

CHit CHat

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



OUCHTM
UK

Organisation for the Understanding of Cluster Headaches

Autumn/Winter 2018

www.ouchuk.org

EDITOR'S NOTE

Welcome to the Autumn/Winter edition of CHit CHat 2018!

In this edition, we give thanks to our fantastic fundraisers, we report on OUCH(UK)'s latest news, meetings, and what we have planned for 2018. We say a heartbroken farewell to our dedicated member and friend, Carolyn Matheson, and we welcome you to send in your memories and photos of Carolyn, and any friend who the CH community has lost too soon, to submissions@ouchuk.org for a future feature.

REPORT FROM OUCH(UK)'S VICE CHAIRMAN

OUCH(UK) has had another eventful year – starting in March, we had another successful Cluster Headache Awareness Day, held on 21st March, with coverage in the press and on TV. We had CH awareness events at the House of Commons and The Walton Centre, Liverpool. Cluster headache then made the national BBC news on Breakfast and Radio 5 Live in May. We also had presence at the EHA awareness events. These events generated huge response on the helpline and across social media.

Fundraising efforts from our membership included canoeing the equivalent distance of climbing Everest, the London Marathon, the Great North Run, the wonderful Dobson family running, walking, and cycling 500 miles (the adults) and 200 miles (the children), a climb of Kilimanjaro (Christmas 2016), coffee evenings, Dragon's Den challenges, head-shaves, making and selling of donuts, and donations from all types of groups, including dancers and bell-ringers.

July saw a sell-out attendance of our London conference at St Bartholomew's Hospital. It was the first time visiting this venue. Mike Pollock's family were there to see the first presentation of the Mike Pollock Award, given to sufferer Darren Hamilton. Overseas, OUCH(UK) had representation at the International Headache Society annual conference in Canada.

Next year it is hoped OUCH(UK) will host meetings in the North-East and South-West of the UK. Details will appear online, by email, and in future editions of CHit CHat as soon as our plans are confirmed.

Sadly, in early November, we had the sad news that Carolyn Matheson had passed away suddenly. Carolyn had been a member of OUCH(UK) for many years, and had worked for sometime as a volunteer on our helpline with great compassion and understanding. A sufferer herself, her first concern was always the other person. Her grace, dignity, and great sense of humour will be missed. We send our heartfelt sympathy to her family.

Advice on benefits and employment issues are now outsourced to The Brain Charity in Liverpool. Anyone is free to contact them but OUCH(UK) members are prioritised by The Brain Charity. If you wish to contact them via OUCH(UK) for help and advice, please email us info@ouchuk.org or give the helpline a ring!

Colin Allen, OUCH(UK) Vice Chairman

OUCH(UK)'S BOARD MEETING

At the board meeting of OUCH(UK) trustees (October 2017), arrangements were set out for a meeting next year, and we are hopeful to run the first meeting in the North-East of England. The management of member subscriptions and member benefits were discussed and plans are in hand to introduce monthly membership fees, as well as the current annual membership, and more transparency when it comes to the benefits of being a paid OUCH(UK) member. We are working towards automated reminders to our members for overdue subscriptions. The new arrangements will be announced in due course. We are also working hard to establish ways to involve our membership more in charity decisions and direction. Compliance with the data protection act was also discussed.

Due to consistent interest, OUCH(UK) window stickers will become available within the next few months. OUCH(UK) charity Christmas card designs were selected, and arrangements made to make them available for members to buy at our next meeting and online.

Various helpline matters were discussed, and two topics were established as the main reasons our callers contact the helpline: applications for PIP and employment benefits, and difficulty with obtaining correct medications or referrals from GPs to headache specialist neurologists. Many callers are not OUCH(UK) members, but are sufferers and they are referred to OUCH(UK) information on both items. We advise our callers on who to contact for advocacy with regards to benefits, and how and who to ask for regarding referrals to headache neurologists.

OUCH(UK) has had contact from health professionals at general hospitals regarding the supply of high flow oxygen. Most often their patient base covers more than one oxygen supplier area, and arrangements for the provision of a part-completed HOOF form, to be given to the patient to take to their own GP and ask them to complete the surgery details and the patient details so the HOOF is received in the area in which the patient lives.



OUCH(UK) TRUSTEES

OUCH(UK) CHRISTMAS CARDS

We had some beautiful Christmas cards on sale this year, with all proceeds going to help our charity keep running. The two designs were chosen by the trustees and include a beautiful highland cow and the wonderfully snowy scene of Whitburn Windmill. The cards were on-sale at the King's College London conference and via our website, and due to overwhelming demand, they sold out in record time! Keep an eye out in Autumn 2018 for the next batch of OUCH(UK) Christmas cards!



PSYCHOLOGICAL ASSISTANCE

As a charity, we are regularly in touch with sufferers who are struggling with the psychological impact of a long-term condition such as cluster headache. We would like to remind our members that our social media platforms, forum, and helpline are available to all who need advice or an understanding ear, however, if you or someone you care about – friend or family – are struggling emotionally, or if urgent help is needed, we urge you to reach out to your GP or consultant.

We also recommend speaking to the Samaritans. They now have a free to call mobile phone number: **116123** and a Text helpline - **07725909090**. Their national telephone number is **08457909090**.

HELPLINE CHANGES

OUCH(UK) would like to offer our grateful thanks to Andy Mac after stepping down from his role as Helpline Supervisor this year. Andy has faithfully supported sufferers on the Helpline for nine years, five days a week. As a chronic sufferer himself, I am sure there have been times where it has taken a lot for Andy to keep going, and this has given Andy a depth of understanding and empathy that has been invaluable in the support and advice he has given.

Well done Andy, we wish you well as you take a well earned rest! Our grateful thanks also go to Andy's wife, Sandra who has worked on the Helpline too, especially for her efforts in supporting our supporters!

We also have some exciting news – OUCH(UK) will be changing the helpline number to a free, 0800 number! We will be announcing the number as soon as the adjustments have been made. We hope the 0800 number will mean more people have access to our helpline.

CALL FOR VOLUNTEERS

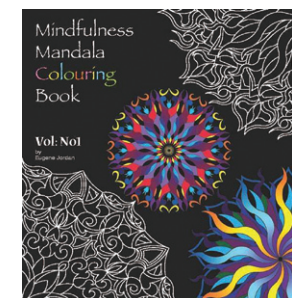
OUCH(UK) are always on the look-out for members who have the time or skills to volunteer for our charity. Currently we would be grateful for any members who have graphic design or Photoshop skills, who could develop some cluster headache posters and patient leaflets for us. If you feel you have the ability to help, please contact OUCH(UK) via info@ouchuk.org

Thanks to all of you who have volunteered for OUCH(UK) in the past, present, and in the future! You are vital to the running of this charity.

MANDALA COLOURING BOOK

OUCH(UK) member, Eugene Jordan, has designed his first adult colouring book and is supporting our charity by donating a percentage of every copy sold. Thank you Eugene! These books are extremely beautiful, and would make an ideal stocking filler with the festive season upon us! There is a special discount code to be used when buying this book.

Use code OUCHUK.ORG to pay £5 per book instead of £6.99. If you would like to buy one and support OUCH(UK), please visit www.jordangraphics.org



OUCH(UK) IN THE MEDIA

In September, OUCH(UK) were invited to participate on a cluster headache awareness piece for CNN. We encouraged members to send in video clips, in which they were asked to discuss different aspects of living with cluster headache. The video has since been published on the CNN website, and it features our very own Linda Duddy (OUCH(UK) Helpline officer), as well as many familiar faces from the cluster headache community around the world.

OUCH(UK) NORTH EAST AND CUMBRIA CONFERENCE

We are happy to announce the first OUCH(UK) Conference to cover the North East and Cumbria at the Royal Victoria Infirmary (RVI), Newcastle, on 18th March 2018, 10am-4:30pm.

Our esteemed speakers will share their vast combined knowledge about cluster headache, the latest treatments available, and current trials/studies. This is a wonderful opportunity to mix with experts in the cluster headache field, and make new friends with fellow patients. There will be various group discussions to join in with during the afternoon.



So far, OUCH(UK) have the following speakers confirmed, with more to be announced:

Professor Peter Goadsby, Professor of Neurology, Kings College London, Patron and Chairman of OUCH(UK)

Dr Giorgio Lamberti, Consultant Neurologist, Guy's and St Thomas' Hospital, London

Dr Paul Dorman, Consultant Neurologist, Royal Victoria Infirmary, Newcastle upon Tyne

Dr Jitka Vanderpol, Consultant Neurologist, Penrith Hospital, Cumbria

Jason Clark, OUCH(UK) Officer HR and Employment Law

To get more information and to book your tickets, please visit ouchuk.org

ST. BARTHOLOMEW'S HOSPITAL – JULY 2017

We had another successful conference, this time at St Bartholomew's Hospital, in July 2017. We had informative talks from our chairman, Professor Goadsby, and the brilliant Dr. Anish Bahra. OUCH(UK) trustees and officers discussed the impact of cluster headache, the role of supporters, and how our charity can aid sufferers. Current and future trial information was also available to attendees.

We took the opportunity at our July conference to give out the 2017 awards to our award winners:

MIKE POLLOCK AWARD



DARREN HAMILTON (left)

Quite a few hankies were needed when Darren Hamilton became the very first recipient of the Mike Pollock Award at our St. Barts event on 16th July. Darren was voted by our membership to receive the award after OUCH(UK) welcomed nominations from across our media platforms. Presenting the award to Darren was Mike's brother Phil, and lots of Mike's family attended the event. Phil thought that Mike would have been very happy with the members' choice of this very caring and selfless man. Darren has worked tirelessly to support fellow members, particularly those needing to apply for financial help, and has met many cluster headache sufferers around the UK on his travels in his 'Cluster Bus', often arranging social gatherings at each stop. Congratulations Darren, you deserve to be recognised with this award which was created as a lasting memoriam to honour a great man.

Darren had this to say about receiving the award:

I was stunned and honoured to win the Mike Pollock award. I had looked at Mike's past efforts in helping people over the years and hand on heart I'm sad I didn't have a chance to meet this amazing chap. This award is by far the greatest honour I have ever received. My deepest thanks to all those who nominated me, and voted for me. It's been more than a pleasure to try to repay the help I had from other sufferers. Smiles are free as is the support I give. Like so many good CHers and supporters I'm just one of them, staff included in that as well. There are so many who equally deserve the award for the heartfelt words of support and efforts to raise awareness, money and above all, hope in our clustery world.

We hear from Darren Hamilton later in this edition of CHit CHat, with a recount of his first 'Cluster Bus' adventure.

LES CHARLTON AWARD

Congratulations to the extraordinary BOC oxygen engineer, Neil Boast, a fervent supporter of cluster headache sufferers and OUCH(UK), who was chosen as this year's recipient of the Les Charlton Award. Since Neil first saw a patient having a cluster headache attack, he has gone out of his way to raise awareness of the condition.

He recently raised funds for OUCH(UK) with his gruelling Canoe Everest event, Devizes to Westminster, and is very dedicated to learning as much as he can about cluster headache in his bid to raise its profile and spread awareness. We are delighted to have Neil on our side, he is a true champion! Neil is pictured here receiving his award from Dr Anish Bahra.



NEIL BOAST (left)

I've been an Oxygen Man for 3 years. I love my job but sometimes it can be frustrating. I always remember the first person I witnessed suffering a cluster headache. It was a young mum with two young kids and a husband who looked totally perplexed and out of his depth. "Bang my eye" she said. He banged above her eye. "Harder" she pleaded. He banged hard above her eye. She turned to me and said, "I'm sorry. It seems to help". I'd experienced a heck of a lot in 32 years of policing, dealing with fatal road accidents, suicide and murder, so I should have been prepared...but I wasn't.

I kept calm and installed the equipment and trained them both how to use it. That incident had a profound effect on me, and it made me want to learn as much as I could about cluster headaches.

I found OUCH(UK) and started to feel confident enough to promote the charity whenever I could. If anyone said they were in nursing or were a doctor, I would say "tell me what you know about cluster headaches"?

I was passionate about 'spreading the word' about OUCH(UK) before I attended their summer conference, but even more motivated after it. The speakers were informative and motivational, as well as the attendees. The two guys I had lunch with were great. I felt a fraud as a 'non-sufferer' but everyone made me feel so welcome.

To receive the Les Charlton Award was something special. It has pride of place in our office. Thank you OUCH(UK) for my lovely award. I'll accept it for all the 'Oxygen People' who try to help you stay pain free! – Neil Boast, The Les Charlton Award Winner 2017

LIFETIME MEMBERSHIP AWARD



ANNE TURNER

The lovely Anne Turner received a Lifetime Membership Award in acknowledgement of the many years of loyal support she has given to the charity. Anne is a familiar sight at conferences, often 'manning' our charity shop, and is an invaluable member of our team. Anne was awarded a crystal decanter from OUCH(UK), and we look forward to many more years working alongside Anne.

Anne wanted to say a few words about OUCH(UK) and her Lifetime Membership award:

"I know from my own experience as a cluster headache supporter what an important job OUCH(UK) does. It's such a deserving organisation and I've been very pleased to help out a little over the years. As well as honouring me with this award, OUCH(UK) has also given me friendship - and I'm very grateful for both."

KING'S COLLEGE LONDON EVENT

OUCH(UK) member, Nick Cooper, attended our meeting at King's College, London, on 21st October, and has written his account of the day:

Bush House was a venue pretty easy for me to get to: just an hour on the train and a short walk across Waterloo Bridge. As usual a very friendly greeting from the OUCH(UK) team, and I purchased Christmas cards and wrist bands. The refreshments were excellent and plentiful, and I found the lecture hall as a venue really good for hearing and seeing the presentations. Mercifully the rooms we used were nice and cool, as hot, stuffy rooms are always a trigger for me.

First, we had presentations from Professor Peter Goadsby. It was really useful scene setting and was full of interesting stats, such as, the average time from first symptoms to diagnosis, and to treatment. Education of GP's still remains a priority. There was encouraging news on the novel treatments and research. Dr Diana Wei's presentation was centred around the previous imaging studies, which showed how cluster headaches activated different parts of the brain compared to migraineous headaches and very much identified the hypothalamus as a key area in this condition. With much better imaging now available, Dr Wei is looking for volunteers for her trial to scan cluster headache patients.

KING'S COLLEGE LONDON EVENT

Dr. Alex Nesbitt gave a fascinating talk on how we sleep and the periods of REM sleep and pre REM sleep during a normal night of sleep. It is clear that cluster headache has a massive effect on quality of sleep and all the beneficial activities that the brain goes through during sleep. Dr. Emer O'Connor's presentation was very enlightening, with some really useful facts and figures showing that there is a definite genetic link with this condition

Next, we saw a presentation from OUCH(UK) trustees. This session just re-affirmed my experience that OUCH(UK) are a great organisation and provide invaluable advice both about the illness itself and around disability claims. We are lucky to have OUCH(UK), and I want to say a big thank you to all. Overall, it was a very worthwhile day with lots of really useful information and brilliantly organised.

CELEBRATING THE LIFE OF CAROLYN MATHESON

We are devastated to inform you that OUCH(UK) hero and dedicated member Carolyn Matheson, passed away suddenly at home on Tuesday 31st October. She was much loved by her family, Ian, Emma and Jade, and will be missed terribly by the headache community. Carolyn was many things to many people: CH advocate, CH speaker, and OUCH(UK) volunteer, but most important of all, she was a friend. Carolyn was a huge character to anyone who had the pleasure of meeting or interacting with her through our forum and social media. Carolyn was a stalwart for awareness, most recently talking on national radio for us after a great speech at the Cluster Headache Awareness Day in Westminster.

Carolyn's wish was for any donations are made to OUCH(UK). Donations can be made at the following VirginGiving link : <https://bit.ly/donationsforcarolyn>

In light of this sad news, we want to welcome members to send in memories, stories, and photos of those who the CH community have lost. In the next edition of CHit CHat, we want to celebrate all of our lost Cluster warriors, regardless of the circumstances, and share their legacy with our OUCH(UK) membership. If you would like to take part, please email submissions@ouchuk.org



CAROLYN MATHESON



MAMA'S FAIRY BY
EMMA MATHESON

SCOTTISH CLUSTER SOCIAL!



SCOTTISH MEMBERS

Many of our Scottish members joined together on 18th November, in Inverness, for a spot of lunch and a good catch-up! Lots of fun was had by all, and we love to see our membership getting together and supporting each other, not only on-line and through social media, but also face-to-face!

If you are planning a meet-up with fellow sufferers of cluster headache, please let us know! Our trustees and officers love to attend!

DARREN HAMILTON'S CAMP CLUSTER ADVENTURE #1



DARREN HAMILTON

In this first instalment of 'Camp Cluster', Darren Hamilton takes us through his experiences of driving over to North Wales in his 'Cluster Bus', camping under the stars, and meeting cluster headache patients on his travels.

I arrived in Llanberis late Saturday, as the sun was setting through the pass. I waited at the top, camera ready, to capture some of the most stunning views – massive sheer mountain walls, weathered and carved by nature over thousands of years. Twisting down the deep valley, I see the golden sunlight through the clouds, slowly drawing across the face of Snowdon. Its mood changing with the colours of the fading light, slate grey to granite, soft browns to purples and reds. The site I set up camp

at was basic, but shared stunning views – the stars were out across the heavens, bordered by two mountains either side – clear skies due to no light pollution. I saw two shooting stars that night, and experienced one cluster headache attack.

On Sunday, my first visitors were Karen and her family. It was great to meet them. We had a good chat and a brew! The rain came in on Monday, but I stayed warm and dry under the tarp. I 'cooked' a can of soup, and burned my bread on the fire, and that evening raised a glass of honey 'Jack' to toast the moment.

Tuesday had arrived, and the sun came back out. Mike and young Jamie turned up, as did Col, as they are local 'CHers'. We went on to Mike's for coffee, and were joined by Dorothy and Dave. We had a great time chatting face to face, rather than by keyboard. Smiles say so much more, like a warm hug. If I can, with this cluster-filled brain, say a big thank you to Col for the demand valve, as it was much appreciated. Our farewells were said, and I headed back to Llanberis and through the pass in the setting sun, for the last time on this Cluster camp trip. I drove with the windows down so I can hear the purr of the engine as we climbed up the snaking, twisting road. The air was damp and cold, but still so fresh, and I tried to savour the last few miles of this stunning beauty, holding on to good memories of the first Camp Cluster!

INTERNATIONAL HEADACHE CONGRESS IN VANCOUVER

The International Headache Congress is a gathering of headache specialists that occurs once every two years. In 2017, the IHC added a new section for the congress – the world's first gathering of patient support groups, to join the headache specialists. The aim was to show recognition to the role of patients in their treatment plan, and equally the role of patient support groups such as OUCH(UK) in giving patients a collective voice. With this in mind, ahead of the conference opening, a day was set aside for the patient advocates to meet with each other, listen to experts in care, and to decide what the first steps of this new global platform were to be.

OUCH (UK) were very pleased to be invited to the event and participated fully alongside our colleagues in the European Headache Alliance (EHA). Trustee Scott Bruce, represented OUCH(UK), ensuring that cluster headache was on the radar of the Patient Forum in a room dominated by Migraine associations and groups.

A question was chaired at one of the discussion sessions about how national governments who use the 'step programme' (the programme of using medications in a certain order usually dependent upon cost) should deal with cluster headache patients whose pain may not respond to many of the treatment options that are on the lower steps. The experts unsurprisingly had no answer other than to look for cluster specific treatments, some of which are being trialled currently. The rest of the congress was a chance to meet with neurologists, trainees and industry professionals who had an interest in headache disorders.

Several young researchers had chosen to study cluster headache and we were presented with some of their research at the conference. One particular Danish study, held in conjunction with the Danish cluster headache group, had notice 'pre attack' indicators. The research has real promise.

Information was also presented about some of the larger trials going ahead in the headache field, the biggest being CGRP trials.

From the first meeting of the patient support group, the International Headache Society intends to build on the significant first steps and to listen more to the patient voice. It was deeply humbling to see just how well known OUCH(UK) is known, not just from our home-grown neurologists, but worldwide. – **Scott Bruce**

INCREDIBLE OUCH(UK) FUNDRAISING HEROES!

OUCH(UK) are so thankful for each and every fundraiser, whether they are running marathons, organising bake sales, or jumping out of plans. Your commitment to this charity is inspiring! If you're planning a fundraising event for our charity, please contact info@ouchuk.org

Thank you to the following for their efforts and commitment to OUCH(UK)!

200 MILES FOR OUCH(UK)!



THE DOBSON KIDS

The Dobson kids are just incredible! Thank you Leon and Rhianna for being little champions for us and not forgetting parents Natalie and Gareth, for all the encouragement and inspiration! Natalie was feeling proud of her children, who were completing this challenge in support of their father, Gareth, who is a sufferer of cluster headache.

"We are massively proud of our eldest two, Leon and Rhianna, who have successfully completed their 200 miles for our OUCH(UK) charity challenge!"

The OUCH(UK) trustees, including their challenge ambassador Dorothy Chapman, had these wonderful notes and trophies made for them to show our appreciation.

Throughout 2017, the children managed to achieve:

Leon - 206.19 miles ran, walked and cycled.

Rhianna - 198.49 miles ran, walked and cycled."

CHLOE'S CHRISTMAS FUNDRAISING

Chloe Oldham was recently diagnosed with cluster headaches at the tender age of 15, and decided to raise funds for OUCH(UK) by doing 175 various exercises. This is Chloe's way of thanking everyone at OUCH(UK) for the support she received. Thankfully she has gone into remission and is feeling very positive for the future. We are so grateful for your commitment to the charity, Chloe!

TRACY WAKEFIELD RUNNING FOR OUCH(UK)!



TRACY WAKEFIELD

Tracy Wakefield has had her running shoes on yet again for our cause! She ran both the Great North Run on 10th September, and the Great South Run Portsmouth on 22nd October. OUCH(UK) want to thank Tracy for her constant support.

We are overwhelmed by Tracy's dedication to OUCH(UK), and we would like to thank her feet and knees for their support, they have worked jolly hard for us this year.

WALKING BACK TO HAPPINESS

We want to say a big THANK YOU to Yvonne Watt, who achieved her goal and walked all over cluster headaches by taking over one million steps in 100 days! She took on this challenge in support of her husband Des, who is a sufferer of cluster headache, and to raise vital funds for OUCH (UK).

BAXTERS 10K IN INVERNESS

Joanne MacAskill ran the Baxters 10k in Inverness for OUCH(UK) on 24th September.

She completed it in 1hr 6 mins, and really enjoyed it even in the rain! We are really grateful for Joanne's hard work!



JOANNE MACASKILL

COFFEE MORNING DONATIONS

Thank you to Cheryl Deller who ran a coffee morning at work, and raised £360 for OUCH(UK)! Not only are we grateful for the donation, but we are very thankful for the awareness raised of cluster headache at this event!

Another round of applause to Sandra McDowell for hosting a coffee and cake morning, and raising over £140 for OUCH(UK)! Thank you for supporting OUCH(UK)!

JANE TOMLINSON 10K IN YORK

Louise Ferguson, whose dad inspired her to raise money for our charity, completed the Jane Tomlinson 10k in York, on 6th August. It took 19 years for Louise's father to get diagnosed with cluster headaches, and so Louise wanted to help raise awareness in the hopes that other people wouldn't have to wait that long to receive the vital treatment needed.

She has appreciated the support provided by OUCH(UK) for sufferers with this debilitating condition, and wanted to help reach more people. Thank you Louise for your efforts!



LOUISE FERGUSON

COTSWOLD WAY 100K ULTRA CHALLENGE 2ND JULY

The Lost Girls, A.K.A. Annalise Inglis, along with her daughter, Esme, and three of her friends, Christine, Hayley, & Lily, tackled the Cotswold Way 100K Ultra Challenge on 2nd July to raise funds for OUCH(UK). The girls began the Ultra Challenge in historic city Bath, and 100K later, they crossed the finish line in Cheltenham. Annalise gained much needed support from the charity when she was struggling through a horrific bout of cluster headache, and this was her way of giving something back. The Lost Girls managed to raised over £200! Thank you girls for choosing OUCH(UK) to benefit from your mighty challenge!



THE LOST GIRLS

We love to showcase our members' talents and awareness efforts in our magazine. Here is a small selection of some of the latest submissions – if you would like to have your work featured in future editions, please email us at submissions@ouchuk.org

POEM: Cluster Headache

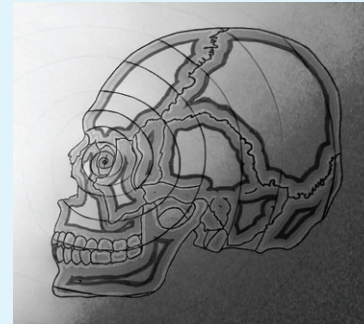
A million voices, so little time
So many hammers slamming inside
I scream and I breathe
The oxygen I take
To try and stop this Cluster Headache

I try not to listen, I try not to pay attention,
To my demons inside with bad intentions.
It's 2am and my wife is up too
I'm screaming and crying in the pain I can't take
I must stop this Cluster Headache.

Tell me how, tell me why
Why is this hurting, I am just an innocent guy?
I have done nothing wrong, just loved and lived
Why am I up at 6, trying to survive?
The lack of sleep I can't take
Please can someone stop this cluster headache.

I am tired and I am run down,
I take the oxygen as the nightmare begins to fade.
Say nothing more, say nothing less.
Just give me a minute of silence, it's what is best.

by Emily Memory



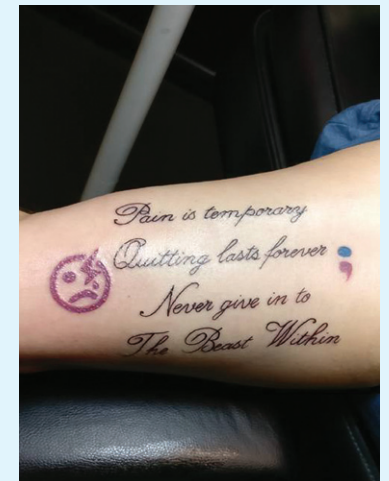
Drawing by Jade Flynn



The Fragmented Life - Jackie Middleton



Richie Camfield's tattoos - Old School Tattoos in Northumberland by Steve Clark.



OUCH^{UK}

Organisation for the Understanding of Cluster Headaches

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