit to the health system, as Pharmac currently does.

We were delighted Dr Kanters used the example of migraine to demonstrate how important it was to consider costs and benefits to families and society, and productivity costs from lost employment, in such analyses.



**Fiona & Suzanne attended the appropriately named 'Valuing Life' summit in April 2024 to discuss New Zealand's woeful access to modern medicines.**

# Meeting with Members of Parliament

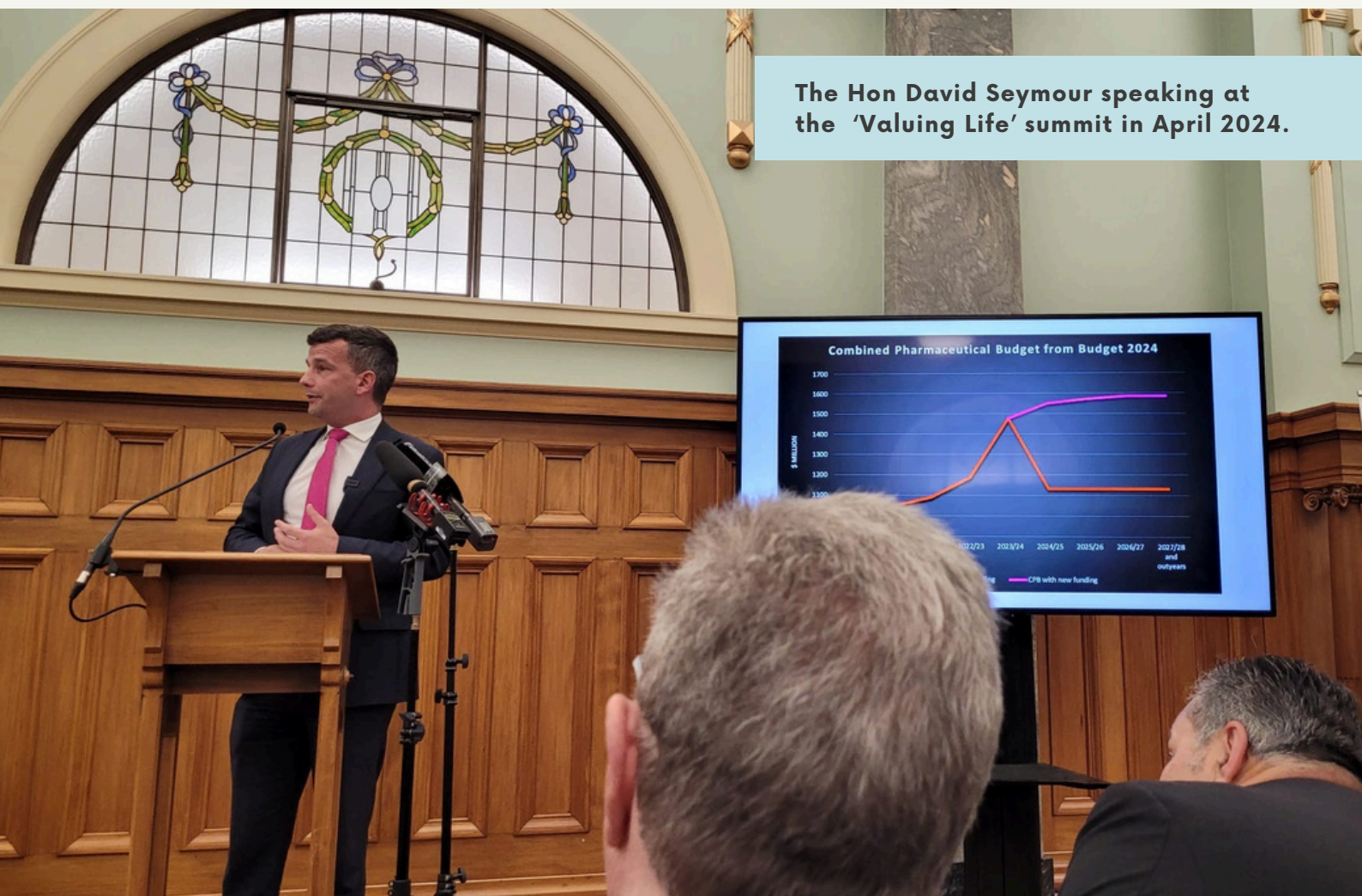
**During July 2024 we met with the Hon Dr Ayesha Verrall, former Minister of Health and now health spokesperson for Labour (and member of the Health Select Committee), the Rt Hon Adrian Rurawhe, spokesperson for Whānau Ora and former Speaker of the House and Camilla Bellich, spokesperson for Workplace Relations and Safety.**

The meeting was organised by Patient Voice Aotearoa and was to discuss common concerns regarding medicines access, including inadequate Government funding for medicines, lack of transparency about the process of assessment and decision-making at Pharmac, limited consumer involvement in this process and an emphasis on cost containment rather than health benefits for patients.



It may have been in response to this that The Hon David Seymour instructed Pharmac in his Letter of Expectations to the Pharmac Chair in July 2024 to “update its decision-making and evaluation models to include the wider fiscal impact of funding or not funding a medicine or medical device to the whole of government, and has tools to consider the wider societal impact.”

We are aiming to support Pharmac in making this change through our research into how to estimate both the health and societal costs of migraine in Aotearoa.







**Fiona represented migraine at a meeting with MPs to discuss common concerns regarding medicine access.**



**Sarah representing migraine at the Pharmac 2-day consumer workshops.**



# Pharmac Consumer Workshops

**During November 2024, we were invited to attend Pharmac's 2-day consumer workshops.**

Migraine Foundation was one of about 30 patient groups invited, to provide a consumer perspective and recommendations for Pharmac on issues such as its decision-making processes and its communication with groups such as ours.

Day one provided the platform for all the organisations involved to present their challenges with Pharmac. Common issues related to slow, opaque processes and poor communication.

On day two, the then Pharmac Chief Executive, Sarah Fitt (now resigned), Dr David Hughes (Pharmac Chief Medical Officer/Director Advice & Assessments) and Dr Nicola Ngawati (Director of Equity & Engagement) fronted a panel discussion for some of the morning; the rest of the day was spent discussing challenges and recommendations, especially in relation to the 2024/25 Letter of Expectation to Pharmac from David Seymour to Paula Bennett earlier this year.

In March 2025 the final report from these workshops was publicly released. There were a number of recommendations made to the Pharmac Board, including further patient advocacy group involvement with Pharmac to advance many of the issues raised at the workshops.

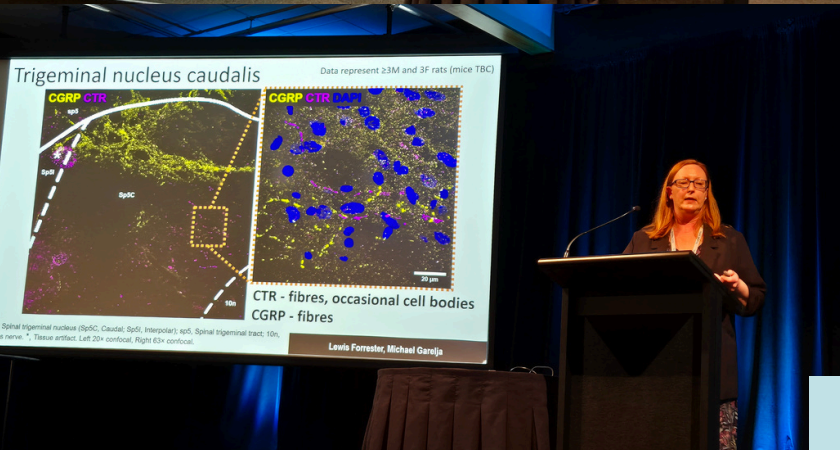
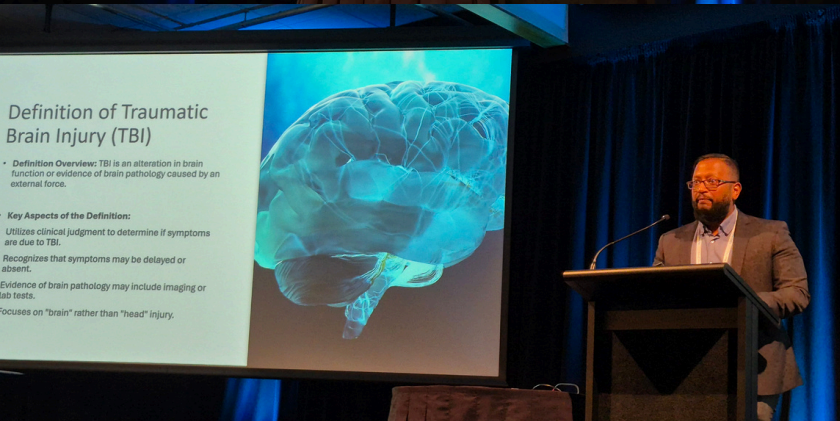
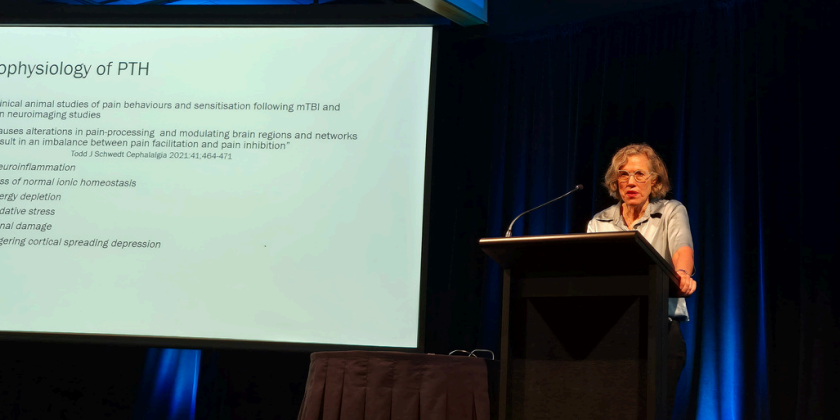
# More Advocacy & Awareness

## Community Health

Sarah and Caitlin attended the Waitakere Health Link AGM in September 2024 and provided a short presentation about our organisation and how we can support people in their community.







NANZ

Dr Rosamund Hill, Dr Ray Bose and Dr Fiona Imlach presented about headache and migraine at the Neurological Association of New Zealand (NANZ)'s Annual Scientific Meeting in November 2024, alongside Professor Peter Goadsby and Professor Debbie Hay, both internationally recognised neuroscientists who research migraine disease.

NANZ is the national professional organisation for neurologists, neurosurgeons and related disciplines.

**This was the first time headache and migraine featured for a whole morning at a NANZ annual conference.**

Dr Fiona Imlach has been accepted as a member of NANZ to continue the relationship between Migraine Foundation and these clinicians.

**From top to bottom:  
Dr Rosamund Hill, Dr Ray Bose and Dr Fiona Imlach present at NANZ's Annual Scientific Meeting in November 2024, alongside Professor Debbie Hay and Professor Peter Goadsby.**



# GPCME

Members of our team presented about migraine at the Rotorua and Christchurch General Practice Conference and Medical Exhibition (GP CME) 2024.





W.H.O.

Migraine Foundation sent a letter of support to the World Health Organization for the inclusion of new migraine treatments in the World Health Organization's Essential Medicines List.



3 April 2025

Dear EML Secretariat

Migraine Foundation Aotearoa New Zealand is a New Zealand charity supporting the estimated 753,000 people living with migraine in New Zealand.

We have read with great interest the inclusion of the following new migraine treatments in the World Health Organization's Essential Medicines List:

- A.10 eletriptan naproxen— migraine
- A.13 fremanezumab – high frequency and chronic migraine
- I.2 amitriptyline – migraine prophylaxis
- I.3 bisoprolol – migraine prophylaxis
- I.7 Ibuprofen – acute migraine treatment
- I.10 Prednisolone, sumatriptan and verapamil – cluster headache

We write in support of including these options, because they address an essential need in the general population. Migraine and cluster headache are highly disabling chronic conditions that are underdiagnosed and under treated.

The addition of more effective medications for the management of these conditions is an essential step toward better care in many countries. Our organisation is committed to supporting this initiative and is available to provide any further information or assistance. We look forward to the positive impact this development will have on the global health landscape.

Sincerely

A handwritten signature in blue ink, appearing to read 'Sarah'.

Sarah Cahill  
Migraine Foundation Aotearoa New Zealand Co-founder and Chair  
sarah@migrainefoundation.org.nz

Migraine Foundation Aotearoa New Zealand Incorporated. Charity registration no. CC60312



[migrainefoundation.org.nz](https://migrainefoundation.org.nz)



[info@migrainefoundation.org.nz](mailto:info@migrainefoundation.org.nz)



registered charity



support



# support

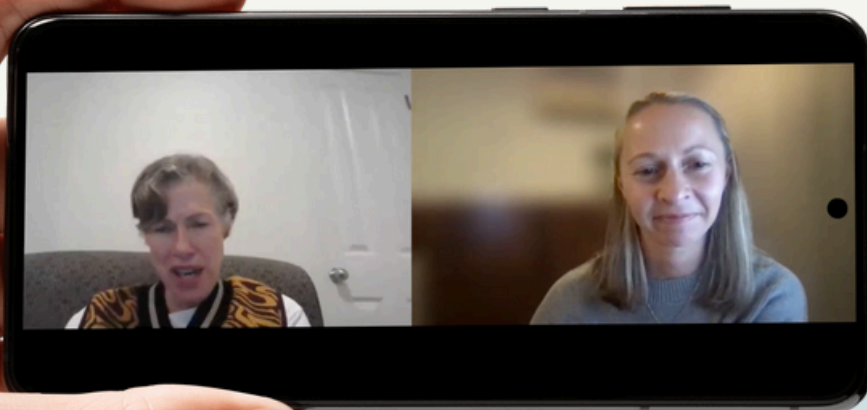
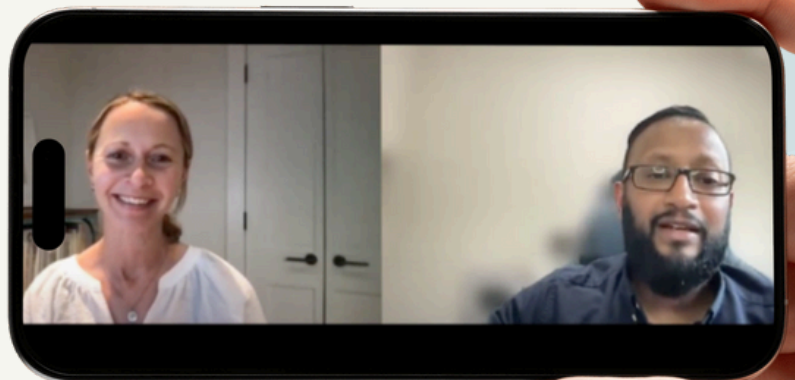
## SUPPORTING PEOPLE WITH MIGRAINE IS AT THE CORE OF OUR CHARITY

During 2024 we hosted two  
**Migraine Educational Webinars**  
for our members.

In May, Dr Rosamund Hill answered  
questions from our migraine  
community, and in November Dr  
Ray Bose was our guest speaker.

Both webinars are available  
publicly on our YouTube channel.

## Webinars



# Community Meet-ups

**We held in-person support group meetups in Levin, Wellington and Auckland.**

These in-person meetups are a great opportunity for our migraine community to get together and support each other.

“

“Thank you again for organising these meet-ups and I thought yesterday's was just great! The round the table introductions were most helpful in two ways: it's hard to talk to several people when sitting around a table.

But we got to 'meet' everyone and get a wider understanding of what we are all dealing with, our struggles and victories, as big or small as they might be”







“

“Thank you & the team so much for organising the catch up at Crave today. 😊

It was so great to meet you & other migraine sufferers bravely getting on with their lives. I so admire you all! Great to see Engality working wonders for some of you. Thanks again for your support @ The Migraine Foundation”





# Online support group



Our private, online support group continues to grow and is a place of support, advice and tips.

We now have over 1,776 people in New Zealand as members.

“

“It's so great to find this community as I'm definitely getting more info and help from here than I did from the GP.”



“

“I wanted to send a quick note to say thank you for producing this excellent newsletter. Reading those first paragraphs on migraine and the causes was just what I needed today. Being reminded its not your fault is also a huge service. The resources you compile are really helpful. Thank you for all you do at the Migraine Foundation”

## Newsletters

We continue to email our subscribers a free, monthly newsletter containing the latest migraine information from New Zealand and globally. Our subscriber base has doubled over the past 18 months.

## Email Support

We regularly answer email enquiries and questions from people in New Zealand and overseas.





information



# information

OUR MIGRAINE RESOURCES AND EDUCATIONAL INFORMATION HAVE CONTINUED TO EVOLVE, BOTH ONLINE AND IN-PERSON.

In November 2024, our migraine community came together both in person and online to hear from three migraine experts, in what was a first for New Zealand.

Together with the Neurological Foundation, we hosted '**Migraine Unravalled: The latest in migraine medication and pain management solutions**'.

## Patient Information Event







Migraine Unravelled was an incredibly informative, free event that covered a wide range of topics and provided practical solutions for people in New Zealand to better manage their migraine disease.

We had 175 online attendees and 51 in person.

**Professor Professor Goadsby, an Australian neuroscientist and physician based at King's College London**, presented about what research tells us about migraine, what happens in the brain during different phases of a migraine attack, what is a trigger and what is a prodromal symptom, and ended on a note of hope and encouragement that more research is being done on migraine and this disease is finally being taken seriously as a neurological condition.

**Top: (L to R): Our in-person attendance. Neurological Foundation CEO Rich Easton. Below: Fiona and Sarah speaking at Migraine Unravelled.**







**Professor Debbie Hay, researcher at Otago University, Dunedin**, focused on the new wave of migraine medications, specifically the CGRP medications. Debbie explained the difference between the CGRP medications that target the CGRP molecule versus the medications that target the CGRP receptors on cells.

**Palmerston North consultant neurologist and headache specialist Dr Calvin Chan** discussed migraine management in the New Zealand context. Dr Chan provided a wealth of practical advice for our migraine community, covering both non-medication treatment options and their evidence for use, plus what medications we have access to in New Zealand, both funded and unfunded.

There were two Q&A sessions throughout the morning.

Thank you to the Neurological Foundation and AbbVie for sponsoring this event.



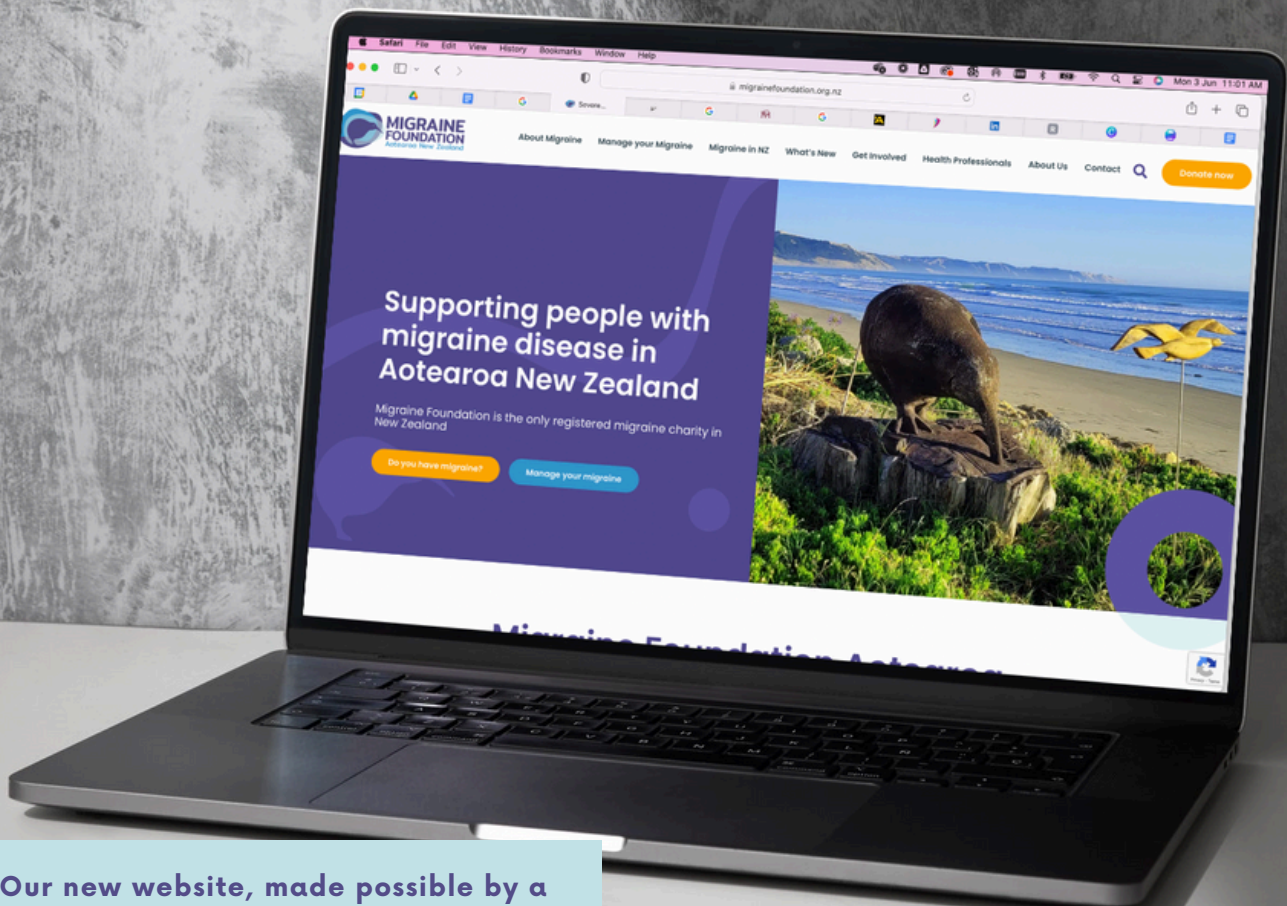
**Top (L to R):  
Speakers  
addressing  
Migraine  
Unravelling: Prof  
Peter Goadsby,  
Prof Debbie Hay,  
Dr Calvin Chan.**

**L: Q&A with Prof  
Peter Goadsby and  
Prof Debbie Hay.**

# New Website Launch

**In March 2024 our new website was launched, supported by a grant from The Lion Foundation.**

The launch was a huge piece of work for our volunteer team and is more user-friendly and has expanded content, including videos and resources.



**Our new website, made possible by a Lion Foundation grant, launched in March 2024.**



1 November 2023 – 30 April 2025

85,866

WEBSITE VIEWS

35,752

USERS

## Top 10 pages visited

1. MIGRAINE MEDICATION OPTIONS
2. NON-MEDICATION TREATMENT OPTIONS
3. I TRIED AIMOVIG FOR SIX MONTHS.  
HERE'S MY VERDICT
4. LATEST NEWS
5. ATOGEPANT (AQUIPTA) AVAILABLE IN NZ
6. EMGALITY FAQs
7. MANAGE YOUR MIGRAINE
8. CURRENT ISSUES AND CHALLENGES
9. GEPANTS IN NZ – AN UPDATE
10. TYPES OF MIGRAINE

# Website impact – user reviews

“

I've just self-administered my first 2 doses of Emgality. I got my prescription from my GP who hadn't heard of it before but was very happy to prescribe it to me with my built history with him. Picked up from my pharmacy. It was brand new to them too and were very interested in learning about it.

It was incredibly helpful having the information from your website to help educate my GP and the pharmacist on what this drug was and where to source it in NZ.

So just wanted to say thank you!

“

“The creation of the Migraine Foundation and its website, which provides really relevant New Zealand information about the drugs and treatments that are available, gives patients the ability to actually do quite a lot of the work themselves. They can read about it, look at the Migraine Foundation website, go to their GP and say, ‘look I’ve read about this, I would really like to try this.’”

**Dr Rosamund Hill, Auckland neurologist**

“

“Thank you very much to the Migraine Foundation for being there and supporting patients. I now direct patients to the foundation’s website. Before they existed I used to look at overseas websites for information but now the Migraine Foundation exists, they’ve transformed the landscape. To give you an example, there is this new drug called atogepant that targets CGRP, which is very effective for migraine and I’ve been asking so many people to give me information that I can give out to patients and it was not forthcoming, but Migraine Foundation put that up on their website and now I just send that link out to patients so that’s amazing”

**Dr Ray Bose, Auckland neurologist**

“

As a recent migraine sufferer (following a traumatic brain injury) I have stumbled (gratefully) upon your website and I just wanted to say that I think your Foundation is fantastic.



# Migraine in The Media

Over the past 18 months we've had a lot more media coverage, thanks in part to the three research papers we published in New Zealand medical journals.

## MEDIA HIGHLIGHTS

### Radio

Radio interviews on RNZ, Duncan Garner podcast and The Platform

### Print

Print media on RNZ, Newshub, Newsroom, Otago Daily Times, NewstalkZB, Stuff, The New Zealand Herald, the Listener, Capsule magazine and NZ Doctor.

Migraine was the major topic of the Neurological Foundation's Autumn issue of its Headlines Magazine.

### TV

TV interviews on TVNZ Breakfast



# Video

In January 2025 we  
launched our YouTube  
channel

**Migraine  
Foundation's  
YouTube channel**



“

I really enjoyed your interview on RNZ.

It gave me SO much hope!

I suffer chronic migraine at least 25 days of every month, and it is extremely debilitating and frustrating. I had to give up a job I adored this year and feel I have missed years of my children's lives hidden away in a dark room. No medications work for me, but as a librarian I do a lot of my own research, which helps.

Thank you again for giving this incredible education, it is so important.

# Featured in Brain Awareness Month

**Migraine was featured as part  
of the Neurological Foundation's  
Brain Awareness Month.**

Our co-founder Sarah was part of the guest speaker panel at the Neurological Foundation's migraine education event, Breaking the grip of pain: Managing migraine in Aotearoa.



The event was held at the Royal New Zealand Yacht Squadron, Auckland on 27 March 2025 and hosted by journalist Nicole Bremner, and other guest speakers were members of our Clinical Advisory Group Dr Ray Bose and Dr Rosamund Hill, and NZ migraine researcher Dr Michael Garelja.

During the 90-minute event, a broad range of migraine topics were discussed and the panel answered a series of audience questions.

“

“I attended the seminar a few weeks back at the Yacht Squadron and am so impressed with the work being done. I greatly appreciate the information relayed and the passion of each speaker.”



**Panel speakers at Neurological Foundation's migraine education event. Clockwise from top left: Dr Ray Bose, Sarah Cahill, Nicole Bremner, Dr Michael Garelja, Dr Rosamund Hill and Rich Easton, Neurological Foundation CEO.**





leadership &  
sustainability



# leadership & sustainability

CHANGES IN HOW WE WORK ARE PART OF CONTINUOUS IMPROVEMENT, TO ENSURE A SUSTAINABLE CHARITY WITH EFFECTIVE LEADERSHIP AND TO SECURE A LONG TERM FUTURE FOR THE FOUNDATION

## Membership & Regular Donor Programme

**In April 2025 we replaced our Membership Programme with a Regular Donor Programme, a win-win for the Foundation and our supporters.**

The membership programme we launched in June 2023 continued until April 2025. It was set up as a way for people in our community to support our work with a \$50 annual membership fee, but as the membership grew, so did the amount of time our volunteers were spending maintaining the membership structure.

So we replaced it with a Regular Donor Programme in April 2025. In making this decision, we spoke with some larger charities, who told us that it's a win-win for supporters to be regular donors - unlike our membership fees, regular donations are tax deductible. It also give us more certainty around cash flow, to help us plan our priorities and free up admin time better spent working on activities that are core to supporting our migraine community, all of which contributes to our long-term sustainability.

## Volunteer Team

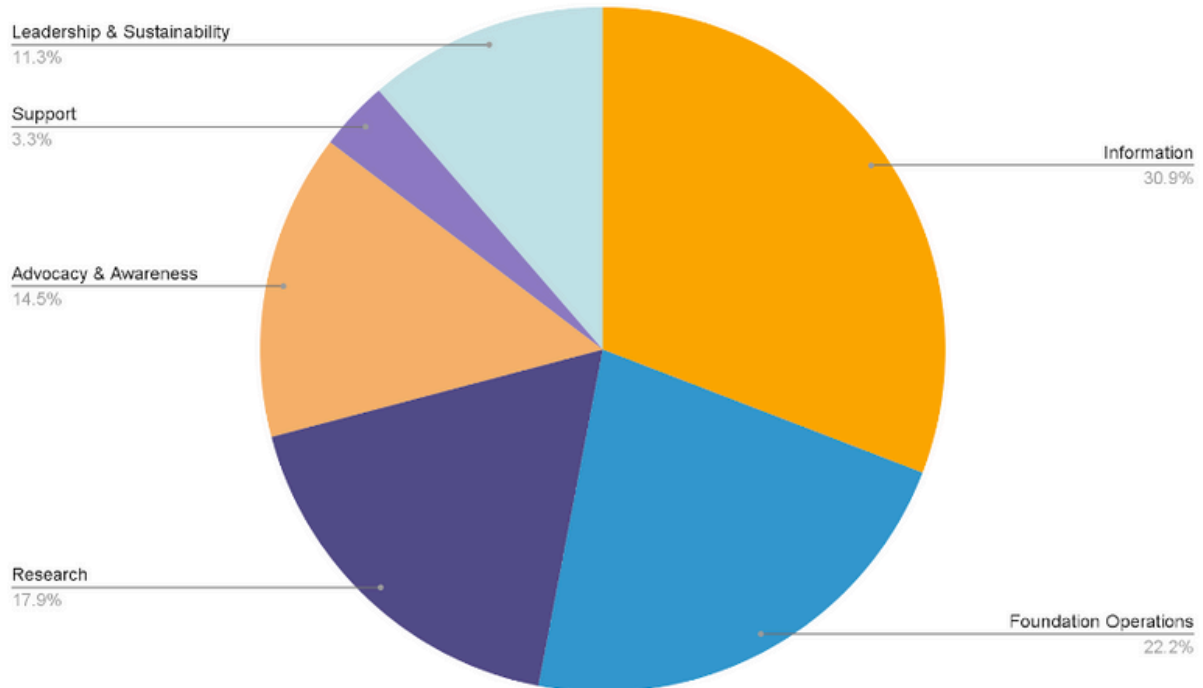
Our core team of regular volunteers has grown from four members to six. We welcomed Caitlin Veale as our PR and media advisor in June 2024 and Rachel Easton as our accountant in September 2024. We've also had support from volunteers Ella Jensen-Graham and Vanessa de Silva.

Dr Jonathon Kennedy, GP, joined our Clinical Advisory Group in November 2023, Belinda Robinson, pharmacist, joined in September 2024 and Dr Kiri Brickell joined in April 2025.

We estimate that in the past 18 months our team has volunteered more than 4,100 hours. The graph below shows how that time has been split between our 5 core pillars.



### VOLUNTEER HOURS BY PILLAR



In order for the Foundation to be sustainable in the long-term, we need to ensure that our volunteers are paid for all the hours worked. Based on the hours above, we estimate the annual cost of paying our volunteers for their work is \$275,000.





# 4 Financial Performance

## STATEMENT OF FINANCIAL PERFORMANCE Migraine Foundation Aotearoa New Zealand For the 18 months ended 30 April 2025

### STATEMENT OF FINANCIAL PERFORMANCE Migraine Foundation Aotearoa New Zealand For the 18 months ended 30 April 2025

	Nov 2023 - Apr 2025	May 2022 - Oct 2023
<b>Income</b>		
Donations - Non members	14,944	6,031
Grant Revenue - Educational Events - External	3,220	-
Grant Revenue - Educational Events - Internal	7,700	-
Grant Revenue - Operating Activities	5,942	-
Grant Revenue - Website & Xero Costs	4,374	4,600
Member Donations	1,806	1,340
Membership Fees	4,500	2,900
Membership Fees - Voting members	-	200
Sales of goods and services to public	100	784
<b>Total Income</b>	<b>42,586</b>	<b>15,855</b>
<b>Expenses</b>		
Accounting Software Subscription	1,132	79
Advertising	20	20
Charities Services Filing Fees	51	-
Community Events - External	524	-
Education Events - External	3,680	-
Educational Events - Internal	5,720	135
IT costs	2,522	399
Memberships & Subscriptions	293	90
Migraine Community Meet Up Costs	82	366
Online Payment Processing Fees	301	27
Postage & Courier costs	46	-
Promotional Expenses	980	637
Staff training and professional development	103	101
Travel & Accommodation - Community Events - External	1,158	-
Travel & Accommodation - Educational Events - External	2,534	-
Travel & Accommodation - Educational Events - Internal	997	-
Travel & Accommodation - Internal	182	-
<b>Total Expenses</b>	<b>20,323</b>	<b>1,854</b>
<b>Net Profit</b>	<b>\$ 22,263</b>	<b>\$ 14,000</b>





# 5 Our Team

## CORE VOLUNTEER TEAM

Sarah Cahill – Co-founder and Chair

Fiona Imlach – Co-founder and Deputy Chair

Suzanne Vale – Co-founder and Secretary/Treasurer

Sue Garrett – Researcher

Caitlin Veale – PR and Media Advisor

Rachel Easton – Accountant

Caitlin Veale,  
Media & PR



Rachel Easton,  
Finance



## CLINICAL ADVISORY GROUP MEMBERS

Dr Rosamund Hill – headache specialist and neurologist

Dr Desiree Fernandez – headache specialist and neurologist

Dr Ray Bose – headache specialist and neurologist

Dr Paul Vroegop – pain specialist and psychiatrist

Dr Jonathan Kennedy – general practitioner

Belinda Robinson – community pharmacist

Dr Kiri Brickell – neurologist

Belinda Robinson,  
Pharmacist



Dr Kiri Brickell,  
Neurologist



**MFANZ welcomed two new core volunteers & two new Clinical Advisory Group members in 2023-24**







# 6 Supporters & Funders

THANK YOU TO EVERYONE IN OUR MIGRAINE COMMUNITY WHO SUPPORTED US THROUGH A ONE-OFF OR REGULAR DONATION.

Your support has been invaluable and ensures migraine has a voice in Aotearoa New Zealand.

ALSO THANK YOU TO:

- **The Neurological Foundation** for co-hosting and providing funding for our patient education event in November 2024 and its ongoing support.
- **Lotteries** for a grant to support 12 months of operational costs.
- **AbbVie** for sponsorship of our patient education event in November 2024.
- **The Royal New Zealand College of General Practitioners** who provided funding for summer students.
- **The Lion Foundation** for a 12-month grant to cover our Xero and website hosting monthly fees.
- **The Green Man Pub, Wellington**, for holding three fundraisers for us.
- **Cervin Ltd** for sponsoring our advertisement in its Primary Health & Wellbeing Directory and Health Pages online directory, and for publishing another e-learning course for GPs.
- **Patient Voice Aotearoa** for their election advocacy campaign to increase funding for medicines in New Zealand.
- **Auckland North Community and Development (ANCAD)** for support with our financial documentation.

Also thank you to the New Zealand Pain Society, Dr Calvin Chan, Professor Debbie Hay, our Clinical Advisory Group members and our volunteers for their support.

## THANK YOU TO OUR SUPPORTERS:



Neurological  
Foundation



abbvie



Migraine Foundation Aotearoa New Zealand is a member of the New Zealand Neurological Alliance, the International Headache Society Global Patient Advocacy Coalition (IHS-GPAC) and the European Migraine and Headache Alliance (EMHA)





3

years of operation

6

regular volunteers, each  
living with migraine

7

volunteer health  
professionals in our  
Clinical Advisory Group

753,000

people living with  
migraine disease in  
Aotearoa

1,776

Facebook online  
support group members

947

monthly newsletter  
subscribers

2

summer students



**MIGRAINE  
FOUNDATION**  
Aotearoa New Zealand

3

community in-person  
meetups of people with  
migraine disease held



**MIGRAINE  
FOUNDATION**  
Aotearoa New Zealand

1

patient information event  
with international and NZ  
migraine experts

3

research papers  
published in New Zealand  
medical journals

23

monthly newsletters  
sent to a growing  
number of subscribers

2

members' webinars

2

health professional  
webinars presented

3

press releases published

42

latest news articles  
published on our  
website

3

cofounders



**MIGRAINE  
FOUNDATION**  
Aotearoa New Zealand

1

awareness campaign  
57

A stylized illustration of a bird, possibly a penguin or a similar seabird, rendered in various shades of blue. The bird is positioned in the lower half of the page, facing right. It has a long, pointed beak and a small, light blue eye. The bird's body is composed of several overlapping, curved shapes that create a sense of movement and depth. The background is a solid, medium blue color.

Compiled by: Sarah Cahill & Fiona Imlach  
Design by: Suzanne Vale  
Migraine Foundation Aotearoa New Zealand (Charity number: CC60312)

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