

CHit CHat

Official newsletter
of OUCH UK - The
Organisation for the
Understanding of
Cluster Headaches.



OUCHTM
UK

Organisation for the Understanding of Cluster Headaches

Summer 2016

www.ouchuk.org

EDITOR'S NOTE



Chloe Bailey - Editor



Hike Up Mount Snowdon

Welcome to the latest edition of CHit CHat!

OUCH(UK) have had a busy few months since the last edition, with our successful cluster headache Awareness Day campaign in March, to our first conference in Aberdeen in April, and plenty of fabulous fundraisers raising vital money for OUCH(UK) too! We have lots planned for the future, and we hope you enjoy finding out what OUCH(UK) and our members have been up to.

In July, a small group of my family and friends, along with dogs, Thandi and Hamish, joined me on a challenging hike up Mount Snowdon. Collectively, we raised over £900 for OUCH(UK). The walk was to mark a decade of chronic cluster headache for myself, and despite also having Ehlers Danlos Syndrome (a condition that causes painful joints) and being diagnosed with bronchitis the day before, I was very proud to have completed the hike in good time. I'm now looking for suggestions to mark my 11th anniversary!

We are always looking for article suggestions for future editions of CHit CHat, and we are great supporters of membership participation! If there is anything you feel needs covering, or wish to write an article on a subject relating to cluster headache and other TACs, please email me at submissions@ouchuk.org

Take care,
Chloe

OUCH(UK) NEWS



Address of Conference
Cardiff and Vale College
City Centre Campus
Dumballs Road
Cardiff CF10 5FE

The City Centre Campus is a short walk from Cardiff Central Train Station.

CARDIFF CONFERENCE 2016

OUCH(UK) are excited to announce our return to South Wales, with the organisation of a conference on Sunday 6th November at Cardiff and Vale College.

We will be bringing some of the top UK neurologists to speak, and will be joined by leading industry experts in non-pharmacological treatments for cluster headache.

Our conferences offer a fantastic opportunity for cluster headache patients, supporters, and medical professionals to learn more about the condition, including available treatments and current research trials. Our conferences are also the perfect occasion to meet and talk with other cluster headache patients and share experiences.

Tickets are available via our website, www.ouchuk.org

PERSONAL INDEPENDENCE PAYMENT CLAIMS

Many of our members post on our forum and on Facebook that they are getting mixed results with claiming Personal Independence Payment (PIP, which has recently replaced Disability Living Allowance). OUCH(UK) would like to hear from anyone who has claimed PIP and how they got on. Specifically:

- Have you claimed PIP?
- Was your claim successful or unsuccessful?
- Was your claim just for cluster headache or for cluster headache and other health conditions?
- Did you have to appeal against your decision?

Please email your answers to benefits@ouchuk.org. We do not need your personal or contact details, and all replies will be kept anonymous. We are collecting the data to look into the Department of Work and Pension's attitude towards headache disorders, in particular cluster headache.

THE BRAIN CHARITY

The Brain Charity, based in Liverpool, can assist members with benefits and employment matters. If you would like their help, email your contact details, a telephone number and the nature of your enquiry to benefits@ouchuk.org and we will put you in contact with the charity.

OUCH(UK) LOOKING FOR BUDDING GRAPHIC DESIGNERS

OUCH(UK) are looking for volunteers to design informational posters, leaflets and other promotional material. This would be an ideal project for a design student who would like to gain voluntary experience, or members who have a creative flair. If you feel you have the ability and time to help us out, please email OUCH(UK) at info@ouchuk.org with a brief description of your skills.

DVLA and CLUSTER HEADACHE

After a number of posts on our Facebook group, OUCH(UK) would like to verify that in 2014, we spoke with the DVLA and they confirmed that cluster headache is not what is termed as a 'notifiable condition' and you can legally drive even if you are a chronic sufferer without informing the DVLA. This was recently reconfirmed by the DVLA to an OUCH(UK) member. We would like to remind members that if you have any other conditions that may affect your driving, including medication side effects, you must legally inform the DVLA. If you have any questions or queries about driving and cluster headache, contact info@ouchuk.org.

CHRISTMAS CARD COMPETITION

We are holding our Christmas Card competition for the second year running after last year's success, and we want you all to get involved!

Please read the guidelines below, and we look forward to seeing your wintry entries!

- The photo must be taken by the person entering or the person entering must have permission to enter the photo in the competition.
- This is a Christmas card competition, so please keep your entries seasonal!
- We can only accept digital images. You can enter a maximum of two photos. They must be in either PDF or JPEG format.
- Send your entries to submissions@ouchuk.org
- Please include your name, postal address, email address and the title of the photo with your entry.
- By entering this competition, you are giving OUCH(UK) permission to use/publish your photo for fundraising purposes.
- The closing date for entries is 9th October 2016.



CHRISTMAS CARD COMPETITION

The winning photo will be chosen by OUCH(UK) trustees, and the winner will be announced on 16th October 2016. Packs of Christmas cards will be for sale at our Cardiff conference in November, and then for sale via our website.



MULL RALLY 2016

OUCH (UK) are very grateful to have been chosen as the fundraising charity for the 2016 Beatson Mull Rally. The rally takes place between 14th and 16th October, and it is the 47th run of one of the most exciting rally events, taking place on the beautiful island of Mull.

For many who follow OUCH(UK)'s fundraising activities, this is the second year that the committee have asked us to fundraise, an honour in itself. Last year the rally was cancelled on Day 2 after a tragic accident that claimed the life of one of the rally crews. At the time the rally was cancelled the drivers, navigators, mechanic crews and islanders had raised a fantastic £3500. We hope to raise a similar amount this year.

TRIAL OPPORTUNITIES FOR CLUSTER HEADACHE PATIENTS

TRIAL OPPORTUNITIES AT THE WALTON CENTRE, LIVERPOOL

There are a number of trials in progress and upcoming at The Walton Centre in Liverpool. These trials are open to anyone who fits the criteria, regardless of whether they are under the care of The Walton Centre.

CGRP TRIAL (calcitonin gene related peptide)

The Walton Centre is looking for episodic cluster headache patients who have bouts of more than 6 weeks to take part in a new CGRP trial. Ideally participants will be between bouts so they can begin the treatment phase of the trial once their bout has started. You must be relatively healthy to take part (i.e. not with previous heart attack, stroke, epilepsy, significant TBI), and be willing to avoid other preventative medications while participating in the study. If you would like more information and more detailed inclusion/exclusion criteria, please contact Kate O'Hanlon by emailing clusterresearch@thewaltoncentre.nhs.uk

SPG TRIAL (spheno-palatine ganglion stimulation device)

The Walton Centre is taking part in a registry study to implant 5 patients with SPG (Pulsante) implants, and there are hopes to continue implanting patients thereafter. This would be for those who have the most refractory cluster headache and have exhausted all other therapeutic options. OUCH(UK) will keep you informed of any opportunities to take part in this study in the future.

TRIAL OPPORTUNITIES AT KING'S COLLEGE HOSPITAL, LONDON

CGRP TRIAL (calcitonin gene related peptide)

As detailed in the Spring 2016 edition of CHit CHat, the CGRP trial is still continuing at King's College Hospital, and more volunteers are needed. You need to be a cluster headache sufferer, recently diagnosed, but not yet on preventives. Participation requires two or three trips to London over a period of 18 months. If you are interested in taking part, please e-mail info@ouchuk.org with your contact details.

BANG-CH TRIAL

OUCH (UK) is delighted to announce a trial that is being undertaken at King's College Hospital, London, and we are inviting you to take part. If you want to do something to help your fellow sufferers, then here is an opportunity for you to do just that.

To be considered for this trial, you would need to be:

- You need to be a CH sufferer
- Aged between 18 and 60 years
- Willing and able to undergo fMRI (functional MRI)
- If you are episodic, you would need to currently be in cycle

Cluster headache Imaging Study Brain Activation during Cluster Headache BANG-CH

- Do you have cluster headache?
- Are you 18-60 years old?
- Would you like to help us understand how cluster headache is generated using a new brain scanning technique?

If you have answered yes to these 3 questions then you may be eligible to help us with a study that we are conducting using a technique called functional magnetic resonance imaging (fMRI) to scan the brain during the different phases of a cluster headache attack. The imaging technique does not include harmful radiation and is safe.

This study involves a clinic visit to ensure eligibility with one of the Headache doctors at King's College Hospital followed by a further 3 whole day visits to the Clinical Research Facility at King's College Hospital. You would be reimbursed for travel and your time.

If you are interested in taking part or would like additional information please contact Dr Diana Wei at the King's College London Headache Group on Clusterheadache-research@kcl.ac.uk

ABERDEEN CONFERENCE REPORT

OUCH(UK) hosted our first ever meeting in Aberdeen on 3rd April, at Scotland's Rural College's Craibstone Campus. We were joined by some of the UK's top neurologists and a local GP with a specialist interest in headache disorders, and once again ran information sessions on a range of cluster headache related topics.



"Both Brian and I found the Aberdeen meet fantastic. This was my first ever meeting, so was nice to meet fellow sufferers. It was also great for Brian as a partner. It made him realise the importance of his charity sail for OUCH(UK)."
Lisa Strachan

We began the day with an introduction from the Chair of OUCH(UK), Professor Peter Goadsby, and moved swiftly onto a presentation by local GP, Dr. David Watson, which covered all primary headaches including migraine, tension headache, and trigeminal autonomic cephalalgias, in particular cluster headache. As a charity, we are grateful for the support of knowledgeable GPs like Dr. Watson.

Trustee Scott Bruce discussed cluster headache from the viewpoint of a sufferer, and then passed the floor to OUCH(UK) officer Jason Clark. Jason informed attendees on the Equality Act and reasonable adjustments in the workplace. Our well-informed officer discussed the governmental benefits available to cluster headache sufferers, both in and out of work. Jason has been instrumental in helping our members remain in work, and accessing help. If you need guidance, you can contact Jason via rights@ouchuk.org.

We enjoyed a short break, and a fantastic opportunity to chat to new friends and headache experts over some tea and coffee. Up next was Fraser Bailey, OUCH(UK) trustee and Supporter, who spoke about the role of Supporter for someone with cluster headache. He highlighted, from personal experience, how to aid someone during an attack, how to find the positives in the negatives, and to always remember it's not the patients' fault. Our supporters are vital, and OUCH(UK) strive to assist supporters just as much as we support cluster headache sufferers. If you would like support of advice from Fraser, you can contact him via email at fraser@ouchuk.org.

Dr. Anish Bahra, Consultant Neurologist at Whipps Cross Hospital London, gave an informative presentation on the available treatments for cluster headache, and examined the pros and cons of different preventative and abortive treatments commonly used in cluster headache management. We then took a break for lunch, and took the opportunity to take a mass 'Under The Hat' photo of our attendees and presenters. Many used the occasion to talk to our guests from Electrocore about the external stimulator Gammacore device which has shown great promise for cluster headache management, and how they could engage on a trial of the device themselves.



After lunch, Dr. Diana Wei from Kings College London invited the audience to participate in an upcoming trial involving fMRI technology. See OUCH(UK) NEWS section for further details of what the trial involved and how to enrol. The ever popular Dr. Giorgio Lambru, Consultant Neurologist at Guy's and St Thomas' Hospital London, took us through the various surgical options available for cluster headache, in particular the occipital nerve stimulation implant (ONSI) and the sphenopalatine ganglion (SPG) implant currently being trialled in the UK.

Our attendees then separated into our workshops, which covered topics like treatments, employment and work rights, and a group just for supporters. These sessions give attendees the opportunity to discuss with OUCH(UK) trustees and officers, and each other, a variety of topics relating to cluster headache.

Dr. Alok Tyagi, Consultant Neurologist at Southern General Hospital and familiar face to many of our attendees, gave the last presentation of the day. He covered detailed information on cluster headache and its management. We rounded off the day with a question and answer session with all our speakers from the day, and left with a head full of information and new friendships forged.

On behalf of all the OUCH(UK) trustees and officers, thank you to all who attended our Aberdeen conference and made it a day we will all remember!



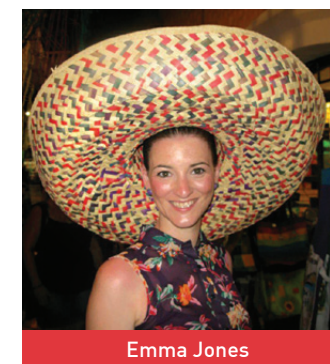
"Before the conference I was really struggling with my CCH and SUNCT and had got to the stage where I was scared to leave the house or do anything on my own for fear of an attack. Speaking to other people and listening to their stories gave me a new found confidence and a determination to not let it take over my life."
Emma Jones



Trustees and Helpers

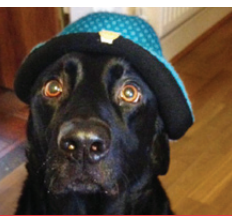
CLUSTER HEADACHE AWARENESS DAY 2016

In conjunction with the European Headache Federation and the European Headache Alliance, OUCH(UK) promoted the first ever cluster headache Awareness Day on 21st March 2016. We used the day to launch our participation in the European Headache Alliance's Under The Hat campaign and were overwhelmed with your response to this! The campaign asked for participants to take a photo of themselves wearing a hat and write up their cluster headache story, sharing both across social media platforms. Neil from BOC Healthcare, a team at St Thomas' Hospital, a contestant from BBC1's The Voice, and Hamish the dog were among the 100+ entries which were shared on OUCH(UK)'s Facebook page and Twitter page. We were delighted with your creativity and passion for the project!



Emma Jones

CLUSTER HEADACHE AWARENESS DAY 2016 ... Cont.



Hamish Bowman



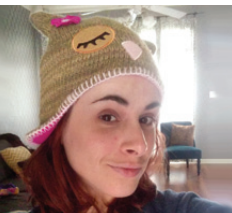
Sal O'Reilly



Mark Boyle



Christine Brown



Steph Trosclair

On Facebook, the 'Under The Hat' album had over 500 views, and we reached 35,249 individual people on cluster headache Awareness Day alone thanks to over 500 shares and 200+ comments. In the month of March, we managed to reach over 80,000 people through our Facebook page, with membership to our private group dramatically increasing.

We are thankful to Helen Howard Photography who published two blogs for cluster headache Awareness Day, one detailing information about cluster headaches and OUCH(UK), and another about trustees Fraser and Chloe's wedding and how the condition affected them on their big day.

Our brilliant volunteer, Jade Flynn, edited together our Seven Commandments for cluster headache video, outlining the condition, and the wishes patients have for their care. OUCH(UK) are very grateful for Jade's help, and to Christine, Freddie, Katie, Kevin, Liam, Linda, and Michelle for their part in the video too! The commandments video can be found on YouTube and our Facebook page, and currently has over 3,500 views!

OUCH(UK) welcomed an informational video from Dr Alok Tyagi and Dr George Gorrie, released on cluster headache Awareness Day. It is very important for us to have support from medical professionals, and their video certainly helped raise awareness! It has currently been seen over 8,000 times!

We produced cluster headache Awareness Day posters for members to download and print at home, and a small run of printed posters which could be purchased for a small fee to cover postage. Thank you to all members who ordered and printed posters, displaying them in their home windows, GP surgeries, local hospitals, and community message boards. We aim to have more posters prepared for next year well in advance, and we are happy to supply materials for GP surgeries and hospitals for the awareness day.

OUCH(UK) Administrator Val Hobbs and member Karen Garrett spoke on BBC5live, increasing our coverage of the day, and speaking about their own account of the condition as well as what OUCH(UK) do. We wish to thank you both for your support of OUCH(UK) and your relentless advocacy for cluster headache.

After the success of cluster headache Awareness Day this year, we have big plans for next year and we welcome all suggestions and help to make 2017 even more successful! Contact OUCH(UK) at info@ouchuk.org if you have any exciting ideas or you would like to volunteer your skills or time to future awareness projects.

HOSTING AN OUCH(UK) MINI MEET

We love to see friendships building through our forum, Facebook group, and from our conference meets, and we regularly see our members organising coffee mornings and mini-meets with fellow cluster headache patients as a result. While we at OUCH(UK) find it fantastic that friendships are being formed because of our mutual condition, we wanted to encourage our members to keep their safety in mind when arranging to meet online friends. First, we would suggest arranging to meet your online friend in a public place. Choose a café or park in an easily accessible area, or perhaps choose a location where you will be participating in activities in case the conversation runs dry – e.g. theme park, shopping centre, etc.

Take a family member, supporter, or friend with you. This will help to reduce any anxiety you may have when meeting someone for the first time, and your companion can also make sure you have medication on hand if needed. Access to your medications is vital, and if you use oxygen to abort, it is important to make sure you can use it at your location, and that you feel comfortable using it in public.

Ensure you know times of your bus, train, tram, etc if you are using public transport to get home, and think about having a contingency plan if you stay later or your transport is delayed/cancelled.

The key thing is that you have fun and enjoy meeting up with your new friends! Remember that you are meeting up with someone who understands cluster headache and will not be offended if you have to cancel at short notice, or need to leave suddenly.

We would like to take this opportunity to also remind people not to post personal information online, including your exact address, phone number, bank details and any information that could compromise your safety.



Second Scotland Mini Meet with Linda Duddy, Emily Winterhalder, Ainslie Course, Trustee Scott Bruce, Bob Brown, Emma Jones and Rae MacGregor and Sharon Muir.



A photo from one of several meets between Katie Clarke-Day, founder of notjustaheadache and one of our trustees, Chloe Bailey.

BRIAN MUNRO'S SAILING ADVENTURE

We've all used the expression 'going the extra mile' in tribute to our wonderful supporters and fundraisers. Well, Brian Munro from Aberdeenshire has gone an extra 2,300 miles to raise awareness of cluster headache and raise funds for OUCH(UK).





Brian Lisa



Trustee Scott Bruce greets Brian Munro at Arbroath near the end of his epic journey

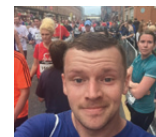
Brian enjoys 'messing about on boats' and has had a long held dream of an extended sailing trip, so he decided to circumnavigate the coast of mainland Britain. He wanted his trip to have a purpose and goal, and as his partner Lisa Strachan suffers with cluster headache, he decided to raise funds for OUCH(UK) and raise awareness of the condition at each port of call. His boat, the lovely Lauren Sophia, sports a wonderful canvas banner around the cockpit, with 'OUCH(UK)' in large white letters, which was donated by Forth Marine Textiles. She entered the water at Forth Bridges for her departure on 10th June. Trustee Dorothy Chapman and her husband Dave met Brian and went on board the Lauren Sophia at Blyth on 15th June and cheered them on the next day as they sailed past Souter Point, Marsden to Whitby.

Brian made it along the East coast stopping at, amongst other ports, Grimsby, Lowestoft, Harwich and round into the Channel via Dover, where Brian's partner Lisa joined them onboard. Lisa sailed on the Lauren Sophia along the South coast until Weymouth. She returned home thanks to a lift from the very kind and generous Trevor Marston. Weymouth was sadly enjoyed rather longer than intended as the engine failed completely and a new one had to be fitted; an engine is required to get in and out of harbours. As I'm sure you can imagine, a new engine is not a cheap item, so an enterprising and dedicated OUCH(UK) member Rob Chapman, started a crowdfunding page to raise funds to fix the engine. A fair amount was raised to go towards a new engine, and after around ten days a new one was fitted and they were sailing again.

Unfortunately, Brian's crewmate had to leave suddenly, and an urgent SOS went out online to find a new crewmate. Marc Rogers stepped up to crew with Brian for ten days, heading to Dartmouth and onto Plymouth. On August 10th, Brian left the English Channel, rounding Lands' End and headed into Atlantic waters on the homeward stretch of this epic journey. The boat called at St. Ives, Padstow, Clovelly, Lundy Island and then the first stop in Wales at Milford Haven. Brian completed his fantastic mission on September 8th, and shortly before he arrived 'home', Trustee Scott Bruce met him at Arbroath and presented him with a trophy from OUCH (UK) in appreciation of his magnificent effort. Donations are still coming in from all over the country. You can still donate at www.sailingaroundbritain.co.uk

This has been a fantastic journey, and one that Brian has undertaken at his own expense. He had the boat refitted before leaving Forth Bridges, paid for marina moorings (although we would like to thank the marinas who allowed free moorings), stocked the boat with necessary items for a long trip, with everything from safety items to toilet paper, and has paid for all his fuel. He is doing this for OUCH(UK) and for everyone who has ever been effected by cluster headache, and we are in awe of his commitment and huge generosity before even setting sail. It is no mean feat to sail in open sea and the voyage has been far from easy, mechanically and weather-wise. Both Brian & Lisa have used every opportunity to publicise OUCH(UK) and increase awareness of cluster headache by speaking on local radio shows and appearing in newspaper articles wherever they travel. OUCH(UK) would also like to thank Kate & Colin, Rob & Charlie and Graham who have cheered on the Lauren Sophia in person.

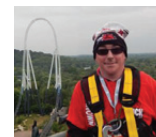
The words 'thank you' seem totally inadequate for the great courage Brian has shown in undertaking this awe-inspiring challenge for us, and we are so grateful to everyone who has been involved in this epic sailing adventure! Brian, you are truly our hero!



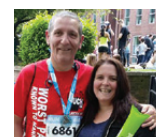
Chris Booth



Hannah Ebdy



Michael Cannons



John McKindland and partner Claire



Liam Dennis



Team Gav

Once again, OUCH(UK) would like to thank all of our hardworking, energetic and brave members for their fundraising endeavours! We always appreciate the efforts of our fundraisers – you keep OUCH(UK) running!

Clare Emberton Pratt ran the Bath Half Marathon in March, and raised over £700! Thank you so much, Clare!

Huge thank you to Chris Booth for running the Great Manchester Run for us in May, and another thank you to his employers who are doubling the amount Chris raised!

Hannah Ebdy completed the Edinburgh Half Marathon in May with her sister Carina, and raised around £500 for OUCH(UK)! We're so grateful for your support!

In May, Mike Cannons faced his fear of heights, and scaled the Swarm rollercoaster at Thorpe Park! This challenge is all the more daring when you hear Mike had a serious fall from 25ft onto concrete in 2007! Thank you Mike for facing your fear and raising over £500 for OUCH(UK).

Congratulations to John McKindland who completed the Hull 10k, achieving a new PB of 01:01:58. John raised over £500! Thank you, and well done!

We want to send a huge thank you to Liam Dennis and his fundraising team from Debenhams, Norwich who climbed Snowdon in June! Liam is an OUCH(UK) legend for fundraising, and we are extremely grateful for all the daring activities he has done for us!

Chris and Jeanette Guyver, neighbours of member Helen Frost, collected £200 from their vow renewal ceremony in aid of OUCH(UK). Many thanks and congratulations to you both!

OUCH(UK) want to send a huge congratulations and an even bigger thanks to 'Team Gav' who have raised almost £3000 for OUCH(UK) in memory of their friend, Gavin who suffered with cluster headache, by cycling the Fife Coastline! We're in awe of you all!

OTHER FUNDRAISING EVENTS

Tracy Wakefield is running the Great North Run for OUCH(UK) in September. Best of luck, Tracy, and thank you for fundraising for us again! STOP PRESS: Tracy completed the Great North Run on Sunday 11th September, well done Tracy! A magnificent effort! Full report in next issue.

If you are planning an event or helping to promote OUCH(UK) in the media, please email us at info@ouchuk.org so we can assist you with fundraising shirts and information, and thank you properly in future editions of CHit Chat!

CHATTER AND CHART

Our members are incredibly talented, and we love to feature your creative gifts on our Members Page. If you have any artwork, poetry, short stories, or anything else you feel would fit within this section, please email me at submissions@ouchuk.org and it may be featured in a future edition of CHit Chat.

This Pain My Companion by Robin Chapman

Woken up by my demon kin,
Just an hours sleep before it begins,
The fire and ice behind my eye,
Can't sit still or move or lie,
Can't think or feel or dare to cry,

This pain my companion until I die.
Three months a year of life it takes,
This thing I have, this hell it makes,
Day and night, I sit and wait,
Can't plan or book, just in case,
But I won't give in, it will not win,
This pain my companion, my trusted kin.

It's part of me and I part of it,
Here to stay, it's light is lit,
I refuse to think it controls me now,
My strength it takes but I know how,
But then it catches me off my guard,
This pain my companion, with no regard.

And so to bed, to sleep I hope,
To dream of ways that I can cope,
And not to be woken by my demon kin,
To find that strength that lies within,
As tomorrow is another day,
This pain my companion may just go away.

Cluster Headache by Mike Thorpe

People say take a pill,
Damn, it makes you want to kill.
Is a condition you cannot see,
And never become free.
No one seems to want to understand,
It's to do with the Hypothalamus gland.
Will come day or night,
Gives you one hell of a fright.

There is no cure,
That's for sure.
It comes in bouts,
And really clouts.

We pace,
We rock,
We hit,
We slap.

The pain is mainly one side,
It makes you want to hide.
It's pain like no other,
Oh man, oh brother!
The eye feels like it's being hit with a pick,
Get Sumatriptan needle in quick.

We cry,
Say why?
We shout,
Give another clout.

It gives us grief,
Oxygen brings relief.
We go to bed,
And feel the dread.
Then the pain comes to an end,
We think is a godsend.

My CH Day by Darren Hamilton

Trying to keep my head busy,
Helping a few CHers lift their spirits,
Passing advice where I can,
Be glad when this bout eases,
Thoughts, plans, meetings,
Jobs needing to be done,
Meds, food, arrangements all planned,
Written on the mirror of my mind,
In order, neatly scheduled,
CH shattered - jumbled shards,
Jagged reminders, of what?
Odd sentences, times out of place,
People half remembered, promises broken.
Emptiness and jobs unfinished,
Letters unopened, friends not called,
Laugh, empty smile, half done,
Eyes distant like a song unsung,
Thinking hard, painful head,
Eyes shut tight, words unsaid,
Sat alone - that silent chair,
No support, no-one to care,
Common words easily said,
A lonely tale of a clusterhead.



Art by
Matthew
Burgess

Submitted by
David Smith
Tattooed at
Elixir Ink &
Beauty,
Milton Keynes
by Cruz Munro



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OFFICIAL NEWSLETTER OF OUCH (UK)
The Organisation for the Understanding of Cluster Headache

www.ouchuk.org

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