

Mrs Ainslie Course

Glasgow

The Rt Hon Kit Malthouse MP  
Minister of State (Minister for Crime and Policing)  
2 Marsham Street  
London SW1P 4DF

The Rt Hon Sajid Javid MP  
Secretary of State for Health and Social Care  
39 Victoria Street  
London SW1H 0EU

22nd February 2022

Dear Mr. Malthouse and Mr Javid,

My name is Ainslie Course and I write to you on behalf of a community who experience a rare and debilitating deep brain neurological condition which at present is incurable. This condition is called Cluster Headache. I have survived this condition, which is also sadly known as "suicide headaches" for close to 37 years and I am very proud to sit on the Board of Directors for a charitable organisation called Clusterbusters whose main focus is to help improve the lives of those living with this condition.

Cluster headache is officially recognised by the medical profession as being the most severe pain a human can endure. For those living with Cluster Headache, the brutality and severity of the pain brings many challenges. It wreaks havoc on relationships, family life, employment and friendships. Our condition carries a suicide rate of twenty times the National average.

An individual Cluster Headache attack can last between 45 minutes and 3 hours and we endure between 8 and 10 attacks daily. These attacks can induce self harming with many people smashing their head on the nearest hard surface, trying to gouge out their eyeball on the offending side, and many have resorted to putting a pistol to their head.

Sadly, there are very few medications which offer any relief whatsoever, and those that do are short lasting at best but many, many people living with Cluster Headache have been successful in treating our condition with sub-hallucinogenic doses of psilocybin. Not only is this a way to treat the physical symptoms of our condition, but this medicine can also treat the associated mental ill health, that is the depression, anxiety and post traumatic stress related to knowing the excruciating pain will inevitably return. The medicine is so effective and the pain so incredibly debilitating that any risk pales in comparison. Psilocybin is helping hundreds of thousands of people to live a predominantly pain free life with encouragingly long periods of remission. This medicine has saved my life and the lives of many others.

I recently learnt that our Prime Minister Boris Johnson, in a meeting on 26th May 2021, confirmed to Mr. Crispin Blunt MP that he had approved the rescheduling of psilocybin and other psychedelic substances to facilitate research which could ultimately lead to sufferers of Cluster Headache like myself gaining legal access to the only

medicine that works for us. However, it has now been 10 months since the PM's approval and the Home Office are yet to action the Advisory Council on the Misuse of Drugs to conduct the urgent review required for this legislative change. At this point, when it is clear that the change is supported by the public and the PM, psilocybin's continuing Schedule 1 status feels like an insult to all those who must continue to break the law to access this life saving medicine.

In the US neurologists and neuroscientists are conducting research and clinical trials into this treatment with incredibly exciting results which corroborate our experiences of using the medicine but no trials into psilocybin for Cluster Headaches are currently taking place in the UK. This can be attributed directly to the Schedule 1 status of psilocybin under the Misuse of Drugs Regulations 2001. This piece of legislation indicates that psilocybin is a substance with no medicinal or therapeutic benefit. Our worldwide Cluster Headache community is proof that this non harmful and non addictive substance is the most successful and promising medicine in the treatment and management of Cluster Headache in more than 5 decades. We strongly feel that in light of the evidence the Schedule 1 designation of psilocybin should be adjusted accordingly in order to facilitate research into this life saving medicine in the UK.

On behalf of the Cluster Headache community I implore the Home Office for the urgent rescheduling of psilocybin for the purposes of facilitating research into its medicinal application in the treatment of Cluster Headache and other conditions. We encourage you to respond to the needs of our Cluster Headache community, providing us with hope that a future in which we can access our medicine legally is just around the corner. We are relying on you to help save the lives of so many people living with this incredibly debilitating condition, please act swiftly.

Yours sincerely,



Mrs. Ainslie Course  
Vice President  
Clusterbusters Inc.

Also signed below by 161 UK Cluster Headache sufferers:

Alicia Khan	Matt Willis	Laura Jane Rowland
Andrew Tucker	Clare Tucker	Nicola Burnett
Paul Helmn	Elizabeth Helmn	James Lush
James Knight	Tracy Smith	Dr. Jamie Bhagwan
Darrell Elv	Ellen Hughes	Derek Thorburn
Annette McGaffney	Jess Thomas	Adam Thorne
Artur Reis Da Silva	Byron Rodrigues	Cecilia Pires
Agatha Prato	Vivian Prado	Alanis Prado
Julia Pollard	Rob Collins	Alex Lowe
Colin Healy	Dean McMahon	Irene Day
Reginald Day	Graham Moore	Mandy Moore
Ellie Moore	Scott Davidson	Francesca Course
Gary Davidson	Irene McLaughlin	Tom Nash

Tim Stolworthy  
Julie Sloan-Fortune  
James Barker  
Debbie Waight  
Sharon Muir  
Nathan Smith  
Simon Francis  
Jo Hardin  
Jayne Pomery  
David Dzierzynski  
Katie `Hughes  
Ally McFarlane  
Michelle King  
Mickey Knight-Harris  
Stephanie McMahon  
Debra Leigh Preston  
Linda Fraser  
Mandy Collins  
Duncan Patrick  
Peter Horden  
Karen Hudson  
Janet Fletcher  
Katie Welch  
Ray Ward  
Linda Fraser  
Ann Adamson-Eadie  
Diane Devlin-Mclean  
Kerr Fulton  
Natasha Johnson  
Chloe Bailey  
Liz Dawson  
Corina Breukel  
Claire Davies  
Alison Dingwall Harvey  
Harley Lewis  
Frankie Mellor  
George Allowit  
Tim Stolworthy  
Dean McMahon  
Paul Aldis  
Conagh Aldis

Emma Barlow  
Connor James Scully  
Craig Allday  
Victoria Montague  
Trisha Owen  
Linda Duddy  
Craig Corbett  
Cathal Mooney  
Simon Jennings  
Jane Arm  
Megan Hughes  
Kate Van Den Akker  
Sean Shelby-Wells  
Kirsten Thacker  
Jayne Harding  
Nick Preston  
Kevin Allen  
Tom Goddard  
Paul Woodland  
Rhianon Kearns  
Jack Trainer  
Clare Carlaw  
Damien Welch  
Aimee Gray  
Claire Brown  
Andrew Macdonald  
McKenzie Faye Lister  
Kennedy Rae  
Wayne Bovalentine  
Caitlin Strachan  
Dave Smith  
Chris Plastow  
Kirsten Lister  
Adam Wright  
Claire Bromley  
Jordan Sloanes  
Tom Wright  
Elliot McGaffney  
Chris Buggins  
Maria Aldis  
Brad Rodger

Femme Molyneux  
Andy McDowell  
Steven Anderson  
Skye Montague-Mason  
Jason Owen  
George Francis  
Chris Brook  
Edward Watts  
Dave Maulin  
Jamie Lee Carter  
Bob Brown  
Lisa Munro  
Pauline McClarence  
Breda Quinn  
Jo Palmer  
Charlie Preston  
Emma Jones  
Rosemary McQuillan  
Gerald Adamson-Eadie  
Eric Renshaw  
Angela Williams  
Shannyn Leigh  
Craig Hepburn  
James Gordon  
Matthew Brown  
Rhea Fraser  
Mike Mayers  
Sonny Ashworth  
Anthony Farrell  
Brian Munro  
Maurice Jackson  
Kate Bidder  
Jimmy Morissey  
Amanda Nathan  
Daniel Aitken  
Joe Richardson  
Clifford Smith  
Charlotte McGaffney  
Mei-Ling Buggins  
Ellie Aldis

Copies to:

Jeremy Hunt MP  
Committee Chair, Health and Social Care Committee

Crispin Blunt MP  
Chair, All-Party Parliamentary Group for Drug Policy Reform

Jeff Smith MP  
Chair, All-Party Parliamentary Group for Mental Health

Dan Zeichner MP  
Chair, All-Party Parliamentary Group for Life Sciences

Stuart Campbell-McDonald MP for my constituency Cumbernauld, Kilsyth and Kirkintilloch East

Jamie Hepburn MSP for my constituency Cumbernauld and Kilsyth  
Minister for Higher Education and Further Education, Youth Employment and Training