

Public  
Information  
Session



# Navigating Migraine

Understanding Your Condition &  
Accessing Community Support

Wednesday 29 January, 2025

NHS Grampian, in partnership with The Migraine Trust, has collaborated with pharmacy teams across NHS Highland, NHS Lanarkshire, NHS Lothian, NHS Orkney, NHS Shetland, and NHS Tayside to enhance migraine management.

As a result, individuals living with migraines now have improved treatment options available in their local communities, along with better access to self-help resources, thanks to comprehensive training provided to pharmacy teams.

### The Program will be as follows...

- **Understanding Migraine**  
Dr David Watson  
GP with Special Interest in Headache  
NHS Grampian
- **Treating Migraine**  
Dr Callum Duncan  
Consultant Neurologist  
NHS Grampian
- **Accessing Support From Your Local Pharmacy**  
Abigail Duthie  
Pharmacist  
NHS Grampian
- **Questions & Answers (Q&A)**

Join us for an engaging discussion on the impact and management of migraine, explore treatment options, and learn how individuals can access support from their pharmacy team.

Date

**Wednesday, 29 January 2025**

Time

**7.00 - 8.30pm**

Venue

**Zoom**

If you would like to attend the webinar,  
please register for a ticket.

[To register click here...](#)



People living with migraine can also access self-help support via **MigraineTrust.org** or scan this QR code for further information and self-help resources.

**We're here to help you  
live with migraine.**



See **MigraineTrust.org** or scan this QR code for further information and self-help resources.

